



Main and dessert £7 per person, minimum 10 orders per business per day.

### **Fresh and green**

Chicken and avocado salad with pomegranate, spinach and toasted wild rice (GF)

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Chilli beef and pickled onion iceberg tacos with cucumber and tomato salsa (GF)

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Beetroot falafel with rocket and watercress, pickled carrot, cucumber and mixed seeds (V)(GF)

### **Protein**

Lean steak with broccoli, almonds, rice and roasted butternut squash (GF)

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Chicken Caesar pasta salad

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Soy and sesame glazed chicken breast with carrot, spinach and brown rice (GF)

### **Keto**

Keto chicken and coconut curry with shredded broccoli and cauliflower rice (GF)

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Beef meatballs with green beans, roasted onion and cumin rice (GF)

### **Paleo**

Salmon, avocado, cucumber, rocket and orange dressing (GF)

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Prawn and broccoli egg linguine with chilli and garlic

### **Dirty / naughty**

Katso chicken curry with brown rice and spinach

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Chilli cheese fries with sweet potato chips (GF)

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Chicken wings with franks hot sauce (GF)

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Vegetable lasagne and garlic bread



**Dessert / something sweet**

Peanut butter and chocolate cookies

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Brownies with raspberries and caramel (GF)

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Yoghurt with berries and granola

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Cheesecake

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Cake of the day