

## Start

Home-brewed Kefir or Kombucha and daily appetizer

Probiotic drinks enhance gut health, aid digestion and boost immunity

## Mains

### Beef Ragu

Rustic mash potatoes, parsnip chips, red sauerkraut, pineapple salsa (GF)

### Zingy Ginger Lamb

Lamb kebab with flatbread, coleslaw, mayo dressing, cherry tomatoes (GF option available)

### Chicken Tikka Masala

Chicken pieces cooked in onion, tomato gravy with basmati rice and naan bread, with coloured poppadom and apple chutney (DF) (tofu or potato option for vegans)

### Hot Baked Sumac Salmon

Served with sorgum and pistachio labneh (GF) (Grilled tofu available)

### Paneer Saagwala

Paneer cubes cooked in nutritious spinach gravy with chickpea coconut yogurt salad. (tofu or potato option for vegans)

### Creamy Polenta

Warming creamy polenta with mushroom stroganoff, carrot pickles finished with a drizzle of truffle oil. (V) (GF)

All served with a side of salad of the day to share    Add Bread \$5 (recommended if you are very hungry)

## Dessert

Please order at the same time as your mains

**Chocolate Fondant** – Melt in your mouth chocolate cake with vanilla orange ice cream (GF)

**Sticky Date** – Orange and olive oil pudding with warm caramel sauce and salted white chocolate ice cream (GF) (V)

**Poached Pear** – Vanilla orange maple syrup sauce, Raglan coconut yogurt with almond topping (GF) (V) \*contains nuts

**Cheese Board** – Two kinds of selected cheese, homemade seed crackers, mango chutney (GF)

