we feed you

treeoflife nutrition

eat well · feel good · look great

Beef & Bacon Stew w/ Roast Veg $14.95
red wine, rosemary, bacon, smoked paprika, carrot, fennel and more. It is served with roasted veggies and green beans.
GF, Low FODMAP, LF *383Cal/1955KJ*

Beef Cottage Pie w/ Chat Potatoes $14.95
a healthier alternative to a traditional pastry packed meat pie.
GF, Low FODMAP *402Cal/2140KJ*

Chicken & Sweet Potato Curry w Roasted Broccoli & Basmati Rice $14.95
Rich coconut and tomato curry, combined with velvety sweet potato and a generous serve of tender chicken breast.
GF, Low FODMAP *409Cal/1710KJ*

Beef w/ Roast Potatoes, Mustard Green Vegetables & Almonds $14.95
Slow cooked lean beef with thyme, parsley, garlic olive oil and dry white wine. Includes spinach, broccoli and green beans.
GF, Low FODMAP, LF *461Cal/1930KJ*

Moroccan Chicken with Quinoa, Green Olives, Tomato & Lemon $14.95
Chicken braised in delicious Moroccan Spices and tomatoes, and paired with Quinoa, Sumac, Green Olives and Preserved Lemon.
GF, Low FODMAP, LF, Diabetic Friendly *378Cal/1581KJ*

Lemon & Ginger Chicken with Kale, Zucchini & Brown Rice $14.95
Chicken breast braised in plenty of ginger, soy and lemon, giving this simple and complete dish lots of flavour.
GF, Low FODMAP, LF, Diabetic Friendly *352Cal/1456KJ*

Chicken and Green Vegetables with Rice Noodles and Peanuts $14.95
Lean chicken breast, Bok choy, kale and roasted broccoli.
GF, Low FODMAP, LF *348Cal/1545KJ*

Fish in Tomato, Basil & Green Olive Sauce w/ Roast Potatoes $14.95
Fresh Blue Grenadier served with roasted chat potatoes, cherry tomatoes and carrots plus spinach and parsley.
GF, Low FODMAP, LF, Diabetic Friendly *281Cal/1174KJ*

Ginger Tofu with Red Capsicum, Bok Choy and Vermicelli Noodles $14.95
traditional Asian Slow roasted tofu served with red capsicum, julienne carrots, Bok choy and noodles.
GF, Low FODMAP, LF, V, VE *349Cal/1461KJ*

100% AUSTRALIAN OWNED AND MADE — AUSTRALIAN OWNED

EVIDENCE BASED NUTRITION — EVIDENCE BASED

RECYCLABLE & ECO FRIENDLY — RECYCLABLE

6 mins