



# WellFed by Nourish

Optimum nutrition in every meal

Pre-Order by 12 noon on Wednesday  
Delivery or pick up between 4.00 & 5.00 pm – Thursday & Friday

Order Online: [www.nourishholisticnutrition.co.nz](http://www.nourishholisticnutrition.co.nz) 109 Kaihau Road Waiuku 2683

To Order: Text or Call 0224529039 OR Email: [info@nourishholisticnutrition.co.nz](mailto:info@nourishholisticnutrition.co.nz)

## Mains - Serves 2

Each main is accompanied by a fresh garden salad with dressing, probiotics & savoury granola

**Baked Mexican Bean Stew (V, GF, DF) \$ 26**

Slow cooked and creamy black beans and red kidney beans with a hint of chimichurri, cumin and garlic; with a roasted corn and polenta topping.

**Spiced Pumpkin and Greens Curry (V GF DF) \$ 26**

A humble yet wholesome pumpkin & lentil curry with the fragrance and goodness of fenugreek.

**Cuban Beef "Ropa Vieja" (GF DF) \$ 29**

Slow cooked Angus beef stew in a myriad of flavourful ingredients and spices which makes this dish truly unforgettable.

**Chiang Mai Chicken Curry (GF, DF) \$ 29**

Flavours of Burma, Laos & China in this Thai curry, gives it a unique and balanced flavour.

**Cape Malay Lamb Bredie (GF, DF) \$ 31**

A South African staple made with succulent NZ lamb in a flavourful stew with influences of Dutch and Malay cuisines.

## Staples to go with our mains

**Spiced Whole meal Flatbread** a whole meal, layered flatbread (V DF) \$ 5

**Millet** with vegetables (V GF DF) \$ 7

**Za'atar Spiced Brown Rice** Za'atar flavoured brown rice (V, GF, DF) \$ 7

## Soups

**Posole Verde** a warming mushroom broth with beans, green tomatillo salsa & hominy. (V GF DF) \$ 15

**Hainanese Chicken Soup** gut healing chicken soup with broth, mushroom and vegetables (GF, DF) \$ 15

## Desserts

**GF & DF Berry Majoon \$ 6.00**

Whipped-up dessert of mixed berries, dates & coconut cream, topped with nuts.

**GF Mexican Chocolate Pot de Crème \$ 7.50**

70% organic Peruvian chocolate base, laced with Chipotle Chilli Pepper, hints of cinnamon and our own honey

**GF Chocolate Brownies \$ 6.00**

70% Organic Peruvian choc goo'ness

## Pantry

**Chiang Mai Curry Paste 240g (V GF DF) \$ 14**

**Basil Cashew Pesto 240g (V GF DF) \$ 15**

locally grown basil, home-grown lemon verbena & mint basil

**Preserved Lemon & Turmeric Aioli 240g (GF DF, made with local organic eggs) \$10**

**Magic Chicken Mineral Broth 1L (GF DF) \$15**

## Delivery Charges

Waiuku Town FREE.

15 Km from Waiuku (Glenbrook / Pollok / Otatau) \$16

15+ km from Waiuku (Karaka/ Pukekohe) \$24

V – vegetarian GF – gluten free DF – dairy free