

# Sample Menu

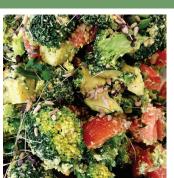
Curated by Chef Domini Kemp of Vhi Food Lab Café

We offer a selection of health conscious meals that are varied throughout the week. Below is a sample of these dishes.











#### **SOUPS**

Roast Parsnip, Garlic & Thyme

Butter Beans & Tomato in Chicken Bone Broth

White Bean Minestrone

Leek & Potato

Turmeric Cauliflower & Coconut

Super Green Soup

Miso Shimeji & Chestnut Mushrooms in Chicken Bone Broth

### HOT DISH OF THE DAY

(Monday to Friday)

Falafel with Cucumber Raita, Spiced Sweet Potato Wedges, Lebanese Carrot Salad

Roast Chicken Supreme with Green Peppercorn & Mushroom Cream, Pressed Potato with Caramelised Onions & Roast Seasonal Root Vegetables

Roast Organic Salmon with Salsa Verde, Roast Baby Potatoes with Garlic & Thyme, Green Beans, Leek & Garden Peas

Mushroom & Cauliflower Stroganoff with Steamed Fragrant Basmati Rice

Red Lentil, Butternut Squash & Chickpea Dahl, Charred Aubergine & Cucumber Raita

## WRAP/SANDWICH OF THE DAY

Wholemeal Wrap with Tandoori Chicken, Pickled Onion & Coleslaw

Sandwich with Tuna Mayonnaise, Mature Cheddar, Apple, Cucumber & Rocket on Sourdough Bread

Tomato Wrap with Teriyaki Chicken, Red Onion, Tomato, Baby Spinach & Coriander Wasabi Sesame Mayonnaise

Sandwich with Coronation Chicken on Multi Seeded Bloomer

Wholemeal Wrap with Beetroot Falafel, Chickpea Fattoush, Pickled Carrot & Mayonnaise

Sandwich with Vietnamese Chicken, Cucumber, Carrot, Chilli & Garlic Mayonnaise on Granary Bread

Tuna & Sweetcorn Melt with Pickled Red Onions & White Cheddar on Chia Seed Bloomer

## (up to 4 options per day)

Tabbouleh

**SALADS** 

Chickpea Fattoush

Organic Puy Lentil Tabouli

Bocconcini Mozzarella with Black Olives, Grapes, Chilli & Coriander

Roast Baby Potatoes with Green Beans, Scallions,

Parsley & Honey Mustard Dressing Asian King Prawns with Mango, Cucumber,

Tomato, Beansprouts & Miso Ginger Dressing

Kale & Brussel Sprouts with Smoked Almonds,

Fermented Chilli & Pomegranate Charred Aubergine

Parmesan Cheese, Cranberries & Balsamic Dressing

with Sundried Tomatoes

Turmeric & Cumin Roasted Cauliflower with Millet, Pistachio & Pomegranate

Sweet Potato & Quinoa with Apple, Walnuts & Baby Spinach

Organic Brown Rice with Kale, Broccoli, Sesame & Aminos Coconut Sauce

Chickpeas with Avocado, Cucumber, Tomato, Peppers & Radish

Broccoli, Tomato, Feta Cheese & Cashew

Crunchy Asian Slaw with Miso Ginger Dressing & Black Sesame Seeds

Roast Butternut Squash, Kale, Chickpeas & Sprouting Quinoa

