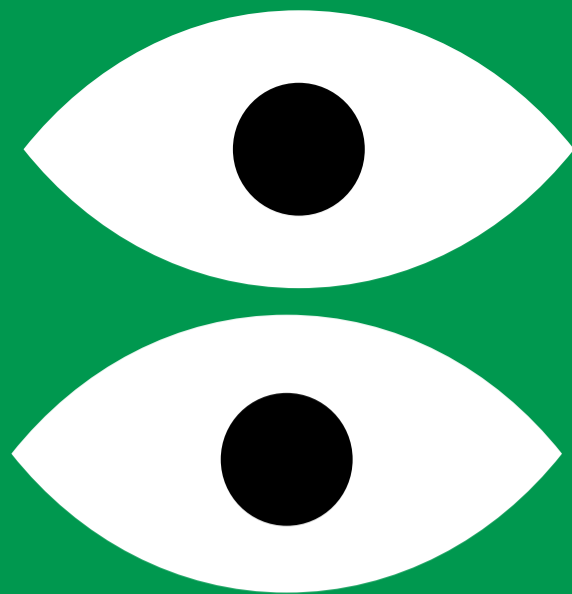


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

HEALTHY YUMMIES

PRESENTS

THE DIPLOMAT MENU FOR WEEK COMMENCING TUESDAY 18 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
TUESDAY	Sticky Asian Pork Bao friday comes to monday!! sticky teriyaki pork in a steamed Hirata bun. som tam with papaya & pawpaw salad and 5 spiced fries *CELERY, MILK, MUSTARD, SOY, SULPHITES	Crispy Skinned Salmon 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. *CLEERY, FUSH, GLUTEN, MILK, MUSTARD, SULPHITES	Vegan Cottage Pie 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! *CELERY, MSUTARD, SULPHITES	5 Spiced Fries Jasmine Rice Winter Greens
WEDNESDAY	Classic Shepherds Pie 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. *CELERY, FISH, MILK, MUSTARD, SULPHITES, WORCESTER SAUCE	Sea Trout 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. *CELERY, FISH, MILK, SULOHITES	Cauliflower Raisukaree 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. *CELERY, MUSTARD, SOY, SULPHITES	Jasmine Rice Parmentier Potatoes Steamed Carrots & Petit Pois
THURSDAY	Chicken Tikka Masala making hump-day happy 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! *CELERY, GLUTEN in bread, MILK, MUSTARD, SULPHITES	Sea Bream 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! pork free available!! CELERY, FISH, MUSTARD, SULPHITES	Fancy Vegan Mac & Sheese 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! *CELERY, GLUTEN (GF available), MUSTARD, SULPHITES	Pilau Rice Steamed New Potatoes Winter Greens
FRIDAY	Pulled Pork Buritto chipotle spiced pork braised rice guacamole grated cheese refried beans and tangy, tangy piqot de gallo! say no more!! *CELERY, GLUTEN, MUSTARD, SULPHITES	King Prawn Buritto chilli tossed king prawns braised rice guacamole grated cheese refried beans and tangy, tangy piqot de gallo! oh my goodness!! *CELERY, CRUSTACEAN, MILK, MUSTARD, SULPHITES	Vegan Chicken Chili Buritto Mexican bean & mock chicken chilli braised rice vegan cheese guacamole refried beans and tangy, tangy piqot de gallo! are you for REAL?! CELERY, GLUTEN, MUSTARD, SULPHITES	Loaded Nacho Pots
SATURDAY	Thai Style Turkey Pho Bowl delicious Thai flavours infuse this turkey pho bowl. served with vermicelli noodles and wok fried Asian vegetables in a punchy shitake mushroom broth. garnished with fresh lime wedge! CELERY, MUSTARD, SOY, SULPHITES	FriYay Fish Dish!! golden crumbed smoked hake & leek fish cake home made crushed peas and a soft yolk poached egg! YUMMBLE!!!! *CELERY, EGG, FISH, SULPHITES	Aubergine & Lentil Moussaka 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. *CELERY, GLUTEN, MUSTARD, SULPHITES	Paprika Potatoes Green Beans & Cabbage Crushed Peas