

STOCK UP ON

Family Meals

READY-MADE NUTRITIOUS MEALS

REAL FOOD - NO ADDED FLAVOURS OR PRESERVATIVES



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Malaysian Chicken Curry <i>Chicken on the bone, potatoes & steamed rice</i>	\$35.00	Frozen
Shepherd's Pie <i>Traditional recipe, lamb mince, potato mash topping</i>	\$35.00	Frozen
Chicken Tortellini (COMING SOON) <i>Vesuvio chicken & almond filled tortellini, spinach sauce & parmesan</i>	\$40.00	Fresh
Gnocchi Bolognese (COMING SOON) <i>Vesuvio potato gnocchi, bolognese sauce & parmesan</i>	\$40.00	Fresh
Linguini Meatballs (COMING SOON) <i>Veal meatballs cooked in tomato sugo, parmesan with linguini</i>	\$40.00	Fresh
Butter Chicken <i>Tender yogurt marinated chicken with rich tomato-based sauce & rice pilaf</i>	\$40.00	Frozen
Chicken & Chorizo Gumbo <i>A hearty soup with chicken, chorizo, vegetables served with rice</i>	\$40.00	Frozen
Chicken Tagine <i>Slow cooked chicken, olives, dried fruit & nuts & cous cous</i>	\$40.00	Frozen
Pumpkin & Chickpea Tagine (Vegan) <i>Pumpkin, chickpeas, olives, dried fruit & nuts & cous cous</i>	\$40.00	Frozen
Saffron Seafood Pie <i>A selection of fish, prawns & veg, cooked with saffron, topped with mashed potato</i>	\$50.00	Frozen
Indonesian Beef Rendang <i>Rich & tender coconut beef stew served with steamed rice</i>	\$65.00	Frozen
Beer-braised Beef Cheeks <i>Melt in your mouth braised beef cheeks, mashed potato & gremolata</i>	\$65.00	Frozen
Lamb Shank Ragu <i>Braised lamb shank ragu with linguini & parmesan</i>	\$65.00	Frozen
Korean Beef Short Rib <i>Braised beef short rib with rice & kim chi</i>	\$65.00	Frozen
Big, Fat, Chewy Choc Chip Cookies (6/pk)	\$8.50	Fresh
Cranberry & White Chocolate Cookies (6/pk)	\$8.50	Fresh
Apricot & Oat Cookies (6/pk)	\$8.50	Fresh
Dark Chocolate & Sea Salt Keto Cookies (6/pk)	\$8.50	Fresh
Super Seedy Granola Bites (5/pk) - VEGAN	\$10.00	Fresh