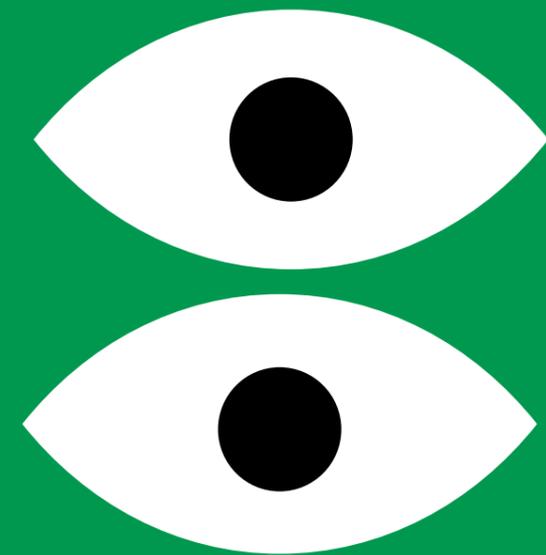


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STRAIGHT FROM THE FIRE AND INTO YOUR BELLY.

HEALTHY YUMMIES

PRESENTS

YOUR MENU FOR WEEK COMMENCING MONDAY 6 FEBRUARY 2023

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

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

	MEAT	FISH	VEGAN	SIDES
MONDAY	CHICKEN PICCATA skinless, boneless butterflied chicken breast fillet in a light & tangy sauce of white wine, capers, lemon and parsley - the buttery smooth texture goes great with crushed newbies and sauteed greens! *DAIRY, EGG, GLUTEN, SULPHITES	BIRIYANI traditional North Indian flavours bring full body to this spicy coconut, prawn & okra biriyani - add sauteed greens if you're feeling the vibe!! *CELERY, CRUSTACEAN, MUSTARD, SOY, SULPHITES	SWEDISH MEATLESS BALLS vegan style Swedish meatballs!! seasoned to perfection, these hearty & wholesome little nuggets come served with a black cardamom & nutmeg vegan cream sauce. get it from the street food counter! *CELERY, MUSTARD, SOY, SULPHITES	CRUSHED NEW POTATOES SAUTEED GREENS
TUESDAY	STEAK AND ALE PIE suuuper slow braised chunks of beef tucked up tight together with carrots, onions, celery and ale under blanket of homemade suet crust. you'll feel as snug as a bug in a rug. *CELERY, EGG, GLUTEN, MILK, MUSTARD, SULPHITES	BAKED SALMON perfectly baked salmon fillet with an "are-you-for-real?!" garlic + cream cheese + black pepper + brioche crumb! *DAIRY, FISH, GLUTEN	TEMPEH PAD THAI traditional Thai style rice noodle dish, with tempeh chunks and that 'come back for more' tamarind flavour throughout.... topped with crushed soy seasoned sunflower seeds. direct from the street food counter! *MUSTARD, SESAME, SOY, SULPHITES	CREAMY MASH POTATOES WINTER GREEN VEGETABLES GARLIC PEAS & CARROTS
WEDNESDAY	PERI PERI CHICKEN THIGHS WHO LOVES YOU?! succulent & tasty little chicken thighs in an oregano, chilli & lemon marinade, served with portuguese style rice, macho peas & rainbow slaw - get it at the street food counter! *CELERY, MUSTARD, SULPHITES	ADMIRALS PIE i mean, who doesn't love FISH PIE?! this one finished off with a creamy white wine and dill sauce, and topped with a crust of cheesy mash!! UM, YES PLEASE! *CELERY, DAIRY, EGG, FISH, GLUTEN, MUSTARD, SULPHITES	SQUASH FALAFEL mediteranean flavours combine in this chickpea and squash falafel dish - served on flat bread with beetroot hummus, tomato & onion salad and garlic sauce - or grab some saffron rice and make a plate of it! *CELERY, MUSTARD, SESAME, SULPHITES, GLUTEN IN FLAT BREAD	GARLIC ROASTED POTATOES GLAZED ROOT VEG SAFFRON RICE
THURSDAY	SHEPHERD'S PIE traditional shepherd's pie of slow cooked lamb, carrots, celery and onion, with warming rosemary gravy. topped with dreamy, creamy mash *CELERY, DAIRY, FISH, MUSTARD, SULPHITES	FISH CURRY delicious, traditional Goan style fish curry bursting with red lentils, garlic fried spinach and tomatoes!! *CELERY, FISH, MUSTARD, SULPHITES	GOLDEN BEET TIKKA golden beetroot marinated overnight in a tikka spiced vegan Greek style yoghurt. served on naan bread and drizzled with Indian vegan raita, direct from the street food counter! *CELERY, MUSTARD, SULPHITES, GLUTEN IN NAAN	PILAU RICE STEAM MEDLEY OF GREENS ROASTED CAULIFLOWER+ SWEDE & RED ONIONS
FRIDAY	CHICKEN ENCHILADAS chipotle chicken stuffed inside a LAAARGE tortilla with black beans and cheese - then topped with a chipotle tomato sauce - and MORE CHEESE! HOT AND FRRRRESH from the street food counter! *CELERY, DAIRY, GLUTEN, MUSTARD, SULPHITES	FRIYAY FISH & CHIPS the classic. golden battered fish (gluten free!). mushy peas. tartar sauce. rosemary salted French fries. *CELERY, EGG, FISH, MILK, SULPHITES	QUESADILLAS!! ooh yeah!! roasted butternut squash meets *feta in this tasty little number, served with BOTH chargrilled sweetcorn salsa AND salsa de aguacate (avocado salsa) *DAIRY, GLUTEN, SULPHITES - *VEGAN AVAIL.	ROSEMARY SALTED FRENCH FRIES MEXICAN RICE MEDELY OF VEG