



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.

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| Chicken Lasagne | - Traditional lasagne with a twist - Freshly chopped green vegetables with fresh pasta, white sauce, tomato sauce and herbed chicken \$21.20 |
| Lamb Shank (G.F) | - Slow cooked to perfection in Moroccan spices, onions and tomatoes served with creamy mashed potato \$24.80 |
| Smoked Fish Pie | - Freshly smoked Kahawai, homemade white sauce, fresh herbs, topped with mashed potato \$19.80 |
| Apricot Chicken | - Braised drumsticks, apricot and sweet wine reduction with herbed Israeli couscous \$21.50 |
| Meatballs with Ribbon Pasta | - Traditional lamb meatballs served in homemade Nourish tomato sauce on pasta \$22.80 |
| Chicken Curry (G.F) | - A Nourish favourite- tender chicken pieces cooked in a mildly spiced creamy sauce with rice \$21.20 |
| Shepherd's Pie (G.F) | - Everyone's favourite - lean beef cooked in tasty gravy topped with creamy mash \$19.80 |
| Chicken and Mushroom Fettuccine | - Ribbon pasta with tender chicken pieces, mushrooms and herb sauce \$21.50 |
| Peppered Beef (G.F) | - Slow cooked beef in a tasty pepper and onion gravy on mash \$22.00 |
| Pork and Prune Casserole (G.F) | - Slow cooked pork shoulder, prune and apple sauce served with tasty kumara mash \$20.50 |

(G.F) – Gluten Free

Our kitchen prepare food that contains nuts, gluten and dairy, traces of these may appear in any food item

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

