

F O R K D I S H E S

- Hot Meals -

Individual Light Meal (12oz)	\$10.05
Individual Meal Serve (16oz)	\$13.10

Chicken & Cashew Stir Fry with Steamed Basmati Rice **DF GF**

Thai Green Chicken Curry with Steamed Basmati Rice **DF GF**

Malaysian Beef Rendang with Basmati Rice **DF GF**

Teriyaki Beef & Vegetable Stir Fry with Hokkien Noodles **DF**

Spinach & Ricotta Tortellini, Napoli Sauce with Basil **V**

Sweet Potato, Chick Pea & Coconut Curry with Steamed Basmati Rice **V VG DF GF**

Vegetable Rendang Curry with Steamed Basmati Rice **V VG DF GF**

- Salads -

Share Bowl (5oz pp)	\$3.95
Individual Light Meal (12oz)	\$8.20
Individual Meal Serve (16oz)	\$10.50

Charred Chicken & Roasted Cashew Nut Garden Salad with Orange & Mustard Dressing **DF GF**

Falafel Garden Salad with Lemon Dijon Vinaigrette **V VG DF GF**

Roasted Pumpkin, Charred Capsicum, Spinach & Feta Salad with Balsamic Italian Dressing **V GF**

Tandoori Chicken, Charred Capsicum, Spinach & Cucumber Salad with Tzatziki Dressing **GF**

- Buddah Bowls -

Individual Meal Serve (1000ml)	\$16.55
---------------------------------------	----------------

Charred Chicken, Sweet Potato, Quinoa with Lemon Vinaigrette **DF GF**

Sweet Potato, Chickpea, Brown Rice with Tahini Dressing **V VG DF GF**

Smoked Salmon, Soba Noodles, Edamame Bowl with Japanese Dressing **DF**

- Other Information -

All prices inclusive of GST

Minimum 10 of any variety

Delivery Fees & Weekend Surcharges Apply