

TAKE HOME MENU

9th - 13th September 2019

Phone 8762003

Meals available in the morning of the day
specified unless otherwise stated

MONDAY

Moroccan Lamb - slow cooked lamb with Moroccan spices, carrots and prunes (GF,DF)
single \$9.50 small \$16 large \$25

MICRO MEAL FOR ONE - Moroccan Lamb, cous cous and greens (DF)
one size \$12

Smoked Salmon Risotto with capers, baby spinach and parmesan cheese (GF)
single \$8.50 large \$22

Potato, leek and bacon Soup (GF)
small \$7 large \$10.50

TUESDAY

Thai Beef and Potato Casserole - slow cooked beef with a hint of lemongrass, kaffir lime, chilli and fresh coriander (GF,DF)
single \$9 small \$15.50 large \$24

Chicken, bacon and mushroom pasta bake with a pesto and parsley crumb
single \$7 small \$12 large \$18.50

Sri Lankan Tofu Curry with chickpeas and baby spinach (GF,DF,Vegan)
single \$8 small \$14.50 large \$22

Lamb, cashew and coconut curry with baby spinach (GF,DF,Paleo)
single \$9.50 small \$16 large \$25

MICRO MEAL FOR ONE - Lamb curry, steamed rice and greens (GF,DF)
one size \$12

Chocolate Mousse (GF)
single \$5 small \$10

Chocolate and Coconut Mousse (GF,DF,Vegan,Paleo)
single \$5 small \$10

WEDNESDAY

Pomegranate Chicken - Baked free range chicken thighs in a pomegranate and prune sauce topped with pomegranate roasted gourmet potatoes (GF,DF)
single \$9 small \$15.50 large \$24

MICRO MEAL FOR ONE - Beef Olive - rolled beef schnitzel with sage stuffing, mushroom sauce, mashed potato and greens
one size \$14

Roast Pumpkin Pasta Bake with sun dried tomatoes, baby spinach and a pesto crumb
single \$7 small \$12 large \$18.50

MICRO MEAL FOR ONE - Pork Belly, mash, cabbage, mustard gravy and apple sauce (GF)
one size \$16

Broccoli, blue cheese and spinach Soup (GF,V)
small \$7 large \$10.50

Tiramisu
small \$11 large \$16

THURSDAY -

Beef Rendang - Malaysian style slow cooked beef topped with roasted peanuts and spring onions. Great served with rice or roti, but for something different try serving it in lettuce cups with a fresh slaw (GF,DF)
single \$9.50 small \$16.00 large \$25

Cottage Pie - Beef mince, carrots and peas in a rich gravy topped with mashed potato (GF)
single \$9 small \$15.50 large \$24

MYLK 450 Prawn zoodles with pesto and cherry tomatoes (GF)
one size \$14

MYLK 450 Pork, sesame and ginger with brown rice, cabbage and kale (GF,DF)
one size \$12

MICRO MEAL FOR ONE - 16hr stout braised beef cheek, mash and greens
one size \$14

Cauliflower Cheese - cauliflower and broccoli with a tasty cheese sauce (V)
single \$5 small \$9 large \$13

Chocolate Pudding with chocolate sauce (GF)
single \$5 small \$10 large \$15

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FRIDAY

Smoked Fish Pie - poached smoked hoki, leek and cauliflower with boiled egg and a mashed potato top
single \$9 small \$15.50 large \$24

Beef Meatballs in a tomato and basil sauce topped with grated cheese
single \$9 small \$15.50 large \$24

Roast Pumpkin Lasagne with feta and baby spinach (V)
large \$22

Greek Salad - cucumber, cherry tomatoes, olives, feta, mesculan lettuce and a black raspberry vinaigrette (GF,V)
small \$6 large \$10

Beef and Bacon Pie - slow cooked beef in a rich red wine gravy encased in pastry
single \$8.00 large \$22

SIDE DISH - Potato Gratin, thin sliced potatoes cooked with cream, garlic and mustard (GF,V)
single \$5 small \$9 large \$13

Sticky Date Pudding with butterscotch sauce
single \$4.5 small \$9 large \$13

ALLERGEN INFORMATION

In our commercial Kitchen we use the following Allergens: Gluten, wheat, dairy, fish, shellfish, soy, sesame, lupin and nuts, while all care is taken we cannot guarantee 100% that cross contamination may not occur.

LOCATIONS

Hastings

1/800 St Aubyn Street East
Parkvale
Hastings.

Next to Parkvale Pharmacy

OPENING HOURS

Monday -Friday 9.30am - 5.30pm

Closed weekends and all public holidays

Napier

7/87 Bridge Street

Ahuriri

Napier

Next to Ahuriri Pharmacy

OPENING HOURS

Monday - Friday 9.30am - 5.30pm

Saturday 9am - 1pm

Closed all public holidays

PHONE: (06) 8762003

For all stores

ONLINE ORDERING

Shop online anytime from the comfort of your home, orders must be placed before Midnight Tuesday for Friday Delivery. Meals will be delivered Frozen. Check out our FAQ page online to answer any other delivery questions.

WEBSITE

www.mylkfoodstore.com

EMAIL : mylkfoodstore@gmail.com

SERVING GUIDE

At MYLK we appreciate that each appetite is different, our serving size is a suggestion only and will depend entirely on Individual appetites.

Single = One person

Small = 1-2 people

Large = 2-4 people

GF = No Gluten Added (see allergen info)

DF = No Dairy Added (see allergen info)

V = Vegetarian

Paleo = gluten, dairy, sugar and grain free

Vegan = No animal products