

THE HOLDING YARD

REFUEL ON-THE-GO WITH DELICIOUS AND NUTRITIOUS
READY-MADE MEALS LOVINGLY PREPARED FROM FRESH
AND LOCALLY SOURCED INGREDIENTS

BREAKFAST BOWLS

CHIA SEED W BERRY COULIS



CARROT CAKE BIRCHER MUESLI



PALEO BIRCHER MUESLI



PALEO PASSIONFRUIT BREAKFAST PARFAIT



STONE FRUIT COMPOTE



ACAI BOWL WITH SUPERFOOD GRANOLA



MACRO ACAI BOWL: WITH A SELECTION OF
AVAILABLE TOPPINGS (CHAI SEEDS/GOJI
BERRIES/COCONUT FLAKES/BEE POLLEN/RAW
CASHEWS/ CACAO NIBS/ ALMOND SPREAD/
PEANUT BUTTER/ FRESH PINEAPPLE



BREADS

NO GRAINER

ALMOND PALEO LOAF



DATE, RAISIN AND WALNUT LOAF



MIXED SEED PALEO LOAF



DAIRY CHEESE

GOATSHED CHEESE

MARINATED GOATS CHEESE



VEGAN MARINATED CHEESE



YOGHURT

COYO

COCONUT YOGHURT - NATURAL



DRESSINGS, DIPS & PESTOS

TAPENADE



HUMMUS



SUPER FOOD PESTO



SALAD DRESSING - RASPBERRY, LEMON OR
BALSAMIC



CHIMICHURRI



SOUP

IMMUNE BOOST CHICKEN AND KALE



SPICED COCONUT AND PUMPKIN



QUICHES & SAVOURY TARTS

ALMOND CRUSTED ZUCCHINI, PEA, MINT AND
GOATS CHEESE TART (20CM)



PIZZA

GF PIZZA BASE TOPPED WITH PESTO,
TOMATO & BUFFALO MOZZARELLA REGULAR
- 25 CM



PASTA, MAINS & SIDES

LAMB MOUSSAKA



MARINATED FREE RANGE CHICKEN THIGH



LEMON AND PARMESAN CRUSTED CHICKEN
SCHNITZEL



SPINACH & RICOTTA CANNELLONI



PORK AND CONFIT FENNEL MEATBALLS WITH
SICILIAN TOMATO SAUCE



VEGETABLE & RICOTTA LASAGNE



VEGETARIAN FRIED 3 RICE COMBO WITH
TOFU



VEG OF THE DAY



PARMESAN POLENTA CHIPS

