



# MENU

VEGETARIAN | VEGAN OPTION | GLUTEN FREE OPTION

WE ARE OPEN

FOR TARA INSTITUTE DINNER

MONDAY - WEDNESDAY  
5:30PM - 8:00PM

## GLUTEN FREE MENU



**DHAL RICE** **\$17.5**

Made with brown rice, lentil and vegetables, Greek yoghurt served with salad and homemade chilli

**MUSHROOM RISOTTO** **\$21.0**

Arborio rice and mixed herb mushroom cooked with cream

## STANDARD MENU

**MOMO (TIBETAN DUMPLINGS) \$15.5**

Organic tofu, mixed herbs with mushroom, and vegetables, served with mixed salad and homemade chilli and soy sauce

**HOMEMADE SPANAKOPITA \$19.0**

Ricotta, spinach, feta, and goats cheese served with salad and chutney

**SPAGHETTI POMODORO \$19.0**

Spaghetti, topped with Napoli sauce, fresh basil, and Parmesan cheese



**GARDEN SALAD \$12.0**

Mixed salad with rainbow salad, topped with olive balsamic dressing

**TODAY'S SPECIAL \$18.0**

Please check with the kitchen for today's special

**SOUP OF THE DAY \$9.0**

Please ask what soup we have available today - the soup is served with a slice of sourdough bread

