# GREENS & GRAINS

A balanced real food meal with many free-from options.

by da paolo

| BUILD YOUR OWN | WARM HEARTY BOWL | BALANCED BOWL | PROTEIN PLUS BOWL |
|---|---|---|---|
| | 1 Soup<br>1 Protein<br>2 Vegetables<br>*served all in 1 bowl | 2 Grains & Bases<br>1 Protein<br>2 Vegetables<br>1 Dollop<br>*served cold | 2 Grains & Bases<br>2 Proteins<br>2 Vegetables<br>1 Dollop<br>*served cold |

## SOUP

250ml pure vegetable soup, made without gluten and dairy.

- Pumpkin
- Tomato
- Broccoli
- Onion

## GRAINS & BASES

- Cauliflower 'Ryce'
- Multigrains & Seeds
- Quinoa & Kale Salad
- Summer Barley Salad
- Fresh Mesclun Salad

*Additional cost for an extra serving*

## PROTEINS

- Soy Tempeh 'Steak' with Arrabbiata
- Steamed Herbed Chicken Breast
- Spinach & Leek Frittata
- Baked Quinoa Falafel with Caramelised Onions
- Moroccan Chicken Thigh
- Flaked Poached Salmon
- Sautéed Prawns
- Homemade Soy-free Oat Tofu with Miso Dressing

*Additional cost for an extra serving*

## VEGETABLES

- Baked Moroccan Eggplant
- Spinach Cauliflower Curry
- Roasted Carrots & Toasted Dukkah
- Roasted Turmeric Cauliflower
- Poached Broccoli
- Grilled Zucchini
- Roasted Pumpkin
- Kale Cauliflower Slaw with Tofu Dressing
- Roasted Sweet Potatoes
- Shredded Brussels Sprouts, Turnip & Cranberry Salad
- Sautéed Shiitake & Button Mushrooms

*Additional cost for an extra serving*

## DOLLOPS

- Chickpea Hummus
- Spicy Tomato Salsa
- Tempeh Bolognese
- Cucumber & Mint Yoghurt

*Additional cost for an extra serving*

Vegan-friendly Gluten Dairy Chicken Seafood Not applicable for warm hearty bowl.

Cross contamination between ingredients may be possible. Prices are subject to service charge for dine-in only.