


Restaurant Lunch Menu



"Accredited dietitians creating healthy restaurant choices for you"

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This menu has been analysed by an Accredited Practising Dietitian from Healthy Menus. Collaboration between the head chef and dietitian has ensured accredited dishes are of highest quality, taste and nutrition.

 Meals bearing this symbol are healthier choices which meet strict criteria for total energy, salt, fat, fibre and vegetable content.

 Egg and bean salad with herb dressing

 Soy and ginger chicken wrap

Pumpkin and pine nut stirfry

Pea, leek and ham soup


 Vegetable frittata

Caesar salad

Hamburger with chips and salad

 Tandoori chicken with mango chutney

Ocean trout with almonds and spinach

 Minted BBQ lamb with baby beetroot and rocket salad

