



# SUNDAY MENU

Sunday Menu from the 16<sup>th</sup> of February



## Punjabi Choley

- North Indian Chickpeas Curry  
(Gluten and Nut free)

Choice of

## Puri

- Fried Wholemeal Flat Bread  
Or

## Roti

- Flat Wholemeal Bread  
(Contains Gluten, Nut Free)

For Gluten Free Option

## Brown Rice/Water Chestnut Flour Flat Bread



## Quinoa Salad

- Quinoa with Onions, Garlic, Carrots, Greens and the Seasonal Fruit  
(Gluten and Nut Free)



## Moong Dal Soup

- Mung Beans slow cooked with Onions, Tomatoes, Turmeric, Cumin and Garlic

(Gluten and Nut Free)

+ (Includes)

## Raita

- Contains Low fat Yoghurt with Vegetables and light Spices

## Dressing

- Contains Raw Organic Honey and Extra Virgin Olive Oil  
(Gluten and Nut Free)

For 90% Organic Ingredients – 950/- HKD

For 25% Organic Ingredients – 752/- HKD (Organic Oils, Raw Organic Honey and Organic base Sauces, which includes canned Tomatoes, Garlic and Ginger)

All ingredients will be fresh and Organic Vegetables sourced from local farms.

Oils used are Organic High Heat Sunflower for cooking and Spanish High Quality Extra Virgin for dressings.

Salt used is rock sea salt and all spices freshly roasted and pounded.

Organic spices will be sourced from an organic wholesaler in Bangalore, India and *Spice Box* in Hong Kong.

Dals, Flours and Peas will be sourced from an organic wholesaler in Bangalore, India and *Spice Box* in Hong Kong.

All meals are carefully prepared with high hygiene levels.