

# TAKE IT AWAY

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THIS IS A MENU DESIGNED AND COOKED BY MICHELLE TO KEEP YOU  
HEALTHY, IT JUST NEEDS TO BE HEATED UP.  
THIS IS WHAT I COOK FOR MY FAMILY

**VEGAN SHEPHERDS PIE (GF|VEGAN|DF)**      \$11 (1 serve)      \$24 (3 serves)  
Shenae's recipe - tomato, chickpeas, mushrooms, carrot, zucchini, lentils, corn, creamy smooth  
mash & vegan melty cheese

**TERIYAKI: CHICKEN | BARRAMUNDI (GF)**      \$11 (1 serve)      \$24 (3 serves)  
W STEAMED RICE & DRESSED MESCULIN SALAD

**CHICKEN SALTIMBOCCA - DECONSTRUCTED**      \$12 (1 serve)      \$26 (3 serves)  
Michelle's homemade recipe - the most tender chicken steaks in sugo with bocconcini, basil, prosciutto

**LASAGNE**      \$11 (1 serve)      \$24 (3 serves)  
Bolognese OR Vegan

## MAKE A MEAL OF IT

Roast Chicken Breast - Sliced	\$10	serves 2
Tender Roast Beef - sliced w gravy	\$11	serves 2
Steamed Greens - broccoli, beans, zucchini	\$9	serves 2
Brioche Buns w butter	\$1	each
Roasted Potatoes	\$9	serves 2
Arancini - Saffron and Mozzarella w sugo dip	\$3	each
Roasted Sumac Pumpkin	\$10	serves 2
Italian Style Silverbeet w parmesan (GF can be vegan)	\$12	serves 3
Chefs Choice Gourmet Salad (GF can be vegan)	\$20	serves 4
Roasted Sweet Potato, caramelised onion, asparagus (Vegan/GF)	\$13	serves 2
Whole Roasted Cauliflower (Miznon) (Vegan GF)	\$12	each
Polenta (GF can be vegan)	\$9	serves 2

**NOURISH BOWL (VEGAN|DF|GF)**      \$15 (1 serve)  
Roasted sumac pumpkin, cauliflower, steamed broccoli, tomato & lentil braise, corn, avocado,  
sweet potato, brown rice

**HONEY SOY CHICKEN (GF)**      \$11 (1 serve)      \$24 (3 serves)  
W STEAMED RICE & STEAMED CARROTS

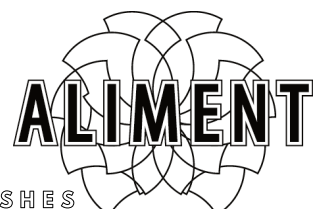
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PICKUP OR DELIVERY : BETWEEN 4 PM & 6 PM

## ORDERING

Phone: 0409 114 674

email: admin@aliment.com.au



SOMETHING THAT NOURISHES