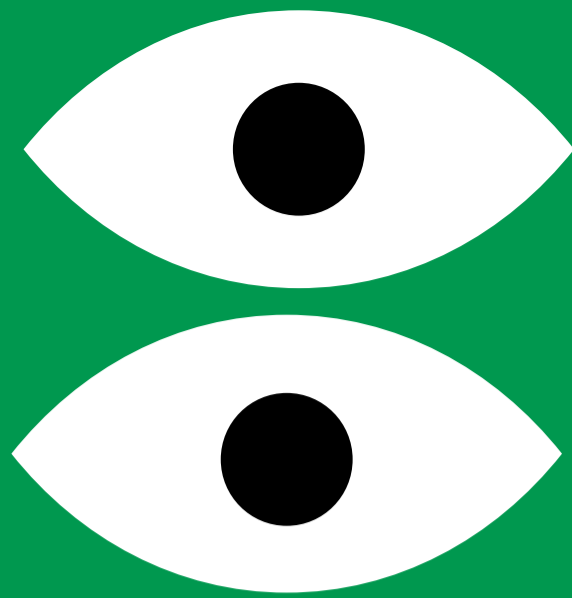


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

HEALTHY YUMMIES

PRESENTS

THE BEEKEEPER MENU FOR WEEK COMMENCING MONDAY 17 OCTOBER 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
MONDAY	<p>Chicken Tikka Masala</p> <p>straight out of the gates with this FAVE! roasted chicken chunks marinated in a mildly spiced curry sauce, and served with onion pilau rice, Naan bread and onion coriander salad!</p> <p><small>*CELERY, GLUTEN in bread, MILK, MUSTARD, SULPHITES</small></p>	<p>Sea Bream</p> <p>pan seared sea bream fillet served with Spanish style fabada (white bean & chorizo stew), charred baby leeks and romanesco. garnished with blistered vine tomatoes and yummy paprika fried onions!</p> <p><small>pork free available!!</small></p> <p><small>*CELERY, FISH, MUSTARD, SULPHITES</small></p>	<p>Fancy Vegan Mac & Sheese</p> <p>chargrilled crown prince squash marinated in garlic & smoked paprika, served on vegan mac & sheese and garnished with crispy sage & shallot. grab some winter greens to go with!</p> <p><small>*CELERY, GLUTEN (GF available), MUSTARD, SULPHITES</small></p>	<p>Pilau Rice</p> <p>Steamed New Potatoes</p> <p>Winter Greens</p>
TUESDAY	<p>Classic Shepherds Pie</p> <p>ground lamb in a hearty onion gravy loaded with peas & carrots, topped with buttered mashed potato & molten cheddar. served with sauteed green beans and lamb jus. yes, that's correct. we love you.</p> <p><small>*CELERY, FISH, MILK, MUSTARD, SULPHITES, WORCESTER SAUCE</small></p>	<p>Sea Trout</p> <p>delicately steamed lemon & oregano sea trout fillets served with herb tossed potatoes parmentier, sauteed samphire & savoy cabbage, balsamic roasted beetroot and minted pea puree. fine dining flavours meet film set nourishment.</p> <p><small>*CELERY, FISH, MILK, SULPHITES</small></p>	<p>Cauliflower Raisukaree</p> <p>our vegan take on a traditional Japanese family dish. cauliflower, green peppers and sweet potato in a Japanese style curry. served over sticky jasmine rice and garnished with fresh lime, spring onion and red chilli.</p> <p><small>*CELERY, MUSTARD, SOY, SULPHITES</small></p>	<p>Jasmine Rice</p> <p>Parmentier Potatoes</p> <p>Steamed Carrots & Petit Pois</p>
WEDNESDAY	<p>Sticky Asian Pork Bao</p> <p>friday comes to wednesday!! sticky teriyaki pork in a steamed Hirata bun. som tam with papaya and pawpaw salad and 5 spiced fries</p> <p><small>*CELERY, MILK, MUSTARD, SOY, SULPHITES</small></p>	<p>Crispy Skinned Salmon</p> <p>pan seared and topped with a roasted chestnut crumb, your salmon fillet is served on a bed of fresh potato gnocchi tossed in a Tuscan style cream sauce, and garnished with whole leaf baby spinach.</p> <p><small>*CELERY, FISH, GLUTEN, MILK, MUSTARD, SULPHITES</small></p>	<p>Vegan Cottage Pie</p> <p>jackfruit & lentils slow braised in a smoky gravy with peas and root vegetables, topped with vegan smashed potato and sheese gratin, and finished with handmade root vegetable crisps!</p> <p><small>*CELERY, MUSTARD, SULPHITES</small></p>	<p>5 Spiced Fries</p> <p>Seasoned Brussels Sprouts & Savoy Cabbage</p>
THURSDAY	<p>Steak & Guinness Pie</p> <p>the MOST tender steak pieces in a Guinness gravy with silver skin onions and chestnut mushrooms. we top it with a herby suet crust and serve it to you with a side of creamed potatoes. warm me up, Scotty!</p> <p><small>CELERY, GLUTEN, MILK, MUSTARD, SULPHITES</small></p>	<p>King Prawn Risotto</p> <p>chilli tossed king prawns, fine beans and petit pois tossed in a creamy white wine risotto, topped with shaved parmesan, crispy shallots and fresh herbs. i want that one!</p> <p><small>*CELERY, CRUSTACEAN, MILK, SULPHITES</small></p>	<p>Tempeh Jalfrezi</p> <p>medium spiced Bengal style cauliflower and tempeh curry, served with a saag aloo cake, garlic naan and onion bhaji. braised wholegrain rice to go with!</p> <p><small>*CELERY, GLUTEN, MUSTARD, SULPHITES</small></p>	<p>Chantenay Carrots & Fine Beans</p> <p>Braised Wholegrain Rice</p>
FRIDAY	<p>Thai Style Turkey Pho Bowl</p> <p>delicious Thai flavours infuse these bite-sized turkey meatballs, served with vermicelli noodles and wok fried Asian vegetables in a punchy shitake mushroom broth. garnished with fresh lime wedge!</p> <p><small>CELERY, MUSTARD, SOY, SULPHITES</small></p>	<p>FriYay Fish & Chips!!</p> <p>THE CLASSIC. golden battered cod loin. chips. home made mushy peas. tartar sauce. say no more.</p> <p><small>CELERY, EGG, FISH, SULPHITES</small></p>	<p>Aubergine & Lentil Moussaka</p> <p>puy lentils & char-grilled aubergine layered with oregano & garlic pomodoro, topped with vegan bechamel and served with paprika roasted potatoes, sauteed green beans & savoy cabbage.</p> <p><small>CELERY, GLUTEN, MUSTARD, SULPHITES</small></p>	<p>Chunky Chips</p> <p>Green Beans & Cabbage</p> <p>Crushed Peas</p>