



## Take Home Meal Menu

Please call the café on 09 2504336 or email [nourishcafenz@yahoo.co.nz](mailto:nourishcafenz@yahoo.co.nz) to place your order and discuss collection from the café.

What should I have for dinner tonight?

That's the last thing that you want to worry about when you are recuperating so why not order a fresh, tasty and nutritious "take home meal" (or a few) for a friend or family member.

**Chicken Lasagne**- Traditional lasagne with a twist- Freshly chopped green vegetables with fresh pasta, white sauce, tomato sauce and herbed chicken **\$16.50**

**Lamb Shank**- Slow cooked to perfection in Moroccan spices, onions and tomatoes served with creamy mash potato **\$18.00**

**Smoked Fish Pie**- Freshly smoked Kahawai, homemade white sauce, fresh herbs, parmesan and topped with potato **\$16.50**

**Apricot Chicken**- Braised drumsticks, apricot and sweet wine reduction with herbed Israeli cous cous **\$17.00**

**Meatballs with Ribbon Pasta**- Traditional lamb meatballs served in homemade Nourish tomato sauce on pasta **\$16.50**

**Chicken Curry**- A Nourish favourite- tender chicken pieces cooked in a mildly spiced creamy sauce with rice **\$16.50**

**Shepherd's Pie**- Everyone's favourite- lean beef cooked in tasty gravy topped with creamy mash **\$15.00**

**Chicken and Mushroom Fettuccine**- Ribbon pasta with tender chicken pieces, mushrooms and herb sauce **\$16.50**

**Pork and prune Casserole**- Slow cooked pork shoulder, prune and apple sauce served with tasty kumara mash **\$17.50**

**Peppered Beef**- Slow cooked beef in a tasty pepper and onion gravy on mash **\$17.50**

**Our generous portion sizes mean that often, one meal is sufficient for two people. We also have vouchers available to purchase.**