

# DIETARY GUIDE

Our food is freshly prepared in kitchens that regularly handle all allergens. We can't guarantee our food is allergen free. Please take care.

CHICKEN	Vegan	Vegetarian	Refined Sugar Free	Preservative Free	Fructose Free	Gluten Free	SpiceLevel	Contains Onions	Contains Wheat	Contains Tree Nuts	Contains Peanuts	Contains Milk Products	Contains Sesame	Contains Shellfish	Contains Fish	Contains Eggs	Contains Soy	Contains Lupins
House			•	•	•	•												
Moroccan			•	•	•	•	☾						•					
Southwest			•	•		•	☾	•										

## SALADS

Sweet potato, brown rice	•	•	•	•		•		•		Hazelnut								
Soba noodle		•	•	•				•	•	Cashew		•						•
Grilled greens	•	•	•	•		•					•	•						•
Roast chicken & roast vegetable			•	•		•		•		Hazel/Almond		•						
Cleansing	•	•	•	•		•						•						•
Chicken, green mango slaw			•	•		•	☾	•							•			
Spiced beetroot		•	•	•		•		•		Pistachio	•							
Succotash	•	•	•	•		•		•										
Summer greens	•	•	•	•		•				Cashew								
Zucchini and grain	•	•	•	•			☾	•	•									

## CURRIES, SOUPS & MEATBALLS

Island chicken curry			•	•		•		•							•			
North African chicken curry			•	•		•		•										
Snakebean veg curry	•	•	•	•		•	☾	•										•
Meatballs			•	•				•	•							•	•	

## SIDES

Chips	•	•	•	•		•		•										
Roast vegetables	•	•	•	•		•		•										
Chicken gravy			•	•		•		•										
Tomato relish	•	•		•		•		•										
Aioli		•		•		•												•
Chopotle aioli		•		•		•	☾											•
Steamed greens	•	•	•	•		•	•											
Sweet potato chips	•	•	•	•		•												
Brown rice	•	•	•	•		•	•											
Herb mayo		•		•		•												•
Roast potatoes	•	•	•	•		•												

## ROAST CHICKEN ROLLS & SANDWICHES

White roll	•	•	•	•		•			•									
Gluten free roll	•	•	•	•		•												
The classic fox			•	•		(GFA)		•	•									
The fancy fox		(VA)		•		(GFA)			•			•						•
Fantastic Mr Fox		(VA)		•		(GFA)	☾		•			•						•
Sly fox		(VA)		•		(GFA)		•	•			•						•
The vixen	(VA)	(VA)	•	•		(GFA)			•									
Raceday chicken sandwich				•				•	•									•

## HOMEMADE SWEET TREATS

Polenta biscuits		•	•	•		•				Alm/Hazelnut	•							•
White choc bliss ball		•	•	•		•				Alm/Cash/Maca		•						
Cacao bliss ball		•	•	•		•				Cash/Walnut								
Date and Lime slice		•	•	•		•				Almond								