

# LUNCH MENU

**LOW CARB / KETO / NO ADDED SUGAR**

~ 11.30am to 3pm ~

## CHEF'S RECOMMENDED

### **Chef's Signature Pork Belly \$18.9**

(5.5g of carbs)

Lightly smoked, slow cooked pork belly with stir fried boccolini, cauliflower, capsicum, served with apple cider beetroot puree & mixed seeds.

• **Gluten Free** • **Egg free**

### **CHICKEN WRAP \$14**

(6g of carbs)

A speciality homemade low carb wrap filled with grilled chicken, tomato, cucumber, mixed lettuce and flavoured with tasty cheese, homemade mayonnaise

With ADD ON grilled Vegetables on side \$18

(8.5g of carbs)

• **Gluten Free**

### **CHICKEN CAULIFLOWER FRIED RICE \$16**

(6g of carbs)

Signature cauliflower fried rice with chicken, seasonal vegetable, flavoured with a homemade garlic, basil Thai sauce

• **Gluten Free**

### **SEAFOOD CAULIFLOWER FRIED RICE \$18**

(6g of carbs)

Signature cauliflower fried rice, with addition of seafood, seasonal vegetables, flavoured with a homemade garlic, basil Thai sauce

• **Pescatarian** • **Gluten Free**



*Note: To ensure you are aware how much carbs you are eating to stay in Ketosis, we have provided number of carbs in each dish, but please note that these may differ slightly due to seasonal veggies used.*

## HEALTHY PASTA

### FETTUCCINE CARBONARA \$16

(7.6g of carbs)

Organic soy bean fettuccine, bacon, cauliflower, broccoli, cream and parmesan cheese

• **Gluten Free**

### SEAFOOD FETTUCINE \$18

(8.6g of carbs)

Organic soy bean fettuccine, seafood mixed and sliced vegetable with creamy Napoli sauce.

Topped with grated parmesan cheese

• **Gluten Free**

### VEGETARIAN PASTA \$16

(8.6g of carbs)

Organic soy bean fettuccine, sliced vegetable with Napoli sauce.

Topped with grated parmesan cheese

• **Gluten Free** • **Vegetarian**

## MODERN ASIAN

### TERIYAKI BEEF ON CAULIRICE \$17

(8g of carbs)

Sliced beef stir fried with homemade teriyaki sauce, served with cauliflower rice.

• **Gluten Free**

### CHICKEN STIR FRIED NOODLE \$15

(6g of carbs)

Stir fried chicken with organic soy bean fettuccine in homemade garlic, basil Thai sauce

Option: Ask for spicy!

• **Gluten Free**

### SEAFOOD STIR FRIED NOODLE \$17

(6g of carbs)

Stir fried seafood with organic soy bean fettuccine in homemade basil, garlic Thai sauce

Option: Ask for spicy!

• **Pescatarian** • **Gluten Free**



*Note: To ensure you aware how much carbs you are eating to stay in Ketosis, we have provided number of carbs in each dishes, but please note that these may differ slightly due to seasonal vegies used.*