



Fresh Meals Delivered To Your Door.

made fresh by our chef at Newstead. orders to be received by **10am** day prior.
delivery available in **20 km** radius. all meals **\$12** and **550g**.

phone to order **0400 339 965**

chicken + pea risotto

sautéed chicken, peas, spinach,
creamy risotto.

moroccan chicken (gf)

chicken drumsticks, moroccan
frangrances, cous cous + minted
yogurt.

chicken mustard (gf)

sautéed chicken, white wine mustard,
spinach, beans + rice.

spaghetti bolognaise

traditional tomato sauce, beef
+ spaghetti.

beef lasagne

layered beef lasagne, tomato sugo,
creamy bechamel sauce.

spanish twist (gf)

sautéed chorizo, smokey bacon,
chick peas tossed in a tomato sugo
+ fresh herbs.

thai chicken curry

with beans + rice.

sweet potato curry (v,gf,df)

infused sweet potato, chick peas,
spiced coconut cream + rice.

cauliflower curry (v,gf,df)

roasted cauliflower, potato in curry
sauce + rice.

mushroom stroganoff (v,gf,)

sautéed mushroom, onion, fennel in
creamy stroganoff sauce.

rustic beef stroganoff (gf)

tender beef, creamy mushroom sauce
served with rice.

creamy pasta

mushrooms, bacon, blended in creamy
white wine sauce with penne pasta.



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here are our healthy meals
– low carb, **df**, **gf**, nut free.

prepacked vege box (delivered) for \$55

- 01kg washed potatoes
- 500g carrots
- 600g tomatoes
- 500g green beans
- 300g broccoli head
- 500g pumpkin kent
- 01kg sweet potato
- 1/2 cauliflower
- 02x lebanese cucumber
- 02x whole corn cobs

poached chicken

brown rice, steamed broccoli,
carrot + tomato salsa.

sautéed beef strips

brown rice, cabbage, capsicum,
+ brussel sprouts.

grilled salmon

brown rice, pumpkin, broccoli,
+ sesame dressing.

moroccan veg tagine

infused pumpkin cous cous (v)

power thai beef

power bowl stir fried beef,
stir fry veg, brown rice, kale
+ thai dressing.