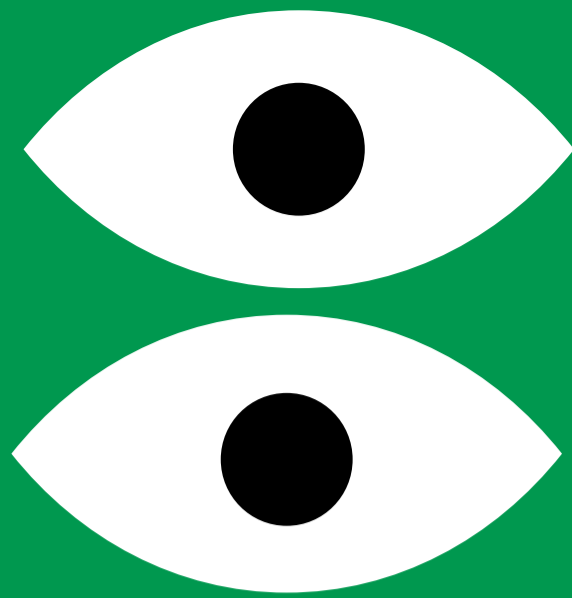


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

# HEALTHY YUMMIES

PRESENTS

**YOUR MENU FOR WEEK COMMENCING TUESDAY 20 SEPTEMBER 2022**

**\*\*ALLERGENS FOR EACH DISH ARE LISTED IN BLUE - SUBJECT TO CHANGE - PLEASE DOUBLE CHECK**

DAILY LUNCH ADDITIONAL ITEMS: PLAIN GRILLED CHICKEN & SALMON / JACKET POTATOES & FILLING

	MEAT	FISH	VEGAN	SIDES
TUESDAY	<p><b>Tequila &amp; Lime Chicken Legs</b> sticky tequila and lime chicken legs served with a red bean and pimiento braised rice, Tangy cauliflower wings. finished with a chili, avocado &amp; lime salsa. <i>*SULPHITES</i></p>	<p><b>Crispy Skinned Hake</b> pan fried hake fillets served with a sun blushed tomato &amp; basil pearl cous cous, confit fennel and garlic green beans. garnished with mild roquito peppers and baby spinach. <i>*CELERY, FISH, GLUTEN, MILK, SULPHITES</i></p>	<p><b>Duck Bao Buns</b> seriously. when do you get to start the week like this.... Hoisin glazed mock duck bao bunspulled banana blossom in hoisin sauce topped with sushi ginger and shredded Asian slaw. served with fragrant jasmine rice. <i>*GLUTEN, SESAME, SOY, SULPHITES - GF avail</i></p>	<p><b>Herbed New Potatoes</b> <b>Seasonal Vegetables</b></p>
WEDNESDAY	<p><b>Shack Stack Burger</b> friday comes to wednesday with this FULLLLLY loaded burger stack!!! teeth sinking juicy beef patty and delicious jerk bacon <b>smothered</b> in melted cheese and a Caribbean BBQ sauce! load this onto a brioche bun with sunshine slaw, and don't forget the baked sweet potato wedges!! <i>*MILK, MUSTARD, SULPHITES GLUTEN in roll - GF avail</i></p>	<p><b>Salt &amp; Pepper Squid</b> delightfully lightly coated salt and pepper squid served with authentic nasi goreng rice, and ginger &amp; soy wok fried greens. heaven in a lunchbox. <i>*MOLLUSCS, SESAME, SOY, SULPHITES</i></p>	<p><b>Vegan Thai Yellow Curry</b> Heura plant-based chicken pieces cooked in a beautifully sweet and mild Thai yellow curry, served with sticky jasmine rice and crunchy Asian slaw. comfort PLUS. <i>*SESAME, SOY, SULPHITES</i></p>	<p><b>Seasonal Greens</b> <b>Sweet Potato Wedges</b></p>
THURSDAY	<p><b>Karaage Chicken Thighs</b> crispy coated Japanese style chicken thighs served with a citrusy yuzu soy dipping sauce. add our kimchi (and run, don't walk, for the sesame &amp; chili dusted fries!!) <i>*FISH, MUSTARD, SESAME, SOY, SULPHITES</i></p>	<p><b>Tuna Steak</b> delicious miso glazed tuna steak, served with Thai drunken noodles (pad kee mao), garlic and soy glazed wok fried vegetables. so GOOD!! <i>* FISH, GLUTEN, SESAME, SOY, SULPHITES</i></p>	<p><b>Mushroom Kyiv</b> mushrooms make the world go around! especially when they taste like THIS! golden crumbed king oyster mushroom, drenched in a truffle oil &amp; garlic vegan butter. served with roasted roots (beetroot, parsnip and carrots) and herby new potatoes. <i>*SULPHITES</i></p>	<p><b>Herby New Potatoes</b> <b>Garden Peas</b></p>
FRIDAY	<p><b>Souvlaki Pork</b> oregano and lemon marinated pork pieces skewered with red onion and sweet peppers. drizzled with tzatziki, and served with pickled cabbage slaw and feta &amp; olive cous cous. <i>*MILK, SESAME, SULPHITES</i></p>	<p><b>Chipotle Prawn Tacos</b> smoky Mexican prawns served in a soft corn taco, topped with smashed avocado, black bean curd and pickled red onions. take it to go with fiery jalapeno rice and BBQ'd corn on the cob!! <i>*CRUSTACEANS, GLUTEN, SULPHITES</i></p>	<p><b>Gochujang Glazed Tofu Bibimbap</b> THIS DISH. THIS ONE. OMG..... sticky korean tofu pieces, raw Asian vegetables, kimchi and radish, chilli &amp; ginger fried rice and a tamari glazed fried egg (Optional) <i>*EGG, SESAME, SOY, SULPHITES</i></p>	<p><b>Seasonal Vegetables</b> <b>Vegan Pad Thai Noodles</b> <b>Wok Fried Greens</b></p>
SATURDAY	<p><b>Pollo Pesto</b> char-gilled butterflied chicken served on a creamy basil pesto linguini, with sauteed chestnut mushrooms and caramelized red onions. garnished with toasted seeds and perfectly paired with homemade rosemary focaccia. <i>*CELERY, GLUTEN, MILK, SULPHITES</i></p>	<p><b>Friday Fish &amp; Chips</b> the friday classic. golden battered cod loin with chips, home made mushy peas and tartare sauce. best. ever. <i>*CELERY, EGG, FISH, SULPHITES</i></p>	<p><b>Char-grilled Halloumi Bowl</b> charred halloumi with red peppers, aubergine and courgette dressed with vegan herb pesto, served on a bed of Greek inspired quinoa. buttered peas are a surprising side treasure! <i>*MILK, SULPHITES</i></p>	<p><b>Buttered Peas</b> <b>Homemade Rosemary and Sea Salt Focaccia (Gluten)</b></p>