

SUMMER/AUTUMN 2016

DEARPRUDENCE



COMPLETE LUNCH \$25 per person

Monday

Salmon Steamed with Tamari & Ginger
Daily House Pickled Dill & Mustard Seed Cucumbers
Brown Rice & Soy Beans
Summer House Salad with Herbs & Seeds

Tuesday

Spiced Grilled Lamb Skewers
Baba Ganoush with Pomegranate
Quinoa & Kale 'Tabouli'
Summer House Salad with Herbs & Seeds

Wednesday

Grilled Chicken Breast
Artichoke & Preserved Lemon Risotto
Radicchio, Grapefruit, Olive, & Shaved Fennel
Summer House Salad with Herbs & Seeds

Thursday

Rare Beef, Sweet Miso, Black Sesame
Rice Noodle with Tahini & Wasabi Dressing
Salad of Avocado, Radish, Shiso & Orange
Summer House Salad with Herbs & Seeds

Friday

Sumac Wood Roasted Chicken with Chimichurri
Raw Superfood Salad
Corn on the Cob-Chili, Coriander & Lime Butter
Summer House Salad with Herbs & Seeds

+ Artisanal bread \$1.5
+ Vegan \$1.5

Vegetarian option available on request
All menus are gluten free

SUNSTUDIOS

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SALAD SET \$17 per person

Monday

Daily House Pickled Dill & Mustard Seed Cucumbers
Brown Rice & Soy Beans
Summer House Salad with Herbs & Seeds

Tuesday

Baba Ganoush with Pomegranate
Quinoa & Kale 'Tabouli'
Summer House Salad with Herbs & Seeds

Wednesday

Artichoke & Preserved Lemon Risotto
Radicchio, Grapefruit, Olive, Shaved Fennel
Summer House Salad with Herbs & Seeds

Thursday

Rice Noodle with Tahini & Wasabi Dressing
Salad of Avocado, Radish, Shiso & Orange
Summer House Salad with Herbs & Seeds

Friday

Raw Superfood Salad
Corn on the Cob-Chilli, Coriander & Lime Butter
Summer House Salad with Herbs & Seeds

+ Add a boiled egg \$3.5
+ Add poached chicken \$4.5
+ Artisanal bread \$1.5

SANDWICHES & PITA \$15 per person

- Double ham, house pickled cucumbers, mustard, cheese, rocket
- Raw salad pita or sandwich
- Tuna, fennel, fennel seed, olive + mayonnaise
- Classic chicken
- Falafel, mint yoghurt + salad pita

* Sandwiches change daily. If you'd like to select a certain option, there is a minimum order of half a dozen

ORDER CUT OFF IS MIDDAY, THE DAY PRIOR

Special requests and dietary requirements must be confirmed in writing 48 hours in advance