

MINDFUL MENU



Beef Lasagne

Traditional tomato sauce with lean beef mince layered between spinach lasagna sheets

CAL: 691

Creamy Broccoli & Chicken Bake

A delicious mix of broccoli florets, carrots, and chicken pieces, baked in a light cream sauce

CAL: 528

Butternut Cottage Pie

Savoury beef mince topped with butternut mash

CAL: 356

Chicken Lasagne

A twist on the classic with layers of low fat creamy sliced turnips and cauliflower with chicken.

CAL: 347

Chicken with Basil Pesto & Oven-Roasted Baby Marrows

Pan-fried chicken fillets served with fresh, oven-roasted baby marrows and basil pesto

CAL: 191

Mexican Burrito Bake

Cabbage and corn fried up with beef mince and black beans layered between mini tortillas and topped with mixed cheese

CAL: 583

Chicken and Butternut

Grilled chicken breast with cinnamon oven-roasted butternut

CAL: 376

Cajun-Style Chicken

Chicken pieces and bell peppers sautéed with Cajun spices, served with mixed vegetables and basmati rice

CAL: 371

Chicken A La King

The perfect combination of green pepper, mushrooms and chicken fillet pieces in a light creamy sauce, served over a bed of rice.

CAL: 655

Bobotie

A traditional best! Spiced mince and vegetables with a crunchy, firm custard topping

CAL: 500

Cheesy Macaroni (v)

Pasta in a lighter white-cheese sauce, topped with fresh cherry tomatoes and oven baked

CAL: 372

Rosemary Roast Chicken

Skinless chicken pieces with mixed vegetables, basmati rice and a light gravy sauce

CAL: 495

Med-style Chicken Bake

Chicken pieces baked in a light sauce with raisins, dried apricots served with orzo pasta

CAL: 605

Butternut Gnocchi with Sage Pesto

Hand-made fluffy pillows of butternut gnocchi perfectly pan-fried and topped with crispy bacon and fresh sage pesto

Cal: 564

Butter Chicken

A hearty classic! Aromatic chicken curry served on a bed of fluffy basmati rice

Cal: 641

Steak and Butternut

Juicy pieces of steak paired with some fresh oven-roasted butternut.

Cal: 694

Chicken Fajita Bake

Crispy fried chicken pieces with bell peppers, served with basmati rice, sour cream and fresh coriander

Cal: 615

Chicken with Coconut Steamed Rice & Spinach

Pan-fried chicken fillets served with fragrant steamed rice and spinach in a soy sauce and coconut milk sauce

Cal: 641

Chicken with oven-roasted vegetables

A delightful medley of mushrooms, peppers, baby marrows and butternut served with some crispy chicken

CAL: 505

Hake Curry

A lovely mild curry spiced with turmeric and coconut milk, served over some basmati rice

CAL: 548

Roasted chicken with risotto and caramelized onions

Chicken is classically paired with thyme, served with a lightly flavoured risotto and sweet onions

CAL: 650

Hake with oven-roasted vegetables

A wonderfully flakey piece of fresh hake served with perfectly cooked mushrooms, baby marrows, butternut and red onion

CAL: 350

It is difficult to set absolute bottom calorie levels because everyone has different body composition and activity levels. Health authorities do set some baselines – these are 1200 calories per day for women, and 1800 calories per day for men