

## F O R K   D I S H E S

### - Hot Meals -

<b>Individual Light Meal (12oz)</b>	<b>\$10.15</b>
<b>Individual Meal Serve (16oz)</b>	<b>\$13.45</b>

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 -

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

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 -

<b>Individual Meal Serve (1000ml)</b>	<b>\$17.75</b>
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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*