



SALADS

1. ROASTED PEPPER AND PEANUT SLAW SALAD (VG)

red cabbage, white cabbage, mixed peppers, scallion, coriander, basil, peanut with a white miso, peanut butter, lime, chilli, ginger, water and sesame oil dressing

(PEANUT/SESAME/SOYA/SULPHITE)

2. FIERY MIXED RICE SALAD (VG)

rice, carrot, scallion, chilli, coriander with a lime, agave, apple cider vinegar and olive oil dressing

(SULPHITE)

3. TAHINI CARROT AND BLACK BEAN SALAD (VG)

Black bean, carrot, sultana, parsley, coriander, pumpkin seeds with a curry powder, turmeric, tahini, lemon, agave, garlic and olive oil dressing

(SULPHITE/SESAME)

STEW

AFRICAN PEANUT (VG)

onion, garlic, ginger, cumin, cayenne, sweet potato, peppers, peanut butter, chopped tomatoes, red lentils, spinach, coriander, stock

(CELERY/SOYA/PEANUT)

SOUP

LENTIL SOUP (VG)

onion, garlic, celery, carrot, potato, lentil, stock

(CELERY/SOYA)