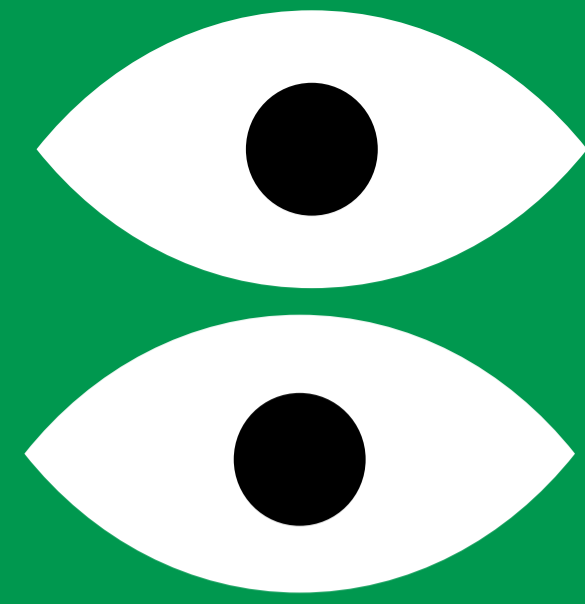


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

# HEALTHY YUMMIES

PRESENTS

**TED LASSO 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

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