

**All items below are served on a two-week rotation, and the dish will be dependent on the head chef's decision on that day - just to keep it interesting!**  
**(Taking all your previously mentioned dietary requirements into account, of course)**



## CHICKEN

- Chicken Marbella served among a bed of Brown rice and finely roasted vegetables.
- Chicken stuffed with spinach and feta served with fragrant Basmati rice with roasted vegetables.
- Grilled Chicken Breast Salsa Verde on a serving of sweet butternut spaghetti and stuffed sweet potatoes drizzled over with chive yoghurt.
- Grilled chicken with mushrooms and fresh broccoli on top of baked sweet potatoes.
- Butter chicken with Basmati rice among a medley of green vegetables.
- Chicken kebabs served on a foundation of couscous, simmered with vegetable curry.
- Chicken meatballs served on quinoa risotto and bamboo-steamed vegetables.
- Sesame-seed chicken resting on a bed of Asian style vegetables and black rice
- Grilled chicken served over brown rice and medley of green garden vegetables.



## FISH

- Grilled Yellowtail layered over roasted vegetables, served with a side of sweet potatoes.
- Seared Tuna infused with lime chilli, among Asian-styled vegetables with roast potatoes.
- Salmon and feta salad, accompanied with portions of sweet potatoes.
- Baked Fish-of-the-day, with peppered tomatoes and fragrant basmati rice.
- Niçoise Salad with fresh green beans and roasted potatoes.
- Salmon and edamame beans stirred up within a bowl of flavourful greens.



## BEEF

- Mince Bolognese (wholewheat) served with a side of courgettes and roasted tomatoes.
- Fillet Suzette served with sweet potatoes wedges and courgette flapjacks.
- Braised short rib served over a base of black rice and accompanied by a portion of Edamame beans.
- Rare-roasted sirloin served with baked sweet potatoes and a green medley of vegetables.
- Meatballs layered on a bed of quinoa and roasted vegetables.
- Bobotie served with extra helpings of spinach and carrots.
- Cottage pie (Sweet potato mash) served with an assortment of green vegetables.

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## VEGAN/VEGETARIAN MENU

- Eggplant Parmigiana on a bed of sweet potatoes
- Stuffed mushroom with Chickpea casserole on a bed of brown rice
- Tofu stuffed mushroom burger with cauliflower steaks
- Quinoa risotto with mixed vegetables
- Mushroom and tofu kebab with Moroccan couscous and a tomato relish
- Black Bean burger with an aubergine relish and Japanese green sauce
- Winter vegetable couscous with preserved lemon and turmeric
- Tofu steak served with artichoke, asparagus and roasted vegetables on black rice
- Lentil meatballs with Garam Masala
- Bean casserole on a taco shell with guacamole and salsa on the side

### Other dietary options:

***Keto, carb cycle and other dietary menus*** - these items need to be separately requested, and different prices will be calculated accordingly.



### CONTACT US

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