

# Menu

## WEEK 1

### Monday

**The Heartbeat** - with wholewheat wraps, baby spinach leaves, beetroot, roast butternut, air fried crispy onions, crumbled feta, avocado slices and a mustard mayo dressing

Grilled chicken strips (R109) , Falafels (R125), Hake Goujons (R129), Beef steak strips (R147)

### Tuesday

**The Home run** - with sweet potato fries, baby marrows, roasted onion, baby carrots, broccoli, peppers topped with a balsamic glaze

Grilled chicken breast (R76), Tofu Steak (R84), White Fish Fillet (R84), Sliced beef steak (R114)

### Wednesday

**The Magic Mexi** - with cilantro brown rice or wholewheat couscous, fresh salsa, wild rocket sweetcorn, avocado slices, mozzarella cheese, sweet pickled jalapenos and topped with yogurt

Chicken mince (R127), Falafels (R136), Hake goujons (R139) or Lean beef mince (R147)

### Thursday

**The Greek Goodness** - with bulgar wheat, cannellini beans, cherry tomatoes, cucumber, olives, topped with a feta cheese whip and tzatziki.

Grilled chicken cubes (R120), Bean Mix (95), Hake Goujons (R136), Beef steak cubes (R153)

### Friday

**The Poke Spot** - with brown rice or wholewheat couscous, cucumber, mango cubes, edamame, avocado topped with pickled red onion, spring onion and Japanese mayo

Grilled chicken strips (R139), Falafels (R149), Hake Goujons (R112) Sliced beef steak (R125)

Cookalot