

20 | LUNCH 24 | WINTER

PROTEINS

Charred Flank Steak, Panache of Grilled Vegetables, Grains & Chimichurri *(DF)*

Twice Cooked BBQ Beef Brisket, Blistered Peppers, Courgette & Heirloom Tomatoes *(DF, GF)*

Moroccan Spiced Grilled Lamb, Bean Cassoulet, Apricot & Green Olive Salsa *(DF, GF)*

Crispy Pork Porchetta, Griddled Asparagus, Courgette & Caramelised Onions *(DF, GF)*

Harissa Grilled Chicken Breast, Green Beans, Olives & Preserved Lemon Salsa *(DF, GF)*

Aromatic Butter Chicken, Yogurt Drizzle & Cilantro *(GF)*

Charred Swordfish, Cauliflower Puree, Edamame Salsa Rossa *(GF)*

Medley of Grilled Seafood, Colourful Grains, Preserved Lemon Pico De Gallo *(DF)*

Confit Sardine Fillets, Preserved Lemon & Peppers Salsa, Gremolata Crumbs *(DF)*

VEGETARIAN/VEGAN

Stuffed Bell Peppers, Tomato & Capsicum Sugo, Fennel, Citrus Salad *(Vegan, DF)*

Housemade Spanakopita, Cucumber Labne *(Vegetarian)*

Teriyaki Glazed Eggplant & Tofu, Bok Choy, Pickled Ginger & Toasted Sesame *(Vegan, DF)*

Cauliflower & Tofu Sweet & Sour, Scallion, Peppers & Pineapple *(Vegan, DF)*

Hokkien Noodle Stirfry, Asian Greens, Cashews & Egg Omellette Strips *(Vegetarian)*

Pan Fried Gnocchi, Air Dried Tomato, Artichokes, Spinach, Sugo Sauce *(Vegetarian)*

Pumpkin & Ricotta Ravioli, Burnt Butter & Pinenut, Crispy Sage *(Vegetarian)*

Char Grilled Butternut Pumpkin, Afghani Khajana, Apricot & Cranberry Relish, Seeds, Herbs *(Vegan, GF, DF)*

All lunch menus are accompanied with the following items:

- Selection of Warm Breads
- Vegetables
- Starchy goodness
- Garden Salad
- Chef's Salad
- Assortment of Desserts



ZEN 20 | WINTER 24 | LUNCH

MORNING TEA

Spring Pea & Crumbled Persian Feta Bites (*Vegetarian*)

Selection of Baked Cakes & Pastries (*Vegetarian*)

Baby Bagels, Smashed Avocado & Blistered Truss Tomatoes (*Vegan, DF*)

Falafel, Smoked Eggplant Relish & Baby Herbs (*Vegan, DF, GF*)

Seasonal Fresh Tropical Fruit Platter (*Vegan, DF, GF*)

Selection of Baby Sandwiches

Hot Mini Pies & Sausage Rolls

Assortment of Warm Quiches (*GF*)

AFTERNOON TEA

Pineapple Tea, Lychee Popping Pearls & Mint (*Vegan, DF, GF*)

Fresh Fruit Salad, Coconut Yoghurt Pots, Toasted Granola (*Vegan, DF, GF*)

House made Raw Power Muesli, Seasonal Berries (*Vegan, DF, GF*)

Soda & Lemon Myrtle Scones, Vanilla Whip & Macerated Berries (*Vegetarian, GF*)

Eclairs, Profiteroles & Macaroons (*Vegan, DF, GF*)

Chocolate Filled Churros, Cinnamon Sugar Dusting (*Vegetarian*)

Mini Lamingtons & Tartlets (*Vegetarian*)

Citrus Crème Puffs, Poached Cinnamon Apple (*Vegetarian*)

