



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 \$26.20
- Lamb Shank (G.F)** - Slow cooked to perfection in Moroccan spices, onions and tomatoes served with creamy mashed potato \$33.20
- Smoked Fish Pie** - Freshly smoked Kahawai, homemade white sauce, fresh herbs, topped with mashed potato \$25.80
- Apricot Chicken(D.F)** - Braised drumsticks, apricot and sweet wine reduction with herbed Israeli couscous \$26.20
- Meatballs with Ribbon Pasta** - Traditional lamb meatballs served in homemade Nourish tomato sauce on pasta \$27.80
- Chicken Curry (G.F)** - A Nourish favourite- tender chicken pieces cooked in a mildly spiced creamy sauce with rice \$26.00
- Shepherd's Pie (G.F)** - Everyone's favourite - lean beef cooked in tasty gravy topped with creamy mash \$25.80
- Chicken and Mushroom Fettuccine** - Ribbon pasta with tender chicken pieces, mushrooms and herb sauce \$26.20
- Peppered Beef (G.F)** - Slow cooked beef in a tasty pepper and onion gravy on mash \$27.30
- Pork and Prune Casserole (G.F)** - Slow cooked pork shoulder, prune and apple sauce served with tasty kumara mash \$26.20

(G.F) – Gluten Free, (D.F) - Dairy 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

