

Pure Aus European Flavours



Honey Mustard Chicken

Tender bite sized chunks of boneless chicken, covered in a warmly spiced, piquant glaze of Honey Mustard.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
611kJ	13.42g	7.37g	2.55g	6.09g	3.02g	534mg



Beef Bourguignon

Plump bite sized chunks of prime cut Australian beef, slow cooked in a red wine based French jus.

Contains wheat.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1120kJ	7.53g	25.99g	10.06g	1.19g	0.89g	92mg



Chicken Casserole

Succulent bite sized chunks of boneless chicken, simmered in a white wine based provincial sauce.

Contains wheat.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
575kJ	13.33g	7.47g	2.63g	3.86g	0.59g	547mg



Beef Stroganoff

Juicy bite sized chunks of prime cut Australian beef, stewed in a flavoursome combination of mushroom and red wine crème base.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1153kJ	7.57g	26.38g	10.28g	2.38g	0.73g	287mg



Beef & Mushroom Casserole

Delectable bite sized chunks of prime cut Australian beef, braised in a full bodied stew of root vegetables and fragrant mushrooms.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1147kJ	7.91g	26.6g	10.3g	1.05g	0.82g	77mg



Beef Medallions in Mushroom Sauce

Prime cut Australian beef medallion, undergoing a sous vide process of over 12 hours; coated with an earthy Mushroom sauce.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1420kJ	9.68g	33.47g	12.98g	0.56g	0.32g	77mg

Providing quality cuisine to satisfy all the senses

Chilled food; not frozen.

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Beef Medallions in Dianne Sauce

Prime cut Australian beef medallion, undergoing a sous vide process of over 12 hours; coated with a creamy Dianne sauce.

Contains wheat.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1452kJ	9.7g	34.09g	13.25g	1.2g	0.26g	180mg



Pork Medallions in Creamy Garlic Sauce

Prime cut Australian pork medallion, undergoing a sous vide process of over 12 hours; coated with a creamy Garlic sauce.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
688kJ	16.94g	7.85g	2.97g	5.92g	1.53g	489mg



Beef Medallions in Black Pepper Sauce

Prime cut Australian beef medallion, undergoing a sous vide process of over 12 hours; coated with a cracked, Black Pepper sauce.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1466kJ	9.87g	33.58g	12.98g	2.38g	0.36g	83mg



Pork Medallions in Mushroom Sauce

Prime cut Australian pork medallion, undergoing a sous vide process of over 12 hours; coated with an earthy mushroom sauce.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
510kJ	16.25g	5.47g	1.91g	1.21g	1g	89mg



Beef Medallions in Red Wine Jus

Prime cut Australian beef medallion, undergoing a sous vide process of over 12 hours; coated with a classic red wine sauce.

Contains wheat.

Energy	Protein	Fat (T)	Fat (S)	Carb	Sugars	Sodium
1415kJ	9.42g	33.46g	12.97g	0.6g	0.33g	82mg