



# THIS WEEK'S #REALFOODCANTEEN MENU

## BREAKFAST

Organic granola with Yoghurt	5.5
Bacon & egg wrap with Spinach and Tomato chutney	5.9
Vegetable frittata, served on toast	5.5
Sourdough or Soy & linseed toast with butter and jam	from 2.8
Smashed avocado on sourdough	5.3
Freshly baked pastries	2.9
Banana bread	3.5
Chicken & kale wrap	8.0
Vegan wrap	7.5

## LUNCH OPTIONS

<i>Lunch Box: 1 protein and up to 3 sides</i>	14.9
<i>Mega Lunch Box: 1 protein, with as many sides as you like in the box</i>	16.9
<i>Sides Box: 3 sides</i>	9.9
<i>Mega Sides Box: As many sides as you like in the box</i>	12.9

## PROTEINS - SINGLE SERVE

Baked Petuna Atlantic salmon with Mediterranean spices	7.5
"Big Daddy" crispy skin pork belly	7.5
Chicken breast poached in master stock	7.5
Slow-roasted lamb shanks (400g)	10.0
Homestyle meatballs	7.5

## SIDES - SINGLE SERVE

Pasta Napoletana (v)	3.9
Brown rice with quinoa (v) (gf)	3.9
Broccoli with chilli and tamarind sauce (v) (gf)	3.9
Eggplant with tomato sauce (v) (gf)	3.9
House slaw with yoghurt (gf)	3.9
Roast pumpkin with tahini (v) (gf)	3.9
Cauliflower with turmeric and coconut milk (v) (gf)	3.9
Carrots with honey and thyme (gf)	3.9
Brussel Sprouts with lentils and vinaigrette (v) (gf)	3.9
Curried lentils with capsicum (v) (gf)	3.9
Baked sweet potato (v) (gf)	3.9
Beetroot with chickpeas (v) (gf)	3.9