

SPRING MENU



MAIN COURSES

Carrot, lemon, basil & Barley salad		\$22
Green veggies & Feta Tart (for 4 pers)		\$38
Leek & mushroom Tart (for 4 pers)		\$38
Butternut & Chard Dahl served with Basmati rice		\$26
Veggie Tofu Curry with tahitian vanilla-coco sauce served with organic Basmati rice	 	\$28
Nourishing Bowl: brown rice, carrots, chickpeas, tamari tofu, avocado & seeds + coco nectar vinaigrette	 	\$24
Pasta french style; roasted zucchinis, eggplant, capsicum, tomato, onion, garlic, olives & french herbs		\$22

TREATS

Banana bread - 4 slices	 	\$26
Lemon Cake - 4 slices (vegan GF available)		\$26
French Madeleines		\$42
with raspberry jam - 9pc		\$44
Choco cake with butternut - 4 slices		\$28
Choco cookie - 1pc		\$7
Choco or Lemon tart - 4-6 pers		\$34
Plain crêpes - 4pc		\$24
with homemade salted caramel		\$34

Homemade meals with mainly bio dynamic /organic local products.
Minimum order 2 portions of each (except when 4 pers/slices) & \$120.
\$5 per delivery to Torquay & Jan Juc / \$12 Anglesea & Armstrong C