

PANCAKES	SERVED	warm maple syrup
OMELETTE and pepper	SERVED	with parmesan, salt
TOMATO & BREAD SOUP olive oil	SERVED	with parmesan and
CALIFLOWAER SOUP yoghurt on top	SERVED	this with a dollop of
CHICKEN LEEK & RICE SOUP	SERVED	with more salt
ZUCCHINI & MARJORAM PASTA	SERVED	with parmesan
MUSHROOM PASTA	SERVED	with parmesan
PANCETTA & PEA PASTA.	SERVED	with parmesan
TUNA PASTA	SERVED	with parmesan
BROCCOLI PASTA	SERVED	with parmesan
KALE PASTA	SERVED	with parmesan
CHICKEN WITH APRICOTS & OLIVES or couscous	SERVED	on rice, potatoes
FISH PICCATA of the fish immediately	SERVED	the sauce on top
ZUCCHINI & DILL FRITTERS tzatziki	SERVED	warm with
GREEK SALAD own	SERVED	as a side or its
BEETROOR & HAZELNUT SALAD with fish, meat or boiled eggs	SERVED	it on its own or
SALSA VERDE meat, fish, sandwiches and tomatoes	SERVED	with eggs,
CREAMED CORN eggs	SERVED	with rice and
SWEER & SOUR CAPSICUMS alongside meat, fish and eggs, or as an appetiser	SERVED	as a side,
APPLE CRUMBLE cream, but yoghurt or ice cream is also good	SERVED	crumble with
DATE & GINGER PUDDING cream or just plain cream	SERVED	vanilla ice

FRIDGE / VEGETABLE STOCK  
FRIDGE / SAUERKRAUT

FRIDGE / SWEET & SOUR CAPSICUMS

COOL / BLUEBERRY MUFFINS

COOL / OAT & CHOCOLATE-CHIP COOKIES

COOL / FIG & HAZELNUT COOKIES

COOL / JAM DROPS

COOL / BLONDE BROWNIES

COOL / CAROT CAKE

COOL / CHOCOLATE ZUCCHINI CAKE

WARM OR COOL / CITRUS SELF-SAUCING PUDDING

WARM / DATE SCONES

WARM / RICE PUDDING