



BREAKFAST: With a focus on freshness and variety, enjoy a full hot and cold selection including eggs your way, crispy bacon, sausages, hash browns, beans, spaghetti, mushrooms, pancakes, cereals, fruit, toast, yogurt and a range of hot drinks and juices. Start every day fuelled for success!



LUNCH & DINNER: Fresh, local and fair trade, a buffet of main dishes is complemented by a selection of seasonal sides, including greens, potato, pasta and rice plates. Salads are rotated daily to highlight farm-to-table freshness and herbs grown in the garden. Hot soup joins the ever-changing selection in winter. Lunch includes a selection of seasonal fruit, and Dinner includes a dessert created daily by our pastry chef.



IDEAS & SPECIAL REQUESTS: Always welcome! Chef Kate welcomes your enthusiasm and loves to discuss food and culinary ideas from around the world.

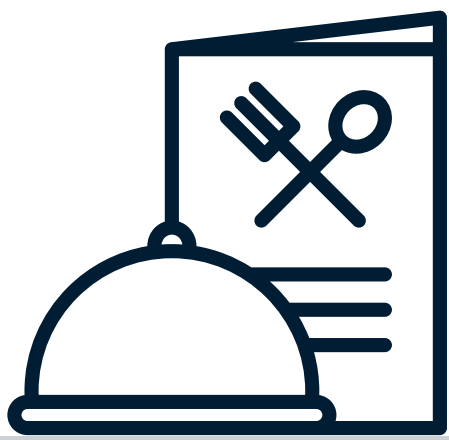


DIETARIES:

- V - Vegetarian
- GF - Gluten-Free
- DF - Dairy-Free
- VG - Vegan
- NF - Nut-Free

This menu is subject to change.

W E E K L Y M E N U



LUNCH

DINNER

MON

- Chicken Cacciatore, Kalamata Olives (GF, DF, NF)
- Pork San Choy Bow, Roasted Peanuts Iceberg Lettuce Cups (GF, DF)
- Zucchini & Corn Frittata, Feta Crumble (V, NF, GF)
- Sesame-Crusted Tofu, Japchae Noodles, Gai Lan (GF, DF, VG)

FORMAL HALL

TUE

TOASTIE TUESDAY

Make Your Own Toasties - Selection of Continental Meats, Cheeses, and Salads

- Chicken & Prawn Jambalaya Lemon Wedges (GF, DF, NF)
- Lamb and Mashed Potato Pie (GF, DF, NF)
- Maple & Sriracha Marinated Tempeh Broccoli & Bok Choy (NF, DF, VG)
- 4 Cheese Ravioli, Creamy Tomato Sauce (V) with Parmesan

- Treacle, Chipotle Pork, Pineapple Rings Garnish (GF, DF, NF)
- Nigerian Beef Stew (GF, DF, NF) with Sautéed Carrots and Cabbage (GF, DF, NF)
- Eggplant Kuku (GF, DF, NF, V) with Lemon Yoghurt (V, GF, NF)
- Brown Rice & Tomato Stuffed Capsicum Halves, Walnut Crumble (GF, DF, VG, NF)

WED

- Chicken Tortellini, Mushroom Cream Sauce, Basil (NF)
- Beef & Cashew Nut Stir Fry, Crispy Eshallots
- Pumpkin Dhal, Cabbage Sabzi (VG, DF, GF, NF) with Naan Bread
- Vegetable Stromboli, Tomato Chutney (VG, NF, DF)

- Italian Lemon, Herb Baked Chicken Potatoes, Red Onion (GF, DF, NF)
- Tandoori Spiced Baked Fish (GF, DF, NF) Cucumber Raita (GF, V, NF)
- Vegan Ramen Miso Broth, Spring Onions, Bean Shoots, Mushrooms
- Cauliflower, Chickpea, Almond Korma (VG, DF, GF) Roti Bread (DF, NF)

THUR

ROLLS AND WRAPS

Make Your Own Rolls and Wraps - Selection of Continental Meats, Cheeses, and Salads

- Beef Cannaloni, Tomato Sugo, Melted Mozzarella Cheese Garlic Bread (NF)
- Char Grilled Piri Piri Chicken (GF, DF, NF) Lemon Wedges
- Southern-Style Crispy Tofu, Brown Rice & Corn (GF, DF, VG, NF)
- Souffle Macaroni Cheese Bake, (NF, V)

- Miso Baked Barramundi, (GF, DF, NF) Asian Vegetables Soba Noodle Stir Fry (NF, DF)
- Osso Bucco, Rich Tomato Sauce Gremolata (GF, DF, NF)
- Romesco Cauliflower & Chickpeas (Contains Almonds) (DF, VG)
- Plant Base Mince Bolognese, Tagliatelle, Basil Oil (DF, VG, NF)

FRI

FRIED FRIDAY

- Crispy Battered Fish, Tartare Sauce, Fresh Lemon (NF, DF)
- Fresh Herb Baked Fish (GF, DF, NF)
- Char Grilled Lemon, Garlic, Fennel Pork Steak, Lemon, Seeded Mustard Sauce (GF, DF, NF)
- Tempura - Mushroom, Sweet Potato, Cauliflower, Tofu (VG, DF)
- Kway Teow Noodles, Bean Sprouts, Carrot, Bok Choy (GF, DF, VG, NF)

- Berbere Spiced Chicken Thighs (GF, DF, NF)
- Orange & Herb Cous Cous (DF, NF, V)
- Chili Beef, (GF, DF, NF) Corn Bread (V, NF)
- Sour Cream (GF, NF, V)
- MYO Vegetable Bahn Mi - Crispy Tofu, Daikon, Bean Shoot & Cabbage Slaw Spicy Mayo
- Carrot Biryani, Cashews, Coriander, Natural Yoghurt (V)

SAT

- Spicy Squid, Japanese BBQ Sauce
- Chicken Mushroom Casserole (GF, NF) Parmesan Cheese (GF, NF)
- Singapore Noodles Mushroom, Snow Peas, (DF, NF, VG)
- Potato Wedges (GF, DF, VG) Sour Cream (GF)

- Beef Mince Chop Suey, Baby Corn, Bean Shoots (GF, DF, NF)
- Garlic Chicken Pasta, Melted Cheese, Paprika Dust
- Roast Cauliflower, Tomato, Sumac Pilaf (DF, VG, NF, GF)
- Plant Base Strips, Pumpkin Coconut Curry (NF, V)

SUN

- Lamb Dopiazza, Coriander, Fresh Chili, Lemon Wedges (GF, DF, NF) with Warm Naan Bread
- Crispy Chili Chicken Drumsticks (GF, DF, NF)
- Basil Pesto Pasta Bake, Parmesan Cheese (V) (Nuts)
- Butter Bean & Sweet Potato Casserole (GF, DF, VG, NF)

- Roast Beef, Mustard Crust, Jus (GF, DF, NF)
- Yorkshire Puddings (NF, V)
- Moroccan Spice Roast Chicken, Jus (GF, DF, NF)
- Mughlai Shahi Paneer (GF, V)
- Coconut Rice (GF, DF, VG, NF)
- Vegetarian Dumplings, Sweet Chili (NF)