

CURRIES & BRAISES (approx 1kg)

Veggie curry with pumpkin, chickpeas, coconut, spinach and curry leaves **vg v df gf \$20**

Indian style curry with chunky Harvey Beef with potato and peas **df gf \$25**

Moroccan Mount Barker chicken tagine **\$25**

Tuna puttanesca with black olives and basil **\$20**

Vegetarian chilli con carne, mixed beans, tomato, roasted peppers and oregano **vg v df gf \$20**

TRAYS AND PIES (approx 6 – 8 portions)

Cottage pie topped with a sweet potato mash filled with root vegetables Harvey Beef lean mince, rosemary and thyme **gf \$40**

Mount Barker chicken, mushroom and bacon pasta bake with a cheese and herb crust **\$35**

Eggplant, spinach and ricotta lasagne with a roast tomato and basil sauce **v \$35**

SOUPS & BROTHS (approx 1kg)

Chicken and corn soup with rice vermicelli **gf \$14.50**

Creamy cauliflower and parmesan soup **v \$12.50**

Grass fed beef bone broth **gf \$14**

All prices include GST

Free Perth metropolitan delivery for orders over \$100 during business hours

Please note that all of the above dishes are subject to ingredient availability from our suppliers

Delivery days are Wednesday & Friday

Email orders

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