

# SEMI-PREPARED MEALS

IMPORTANT - WE REQUIRE 24 HOURS NOTICE FOR SEMI-PREPARED MEALS.

## SEMI-PREPARED BREAKFAST \$18

**CONFIT CHILLI SCRAMBLED EGGS** | WITH CHORIZO, FETTA, SMASHED AVOCADO AND MALTED PANE

Cooking Instructions - 1/ Pan fry the chorizo with a little bit of olive oil until nicely coloured and heated through. 2/ Toast the malted pane. 3/ Add unsalted butter to a non-stick pan and melt over a medium heat. 4/ Pour the savoury confit chilli egg mixture to the non-stick pan and cook for 20 seconds, or just until gently set around the edges. Stir the eggs with a spatula, bringing the egg mixture from the edges to the center. Gently cook and stir until fully cooked but still soft. 6/ Serve

**SCRAMBLED EGGS** | WITH ROASTED MUSHROOM, ROASTED TOMATO, CHORIZO AND TOASTED PANE

Cooking Instructions - 1/ Pre-heat oven to 200 degrees fan -forced 2/ Heat mushrooms, tomato and chorizo with the lid off for 15 minutes 3/ Toast the slice of pane 4/ Add unsalted butter to a non-stick pan and melt over a medium heat 5/ Pour the savoury egg mixture into the non-stick pan and cook for 20 seconds, or just until gently set around the edges. Stir the eggs with a spatula bringing the egg mixture from the edges to the center. Gently cook and stir until fully cooked but still soft 6/ Serve

**PESTO SCRAMBLED EGGS** | WITH LEG HAM, ASPARAGUS, ROASTED TOMATO SERVED ON A CROISSANT

Cooking instructions - 1/ Pre heat the oven to 180 degrees fan-forced 2/ Heat the ham, asparagus and tomato with the lid on for 15 minutes 3/ Add unsalted butter to a non-stick pan and melt over a medium heat. 4/ Pour the savoury egg mixture to the non-stick pan and cook for 20 seconds, or just until gently set around the edges. Stir the eggs with a spatula bringing the egg mixture from the edges to the center. Gently cook and stir until fully cooked. Fold the pesto through and serve

**BAKED FRENCH TOAST** | WITH MATCHA POACHED PEAR, WALNUTS, RASPBERRIES, BLUEBERRIES, STRAWBERRIES, MAPLE SYRUP, MASCAPONE, LEMON BALM

Cooking instruction - 1/ Pre-heat the oven to 180 degrees fan-forced 2/ Bake the french toast and pear with the lid on for 20 mins. Serve with the maple syrup, berries, mascapone and lemon balm

**RICOTTA HOTCAKE** | WITH FRESH BERRIES, MAPLE SYRUP, HONEY ROASTED SEEDS AND NUTS, COCONUT, CARAMEL MASCAPONE

Cooking instructions - Pre-heat the oven to 180 degrees fan-forced 2/ Heat the ricotta hotcake in the alfoil for 20 mins 3/ Remove from the alfoil and serve, top with the berries, honey roasted seed and nuts, maple syrup and caramel mascapone

## SEMI-PREPARED PASTA DISHES \$17

Cooking instructions - Place the bag of pasta into a deep pot of simmering water and heat through for 15 minutes. Remove the bag from the water, cut open and serve. Top with the grated parmesan

**FETTUCCINE WITH SPECK** | SHALLOTS, LEEK, CONFIT GARLIC, MUSHROOMS, WHITE WINE, CREAM, TRUFFLE OIL, PARMESAN

**LINGUINE BOLOGNAISE** | BEEF MINCE SLOW COOKED WITH RED WINE, TOMATO, PARMESAN

**FETTUCCINE LAMB RAGOUT** | LAMB SHOULDER COOKED IN RED WINE, ONION, CARROT, TOMATO, HERBS, PARMESAN

**LINGUINE WITH CHICKEN** | BACON, MUSHROOM, SHALLOTS, CONFIT GARLIC, NAPOLI, WHITE, WINE, DASH OF CREAM

**FETTUCCINE WITH PRAWNS** | CONFIT CHILLI, GARLIC, CHERRY TOMATOES, SPINACH, WHITE WINE, NAPOLI, PARMESAN, LEMON

**RICOTTA AND SPINACH RAVIOLI** | PUMPKIN, CHERRY TOMATOES, SHALLOTS, CONFIT GARLIC, SPINACH, PINE NUTS, WHITE WINE, CREAM, PARMESAN

## SEMI-PREPARED PIZZA \$14

Cooking instructions - 1/ Pre-heat oven to 200 degrees fan forced. 2/ Cook pizza for 10 minutes or until cheese is melted. 3/ Add herbs and other condiments and serve

**MARGHERITA** | NAPOLI, MOZZARELLA, BASIL, EXTRA VIRGIN OLIVE OIL

**PROSCIUTTO** | NAPOLI, MUSHROOMS, ROSEMARY, ROCKET, TRUFFLE OIL

**LEG HAM & SALAMI** | NAPOLI, MOZZARELLA, MUSHROOMS, BASIL

**CHICKEN** | NAPOLI, MOZZARELLA, RED ONION, CEMBERT, DILL, CHIPOTLE MAYONNAISE, CHERRY TOMATOES

## SEMI-PREPARED MAINS \$20

**SLOW COOKED BEEF CHEEK** | WITH SPECK, MUSHROOMS, ONION, CONFIT GARLIC AND RED WINE JUS

Cooking Instructions - 1/ Pre-heat oven to 180 degrees fan forced 2/ Heat the beef with the lid on for 25 minutes 3/ Remove lid and heat for a further 5 minutes 6/ Serve

**SLOW ROASTED LAMB SHOULDER** | WITH RED WINE JUS, CONFIT GARLIC, SPICED YOGHURT, TOASTED PINE NUTS

Cooking Instructions - 1/ Pre-heat oven to 180 degrees fan forced 2/ Heat the lamb with the lid on for 25 minutes 3/ Remove lid and heat for a further 5 minutes 6/ Serve with the spiced yoghurt and pine nuts

**CHICKEN BREAST** | WITH MUSHROOMS, SHALLOTS, LEEK, GARLIC, WHITE WINE, NAPOLI SAUCE AND A DASH OF CREAM

Cooking instructions - 1/ Pre-heat oven to 180 degrees fan forced 2/ Heat the chicken with the lid on for 20-25 minutes 3/ Remove lid and serve

**SALMON FILLET** | WITH CHERRY TOMATOES, CAPERS, DILL, SHALLOTS, LEMON, WHITE WINE AND GARLIC BUTTER SAUCE

Cooking instructions - 1/ Pre-heat oven to 180 degrees fan forced 2/ Heat salmon with the lid on for 20 minutes 3/ Remove lid and serve

## SIDES

**VIENNA ROLL GARLIC BREAD** 4.50  
1/Pre-heat oven to 180 degrees fan-forced 2/ Heat in the alfoil for 20 minutes.

**BABY ROASTED POTATOES WITH ROSEMARY** 6  
Cooking instructions - 1/ Pre-heat oven to 180 degrees 2/ Remove lid from the potatoes and heat for 20 minutes 3/ Serve

**ROASTED PUMPKIN WITH GARLIC AND HERB BREAD CRUMBS** 6  
Cooking instructions - 1/ Pre-heat oven to 180 degrees fan-forced 2/ Remove lid from the pumpkin and heat for 20 minutes 3/ Serve

**SAUTÉED BROCCOLI** | WITH GREEN PEAS, ASPARAGUS, KALE, SPINACH, AND SHALLOTS 8  
Cooking instructions 1/ Heat the supplied butter in a pan and heat until melted 2/ add the container of greens and heat through for 1-2 minutes or until hot 3/ Serve

**BROCCOLI SALAD** | CRANBERRIES, CABBAGE, COCONUT, PINENUTS, CUMIN, Sml 6.9 Reg 14.9  
TURMERIC, SEEDED MUSTARD DRESSING

**PUMPKIN SALAD** | PEPITA, CHILLI, FETTA, ROASTED ONION, ASPARAGUS, Sml 6.9 Reg 14.9  
PEPITAS

**POTATO SALAD** | SPECK, CHERRY TOMATOES, GREEN OLIVE, PEAS, CREAMY Sml 6.9 Reg 14.9  
PESTO DRESSING

**CAULIFLOWER SALAD** | LEMON ZEST, FRIED CURRY LEAVES, SMOKED Sml 6.9 Reg 14.9  
PAPRIKA, PEPITAS, SULTANAS, SPICED YOGHURT