

LUNCH

SAMPLE MENU

SALADS

Mixed beetroot salad with fresh chili,
rocket and toasted sunflower seeds

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Roasted butternaut salad with pak choi,
fresh chili, sesame seeds and a sesame oil
dressing

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Mixed summer green leafy salad with
avocado, toasted almonds and a balsamic
dressing

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Wild rice salad with spinach, sugar snap
peas and a lime dressing

FLATBREAD

Grilled mushrooms, roast tomatoes,
caramelized onion and gorgonzola topped
with rocket

SOUP

Watermelon and beetroot