

New Dishes Dietary and Allergen Info



✓ Contains

Keto Friendly	Vego / Vegan	No Added Gluten	Dish Name	Contains Gluten / Wheat	Milk	Peanuts	Tree Nuts	Eggs	Sesame Seeds	Fish	Shellfish (Crustacea & molluscs)	Soy	Lupin	Onion	Garlic
		✓	Braised Beef Curry						✓			✓		✓	✓
✓		✓	Grilled Chicken Parmigiana		✓							✓		✓	✓
		✓	Grilled Teriyaki Chicken						✓			✓		✓	✓
		✓	Karaage Crispy Fried Chicken						✓			✓		✓	✓
	Vego		Pumpkin and Ricotta Ravioli	✓	✓			✓				✓		✓	✓
✓		✓	Mince & Kumara Cottage Pie		✓							✓		✓	✓
	Vego	✓	Plant Based Italian Meatballs				✓		✓			✓		✓	✓

Scroll Down for all Dishes

Keto Friendly	Vegan	Vego	No Added Gluten	Fresh Chef Dish Name	✔ Contains					We do t add ingredients that contain (but may contain traces of)							
					Gluten / Wheat	Milk	Peanuts	Tree Nuts	Eggs	Sesame Seeds	Fish	Shellfish (Crustacea & molluscs)	Soy	Lupin	Onion	Garlic	
			✔	Braised Beef Curry						✔				✔		✔	✔
Yes			✔	Braised Moroccan Lamb shoulder		✔								✔		✔	✔
			✔	Butter Chicken with Basmati Rice		✔										✔	✔
			✔	Chicken Breast, Mash, Bacon & Mushroom		✔								✔		✔	✔
				Chicken Penne Pasta	✔	✔			✔					✔		✔	✔
			✔	Corned Silverside & Mash		✔			✔					✔		✔	✔
				Creamy Seafood Chowder	✔	✔			✔		✔	✔		✔		✔	✔
			✔	Fish & White Sauce with Kumara Mash		✔					✔			✔		✔	✔
			✔	Glazed Christmas Ham & Veg		✔			✔					✔		✔	✔
Yes			✔	Grilled Chicken Parmigiana		✔								✔		✔	✔
			✔	Grilled Teriyaki Chicken							✔			✔		✔	✔
	Yes			Grilled Tofu with Satay sauce	✔	✔	✔									✔	✔
			✔	Karaage Crispy Fried Chicken							✔			✔		✔	✔
				Lasagne with Beef Mince & Cheese	✔	✔			✔					✔		✔	✔
				Mac n' Cheese n' Ham	✔	✔			✔					✔		✔	✔
Yes			✔	Mince & Kumara Cottage Pie		✔								✔		✔	✔
			✔	Mongolian Beef Cheek		✔					✔			✔		✔	✔
			✔	NZ Pork Sausages & Mash		✔								✔		✔	✔
	Yes	Yes	✔	Plant Based Italian Meatballs				✔			✔			✔		✔	✔
			✔	Pork Belly Bites with Rice, Chilli Soy & Coriander							✔			✔		✔	✔
	Yes			Pumpkin and Ricotta Ravioli	✔	✔			✔					✔		✔	✔
			✔	Roast Chicken Breast & Vegetables		✔								✔		✔	✔
				Satay Chicken	✔	✔	✔				✔					✔	✔
			✔	Savoury Mince and Whipped Potato		✔								✔		✔	✔

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					Gluten / Wheat	Milk	Peanuts	Tree Nuts	Eggs	Sesame Seeds	Fish	Shellfish (Crustacea & molluscs)	Soy	Lupin	Onion	Garlic		
			✓	Slow Roasted Beef & Vegetables		✓									✓		✓	✓
			✓	Slow Roasted Pork & Vegetables		✓									✓		✓	✓
		Yes		Spinach & Ricotta Tortellini (Vego)	✓	✓			✓						✓		✓	✓
Yes			✓	Sticky Beef Cheek & Kumara		✓									✓		✓	✓
				Sticky Date Pudding with Salted Caramel	✓	✓			✓									
			✓	Sticky Pork Belly, Brown Rice & Asian Greens							✓				✓		✓	✓
			✓	Sticky Pork Ribs on Mash		✓											✓	✓
			✓	Thai Prawn Curry		✓							✓				✓	✓
			✓	Wagu Beef Sausages and Mash		✓									✓		✓	✓