

SOULMATEFOOD SAMPLE MENU



MONDAY

Smoked Salmon & Feta Frittata with Mint, Spinach, Grilled Tomato & Asparagus

Blueberry Protein Smoothie & Breakfast Muffin

Charred Tandoori Salmon Salad with Coconut Rice and Mint Chutney

Ginger & Lime Cheesecake

Stuffed Filled of Beef with Tomato and Sweet Potato Mash

TUESDAY

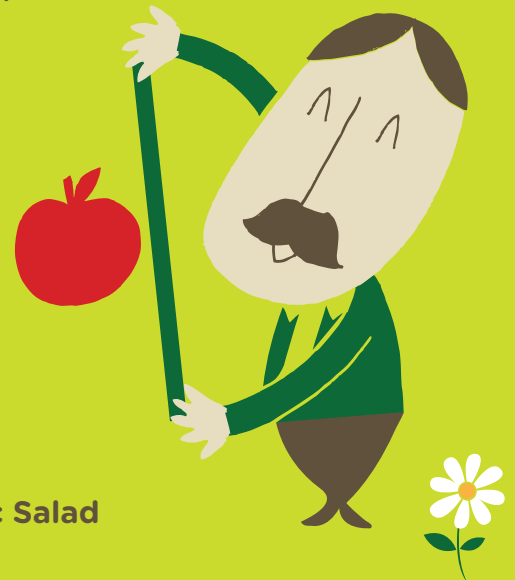
Mango & Passionfruit Yoatie

Lime & Coconut Dahl with Grilled Pitta Chips

Piri Piri Chicken Salad (Nando's Style)

Raspberry and Lemon Curd Fool

Grilled Pesto Crusted Cod with Roast Pumpkin & Balsamic Salad



WEDNESDAY

American Blueberry Pancakes with Summer Berries & Vanilla Pour

Chocolate Protein Brownie

Spring Chicken Chowder

Garlic & Soy Marinated Edamame Beans

Sticky BBQ Pork with Slaw & Cajun Sweet Potato Wedges

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