

# MENU

## MAINS MEAT

### CHICKEN & LEEK PIE

Free range chicken, leek, whole grain mustard, creamy filling with golden pastry

### GUINNESS BEEF PIE

Tender beef, carrots, onion, garlic, thyme, Guinness gravy with a golden pastry

### MOROCCAN BEEF STEW (GF) (GR) (LC)

Slow cooked beef, vegetables, tomato, mild spices, Prunes, dried apricots & almonds

### MOROCCAN CHICKEN STEW (GF) (GR) (LC)

Slow cooked chicken, vegetables, mild spices, prunes, dried apricots & almonds

### ITALIAN MEATBALLS (GF) (GR) (LC)

Blend of minced beef, pork, oregano, cumin, chilli, fresh herbs in a tomato basil sauce

### COTTAGE PIE (GF) (GR)

Beef mince, onions, tomato, carrot, garlic, thyme, topped with a potato mash

### SWEET POTATO COTTAGE PIE (GF) (GR)

Beef mince, onions, carrot, garlic and thyme, topped with a sweet potato mash

### CAULIFLOWER COTTAGE PIE (GF) (GR) (LC)

Beef mince, onions, carrot, garlic & thyme, topped with a cauliflower mash

### CHILLI CON CARNE (GF) (GR)

Slow cooked minced beef, onions, capsicum, tomatoes, kidney beans, mild spices, fresh herbs

### ZUCCHINI & BACON SLICE

Savoury slice with zucchini, eggs, flour, onion, bacon, marjoram, cheese

### GRAIN FREE ZUCCHINI & BACON SLICE

(GF) (GR) (LC) Savoury slice with zucchini, eggs, almond flour, coconut flour, flaxseed, onion, bacon, marjoram, cheese

S \$14 M. \$22 L. \$28

## MAINS VEGETARIAN

### VEGETABLE PIE (V)

Pumpkin, leek, spinach, carrot, Dijon mustard, creamy filling with golden pastry

### MOROCCAN VEGETABLE STEW (V) (GF) (GR) (LC)

Slow cooked vegetables, tomato, mild spices, prunes, dried apricots & almonds

### VEGETABLE COTTAGE PIE (V) (GF) (GR)

Pumpkin, zucchini, capsicum, onions, tomato, carrot, garlic, thyme, topped with a potato mash

### VEGETABLE SWEET POTATO COTTAGE PIE (V) (GF) (GR)

Pumpkin, zucchini, capsicum, onions, tomato, carrot, garlic, thyme, topped with a sweet potato mash

### VEGETABLE CAULIFLOWER COTTAGE PIE (V) (GF) (GR) (LC)

Pumpkin, zucchini, capsicum, onions, tomato, carrot, garlic, thyme, topped with a cauliflower mash

### VEGETABLE CHILLI CON CARNE (V) (GF) (GR)

Slow cooked vegetables, tomatoes, kidney beans, mild spices, fresh herbs

### VEGETABLE ZUCCHINI SLICE (V)

Savoury slice with zucchini, onion, marjoram, cheese

### GRAIN FREE VEGETABLE ZUCCHINI SLICE (V) (GF) (GR) (LC)

Savoury slice with zucchini, eggs, almond flour, coconut flour, flaxseed, onion, marjoram, cheese

S. \$14 M. \$22 L. \$28

## SIDE DISHES

### FRIED RICE W/ BACON (GF)

### VEGETABLE FRIED RICE (V) (GF)

### CAULIFLOWER FRIED 'RICE' W/ BACON (GF) (GR) (LC)

### VEGETABLE CAULIFLOWER FRIED RICE (V) (GF) (GR) (LC)

S. \$10 L. \$14

### POTATO BAKE W/ BACON (GF) (GR)

### VEGETABLE POTATO BAKE (V) (GF) (GR)

S. \$8 M. \$14 L. \$20

### JASMINE RICE W/ COCONUT & CARDAMOM

### CAULIFLOWER 'RICE' W/ COCONUT & CARDAMOM

S. \$5 L. \$8

### JASMINE RICE (V) (GF)

S. \$2.50 L. \$4

## SOUP

### POTATO & LEEK SOUP (V) (GF) (GR)

### COCONUT CAULIFLOWER SOUP

(V) (GF) (GR) (LC)

### PUMPKIN SOUP (V) (GF) (GR) (LC)

S. \$8 L. \$12

## SALAD

### YOGHURT & DILL POTATO SALAD (GF) (GR) (V)

### ZESTY THAI NOODLE SALAD (GF) (V)

### MEDITERRANEAN COUS COUS (V)

S. \$8 L. \$12

## CURRY

### BUTTER CHICKEN (GF) (GR) (LC)

### LAMB KORMA (GF) (GR)

### CHICKEN KORMA (GF) (GR)

### VEGETABLE KORMA (V) (GF) (GR)

### CHICKPEA, PUMPKIN & SPINACH (V) (GF) (GR)

### THAI SATAY CHICKEN W/ PINEAPPLE (GF) (GR)

### THAI VEG SATAY W/ PINEAPPLE (V) (GF) (GR)

### THAI CHICKEN LAKSA (GF)

### THAI VEG LAKSA (V) (GF)

S. \$13 L. \$18

## DESSERT

### APPLE CRUMBLE

### APRICOT CRUMBLE

### LEMON RICOTTA CAKE

### STICKY DATE PUDDING

s. \$12 M. \$18

## PASTA

### BEEF LASAGNA

Slow cooked beef mince, carrot, onion, tomato, layers of lasagne & béchamel sauce

### PUMPKIN, SPINACH & RICOTTA LASAGNA (V)

Pumpkin, spinach, ricotta, fresh herbs, layers of lasagne & béchamel sauce

### BEEF CANNELLONI

Slow cooked beef mince, carrot, onion, tomato, filled in cannelloni shells in tomato basil sauce

### SPINACH & RICOTTA CANNELLONI (V)

Spinach, ricotta, fresh herbs, filled in cannelloni shells in tomato basil sauce

### CHICKEN PESTO PASTA BAKE

Pasta, chicken, baby spinach, sundried tomatoes, creamy pesto sauce

### VEGETARIAN PESTO PASTA BAKE (V)

Pasta, baby spinach, sundried tomatoes, creamy pesto sauce

### MAC & CHEESE (V)

Macaroni with cheesy béchamel sauce & a crunchy rosemary and breadcrumb topping

### MAC & CHEESE W/ BROCCOLI & SPINACH (V)

Macaroni, broccoli & baby spinach, with cheesy béchamel sauce & a crunchy rosemary and breadcrumb topping

S. \$14 M. \$22 L. \$28

### ALLA PUTTANESCA (SF)

Spaghetti mixed through tomatoes, garlic, anchovies, capers, olives, spicy chilli, parsley

### ZUCCHINI NOODLE ALLA PUTTANESCA (SF) (GF) (GR) (LC)

Zucchini noodles mixed through tomatoes, garlic, anchovies, capers, olives, spicy chilli, parsley

### ZUCCHINI NOODLE BOLOGNAISE (GF) (GR) (LC)

Zucchini noodles mixed through slow cooked beef mince, carrot, onion, tomato,

S. \$13 L. \$18

(GF) GLUTEN FREE | (GR) GRAIN FREE | (V) VEGETARIAN  
(LC) LOW CARB | (SF) SEAFOOD

p. 0434 946 259

e. ashleigh@mashfood.com.au

www.mashfood.com.au