

Winter menu as at 1 July 2010

Soups

Creamy pumpkin soup

A twist on the classic pumpkin soup; we take a whole pumpkin, fill it with coconut milk and herbs and roast it in the oven, then transform it into a delicious, hearty soup.

Serves 1-2

Price per serve \$6.90

Sell price \$6.90



Nana's chicken soup

Good old-fashioned chicken soup to heal the soul! Freshly poached chicken in a light creamy broth makes for a hearty meal, and is a great pick-me-up when you're not feeling well - just add toast.

Serves 1-2

Price per serve \$8.50

Sell price \$8.50



Main Courses

Beef and Guinness pie

A classic pie made from big chunks of steak slow cooked with real Guinness to provide a burst of flavour. Easy to cook, tastes even better. Now sold as an individual pot pie to serve 1 person.

Serves 1

Price per serve \$7.90

Sell price \$7.90



Coconut beef curry

A rich, fragrant coconut and Thai spiced curry. The beef melts in your mouth amidst bursts of ginger, tamarind, lemongrass and chilli. Perfect with our Basmati rice.

Serves 2

Price per serve \$11.95

Sell price \$23.90



Lasagne

A robust serving of our home made bolognese and bechamel sauces layered between sheets of durum wheat pasta and finished with mozzarella. For a single serve, order the Kids lasagne.

Serves 2

Price per serve \$8.90

Sell price \$17.80



Mum's bolognese sauce

Old fashioned bolognese made with lean quality mince beef and a tasty passata. Just add your own pasta, a touch of mozzarella, some fresh bread and a green salad.

Serves 4

Price per serve \$4.25

Sell price \$16.90



Chicken, leek and mushroom pie

Lean chicken tenderloins, leeks, mushrooms and our secret herbs make this pie tasty and wholesome.

Serves 4

Price per serve \$6.00

Sell price \$23.90



Farmhouse chicken breast

Moist chicken breasts cooked slowly in a prune sauce reduction with a fabulous sweet and sour balance.

Serves 1

Price per serve \$11.95

Sell price \$11.95



Moroccan chicken with apricots

A new take on Mum's apricot chicken. Plump dried apricots and fresh orange juice make a scrumptious sauce for the lean chicken breast fillet.

Serves 1

Price per serve \$11.95

Sell price \$11.95



Aromatic lamb tagine

Tender chunks of lean lamb rolled in aromatic Eastern spices slow cooked with prunes and preserved lemon, then finished with almond meal and herbs.

Serves 2

Price per serve \$12.45

Sell price \$24.90



Main Courses (cont)

Slow cooked lamb shanks

Large, meaty 'Frenched' shanks slow cooked with lean bacon, button mushrooms and red wine.

Serves 2

Price per serve \$12.95

Sell price \$25.90



Parpadelle with pork ragout

Gorgeous ribbons of durum wheat pasta topped with a slow cooked pork ragout and fat green olives.

Serves 1

Price per serve \$11.90

Sell price \$11.90



Sticky BBQ pork fillet

Lean pork fillet is marinated in a southern style BBQ sauce before being seared then oven baked.

Serves 1

Price per serve \$14.90

Sell price \$14.90



Caramelised red onion and feta tart

Fresh eggs, smooth creamy feta and rich sweet caramelised red onion in our homemade Parmesan and caraway pastry crust.

Serves 4

Price per serve \$6.25

Sell price \$24.90



Spicy chickpeas

Chickpeas, pumpkin and tomato cooked in authentic Indian spices. Serve with a dollop of sour cream and our Basmati rice.

Serves 2

Price per serve \$7.45

Sell price \$14.90



Vegetable pasta stack

Layers of seasonal roasted vegies stacked between sheets of durum wheat pasta and fresh ricotta - rich and luscious.

Serves 4

Price per serve \$6.00

Sell price \$23.90



Sides

Basmati rice

Low GI Basmati is the healthiest white rice available, cooked fluffy and light.

Serves 2

Price per serve \$1.75

Sell price \$3.50



Buttered couscous

Light fluffy couscous with a dollop of butter to add flavour and texture.

Serves 2

Price per serve \$1.95

Sell price \$3.90



Garlic mash

Seasonal potatoes mashed with butter and garlic make a creamy side dish that goes with most meals.

Serves 2

Price per serve \$2.95

Sell price \$5.90



Roast vegetable couscous

Our couscous is combined with roasted seasonal veges, extra virgin olive oil and a touch of cumin.

Serves 2

Price per serve \$11.90

Sell price \$6.90



Sweet potato mash

Delicious whipped mash made from freshly roasted sweet potatoes.

Serves 2

Price per serve \$2.95

Sell price \$5.90



Desserts

Creamy caramel cheesecake

Rich, smooth and indulgent, a baked cheesecake like you've never tasted before. These are now sold as individual serves, but contact us if you would like to order a whole cheesecake as pictured.

Serves 1

Price per serve \$3.90

Sell price \$3.90



Pear and apple crumble

Fresh seasonal apples poached with pears, honey and lemon juice and a touch of warm spice, then topped with hazelnut crumble.

Serves 4

Price per serve \$2.50

Sell price \$9.90



Sticky date puds with caramel sauce

Yummy, old fashioned individual date puddings with delicious caramel sauce. There are four puds per package with lots of caramel sauce.

Serves 4

Price per serve \$2.50

Sell price \$9.90



Kids meals (also good for adults!)

Chicken littles

Lean chicken tenderloins rolled in breadcrumbs and Parmesan cheese then healthily roasted in the oven until tender.

Serves 2

Price per serve \$3.75

Sell price \$7.50



Junior lasagne

A robust serving of our home made bolognese and bechamel sauces layered between sheets of durum wheat pasta and finished with Mozzarella. Equal to a single adult serve.

Serves 2

Price per serve \$4.45

Sell price \$8.90



Soccerballs

Kids just love these meatballs; you'll be kicking goals with these flavoursome oven-baked mouthfuls.

Serves 2

Price per serve \$3.45

Sell price \$6.90



Superhero sausage rolls

Looks and tastes like a sausage roll but it's good for them! They'll never know these goodies are laden with lean meat and hidden vegies.

Serves 2

Price per serve \$4.75

Sell price \$9.50



Order form	No req	\$ Total		No req	\$ Total
Main courses				Soups	
Beef and Guinness pot pie Serves 1	\$7.90	<input type="checkbox"/>	<input type="text"/>	Creamy pumpkin soup Serves 1-2	\$6.90 <input type="checkbox"/> <input type="text"/>
Coconut beef curry Serves 2	\$23.90	<input type="checkbox"/>	<input type="text"/>	Nanna's chicken soup Serves 1-2	\$8.50 <input type="checkbox"/> <input type="text"/>
Lasagne Serves 3-4	\$17.80	<input type="checkbox"/>	<input type="text"/>	Sides	
Mum's bolognese sauce Serves 4	\$16.90	<input type="checkbox"/>	<input type="text"/>	Basmati rice Serves 2	\$3.50 <input type="checkbox"/> <input type="text"/>
Chicken, leek & mushroom pie Serves 4	\$23.90	<input type="checkbox"/>	<input type="text"/>	Buttered couscous Serves 2	\$3.90 <input type="checkbox"/> <input type="text"/>
Farmhouse chicken breast Serves 1	\$11.95	<input type="checkbox"/>	<input type="text"/>	Garlic mash Serves 2	\$5.90 <input type="checkbox"/> <input type="text"/>
Moroccan chicken with apricots Serves 1	\$11.95	<input type="checkbox"/>	<input type="text"/>	Roast vegetable couscous Serves 2	\$6.90 <input type="checkbox"/> <input type="text"/>
Aromatic lamb tagine Serves 2	\$24.90	<input type="checkbox"/>	<input type="text"/>	Sweet potato mash Serves 2	\$5.90 <input type="checkbox"/> <input type="text"/>
Slow cooked lamb shanks Serves 2	\$25.90	<input type="checkbox"/>	<input type="text"/>	Desserts	
Parpadelle with pork ragout Serves 1	\$11.90	<input type="checkbox"/>	<input type="text"/>	Creamy caramel cheesecake Serves 1	\$3.90 <input type="checkbox"/> <input type="text"/>
Sticky BBQ pork fillet Serves 1	\$14.90	<input type="checkbox"/>	<input type="text"/>	Pear and apple crumble Serves 3-4	<input type="checkbox"/> <input type="text"/>
Caramelised red onion & fetta tart Serves 4	\$24.90	<input type="checkbox"/>	<input type="text"/>	Sticky dates puds w caramel sauce Serves 4	\$9.90 <input type="checkbox"/> <input type="text"/>
Spicy chickpeas Serves 2	\$14.90	<input type="checkbox"/>	<input type="text"/>	Kids	
Vegetable pasta stack Serves 4	\$23.90	<input type="checkbox"/>	<input type="text"/>	Chicken littles Serves 2	\$7.50 <input type="checkbox"/> <input type="text"/>
				Junior lasagne Serves 2	\$8.90 <input type="checkbox"/> <input type="text"/>
				Soccerballs Serves 2	\$6.90 <input type="checkbox"/> <input type="text"/>
				Superhero sausage rolls Serves 2	\$9.50 <input type="checkbox"/> <input type="text"/>
				Total number of dishes <input type="text"/>	
				Total \$ cost <input type="text"/>	

Payment and delivery details - call or fax to 9969 5702

Name	<input type="text"/>	Credit card type	Amex <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/>
Home address	<input type="text"/>	Name on card	<input type="text"/>
Delivery address	<input type="text"/>	Card number	<input type="text"/>
Special instructions AND phone contact	<input type="text"/>	Expiry date	<input type="text"/> CCV# <input type="text"/>
Order total \$	<input type="text"/>	Signature	<input type="text"/>
Date	<input type="text"/>	NB. Deliveries exceeding \$95.00 and within 15kms of Moman Post Office are free. All other deliveries are \$19.00. We will call to confirm delivery day, time and cost.	