

# SUPERFOOD MEAL CO.

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## READY - MADE FRESH MEALS

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### **PROTEIN BIRCHER:**

Bircher muesli of whole oats, blueberries, coconut, pistachio's, vanilla protein powder soaked in almond milk, finished with fresh strawberries and almonds

### **BUDDHA BOWL:**

a breakfast bowl of kale, broccoli and spinach sautéed with quinoa, nuts, super seeds, pomegranate and mint, topped with avocado and a boiled egg.

### **SMOKED SALMON SALAD:**

cold smoked Tasmanian salmon in a salad of rocket, red onion, cherry tomato, crispy capers, cucumber and dill with lemon vinaigrette

### **MOROCCAN**

### **CHICKEN SALAD:**

Moroccan spiced chicken breast in a salad of frisée, radicchio, fennel, avocado, burnt onions, pomegranate and ras el hanout sauce

### **ZUCCHINI MEATBALLS:**

pork and beef meatballs, vine ripened tomato sugo, spiralized zucchini spaghetti and parmesan cheese

### **SUPER GRAIN SALAD:**

organic pomegranate dressed quinoa, crisp kale, wild rice, candied cashews, grilled cauliflower, sweet corn, goats cheese and a boiled egg

### **CAULIFLOWER RISOTTO:**

cauliflower rice cooked risotto style with zucchini, eggplant, pumpkin, tomato and bacon with spinach and pinenuts

### **THE INCREDIBLE BULK:**

180g Porterhouse steak, sweet potato mash, quinoa and brown rice with avocado and broccolini

### **FASTER SHREDDER:**

poached chicken breast, sautéed spinach and kale with steamed broccolini and asparagus

### **FATMAN SCOOP:**

cold smoked Tasmanian salmon with lemon, fresh rocket, snow peas, avocado, quinoa and brown rice

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**SEE RECEPTION  
FOR ORDER FORMS**

