



nourish
CAFÉ

Take Home Meal Menu

Please call the café on 09 2504336 or email 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 **\$17.50**

Lamb Shank (G.F) - Slow cooked to perfection in Moroccan spices, onions and tomatoes served with creamy mash potato **\$19.00**

Smoked Fish Pie - Freshly smoked Kahawai, homemade white sauce, fresh herbs, parmesan and topped with potato **\$17.50**

Apricot Chicken - Braised drumsticks, apricot and sweet wine reduction with herbed Israeli cous cous **\$18.00**

Meatballs with Ribbon Pasta - Traditional lamb meatballs served in homemade Nourish tomato sauce on pasta **\$17.50**

Chicken Curry (G.F)- A Nourish favourite- tender chicken pieces cooked in a mildly spiced creamy sauce with rice **\$17.50**

Shepherd's Pie (G.F) - Everyone's favourite- lean beef cooked in tasty gravy topped with creamy mash **\$16.50**

Chicken and Mushroom Fettuccine - Ribbon pasta with tender chicken pieces, mushrooms and herb sauce **\$17.50**

Pork and Prune Casserole (G.F) - Slow cooked pork shoulder, prune and apple sauce served with tasty kumara mash **\$18.50**

Peppered Beef (G.F) - Slow cooked beef in a tasty pepper and onion gravy on mash **\$18.50**

(G.F) – MADE TO A **GLUTEN FREE RECIPE** BUT MAY COME IN CONTACT WITH GLUTEN DURING PREPARATION IN STORE

We also have vouchers you can purchase, most meals enough for 2