



**TASTING MENU SAMPLE 1.**

FARM “READY” SALAD | AVOCADO PUREE | GOATS CURD | CRISPY ONIONS | TOMATO DRESSING

(GOOD FOR – HEALTHY FATS, VITAMINS, PROTEIN, FIBER, POTASSIUM, LOW CARBS)

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WAGYU BEEF TARTARE | WASABI & LIME | GOATS CURD | CANDIED HAZELNUT | CAPERS | HAZELNUT DRESSING

GOOD FOR- FIBRE, VITAMINS, HEALTHY FATS, IRON, LOW CARBS)

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GRESSINGHAM DUCK BREAST | ROAST PEACH | GLAZED BOK CHOI | UME SHISO & SOY DRESSING

(GOOD FOR – PROTEIN, IRON, VITAMINS, MINERALS, LOW CARBS)

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TORCHED MACKERAL | SCALLOP & GOOSEBERRY SAUCE | TURNIP & RADISH

(GOOD FOR – PROTEIN, POTASSIUM, VITAMIN, IRON, FIBER, LOW CARB)

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CAULIFLOWER & CELERY RISOTTO | PICKLED CELERY | ROAST CAULIFLOWER | GRAPE & RAISEN DRESSING

(GOOD FOR – VITAMINS, POTASSIUM, MINERALS, IRON, FIBER, HIGH CARBS)

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EGG CUSTARD TART | NUTMEG ICE CREAM

(GOOD FOR – PROTEIN, FIBER, LOW CARBS & REDUCED FAT)

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THE JAFFA CAKE | SALTED CHOCOLATE MOUSSE | ORANGE ICE CREAM | POPPY SEED MADELINES

(GOOD FOR – IRON, FIBER, REDUCED FAT, VITAMIN C, CALCIUM, IRON)