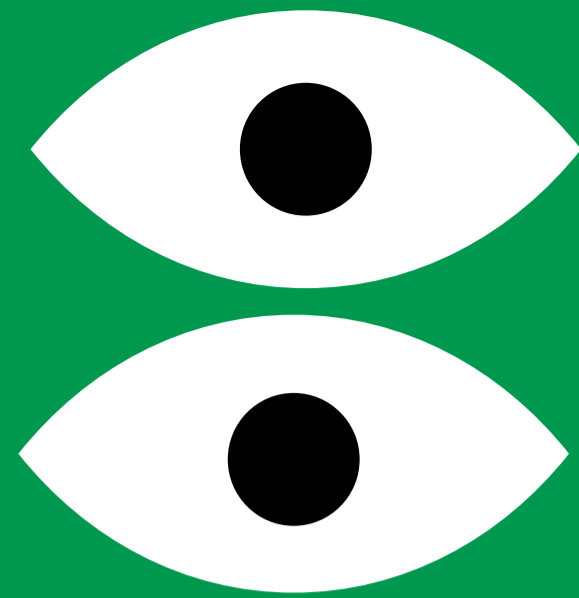


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

HEALTHY YUMMIES

PRESENTS

THE BEEKEEPER MENU FOR WEEK COMMENCING MONDAY 10 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>Steak Ciabatta</p> <p>LOOK MA! ONE HAND!! seared & sliced sirloin steak, welsh blue cheese, caramelized red onion jam, mustard mayo and peppery wild rocket packed into a toasted ciabatta roll. served with salt & pepper fries, because we love you.</p> <p>*CELERY, EGG, GLUTEN, MILK, MUSTARD, SULPHITES</p>	<p>Spanish Hake</p> <p>rolled hake fillets baked and served with hearty potato, tomato & red lentil broth, paprika & lemon green beans, and manchego toasted croute. a little garlic aioli drizzled on top, and you're away...</p> <p>*CELERY, FISH, GLUTEN, MILK, MUSTARD, SULPHITES</p>	<p>Beet Bourguignon</p> <p>who says bourguignon is only for carnivores.... roasted purple beets in a red wine & smoked facon gravy, swimming alongside autumnal root veggies & silver skin onions, served with saffron cauliflower rice. and the beet goes on...</p> <p>*CELERY, MUSTARD, SOY, SULPHITES</p>	<p>Sauteed Hispi Cabbage & Green Beans</p> <p>Fries</p> <p>Cauliflower Rice</p>
TUESDAY	<p>Roast turkey dinner</p> <p>winner winner, turkey dinner!! turkey escalope stuffed & rolled with parmesan & cranberry stuffing, roast potatoes, creamed leeks & pancetta, and braised red cabbage. and, of course, yummy turkey pan gravy!!</p> <p>*CELERY, GLUTEN, MILK, MUSTARD, SULPHITES</p>	<p>Poached Salmon</p> <p>perfectly poached salmon in maitaise sauce (aka blood orange hollandaise sauce), served with our 'light but loaded' seared tenderstem & pearl barley risotto. nutty, warming charred chicory and watercress salad garnishings make this a lunch fare to remember.</p> <p>*FISH, EGG, GLUTEN, MILK, SULPHITES</p>	<p>General Tso's Cauliflower</p> <p>light, crispy cauliflower florets tossed in a sweet & spicy glaze, served with veggie fried rice, and garnished with kale & kohlrabi kimchi. optional lime wedge for eXtra zest!</p> <p>*CELERY, MUSTARD, SOY, SULPHITES</p>	<p>Veggie Fried Rice</p> <p>Roast Potatoes</p> <p>Braised Red Cabbage</p>
WEDNESDAY	<p>Chicken Marsala</p> <p>roasted chicken supreme in a rich creamy marsala wine sauce packing caramelized red onions and chestnut mushrooms. swede & carrot bubble & squeak bring you to your grandmas farm table - but sauteed black kale & crispy leeks take your grandmas table from FARM to FAB!!</p> <p>*CELERY, MILK, MUSTARD, SULPHITES</p>	<p>Louisiana Gumbo</p> <p>from Southern Louisiana to your lap table, this smokey prawn & nduja (pork**) stew comes served with Cajun rice, sauteed okra and tobacco style onions. finished with a chopped side salad of avocado & gem lettuce.</p> <p>*CELERY, CRUSTACEANS, GLUTEN, MILK, MUSTARD, SULPHITES **PORK FREE VERSION AVAILABLE</p>	<p>Heura Chicken Dopiazza</p> <p>DOPEY WHO?! Dopiazza = double onion :) a deliciously sweet Persian spiced mock chicken curry, with saffron pilaf, barbari (thick flatbread) and MANGO chutney, and garnish of fresh lemon & coriander.</p> <p>*CELERY, GLUTEN in bread, MUSTARD, SULPHITES</p>	<p>Swede & Carrot Bubble & Squeak</p> <p>Saffron Pilaf</p> <p>Sauteed Black Kale</p>
THURSDAY	<p>Slow Braised Irish Stew</p> <p>tender lamb & root vegetable stew, with colcannon mash (creamy mash with cabbage) and green beans. OBVIOUSLY served with a side of incredibly yummy soda bread and, you guessed it, delicious salted Irish butter. (told you we love you.)</p> <p>*CELERY, GLUTEN in bread, MILK, MUSTARD, SULPHITES</p>	<p>Panfried Sea Trout</p> <p>fragrant Thai glazed sea trout fillets, served with a traditional vegetable Thai red curry sauce, sticky jasmine rice, prawn crackers and an optional lime wedge for eXtra zest</p> <p>*FISH, GLUTEN, MUSTARD, SOY, SULPHITES</p>	<p>Pasta Please</p> <p>PastaVerde: cannelloni filled with spinach & ricotta mousse, dressed with a classic Pomodoro sauce and creamy bechamel. garnished with olive & mizuna salad.</p> <p>Vegan: GF arrabiata penne pasta with charred Mediterranean vegetables and rocket salad PLUS homemade focaccia for everyone!!</p> <p>*CELERY, GLUTEN, MILK, SULPHITES (GF + VEGAN available)</p>	<p>Roasted Swede, Parsnips & Winter Squash</p> <p>Jasmine Rice</p>
FRIDAY	<p>Baby Back Ribs</p> <p>Canadian maple & Tennessee bourbon glazed baby back ribs. served with sour cream & spring onion jacket skins and classic slaw. bring a bib.</p> <p>*CELERY, EGG, GLUTEN, MILK, MUSTARD, SULPHITES</p>	<p>Crispy Skinned Sea Bass Fillet</p> <p>pan fried for CRISSSPiness and served with dill & caper crushed new potatoes, squash velouté and sauteed hispi cabbage & a fried shallot crumb!</p> <p>*CELERY, EGG, FISH, MILK, MUSTARD, SULPHITES</p>	<p>Shepherdless pie</p> <p>no shepherds were harmed in the making of this pie. green speckled lentils & root vegetables slow cooked in a rich tomato gravy, topped with golden root vegetable mash and vegan cheese gratin</p> <p>CELERY, MUSTARD, SULPHITES (GLUTEN - GF available)</p>	<p>Hispi Cabbage & Chantenay Carrots</p> <p>Classic slaw</p>