### **GLUTEN FREE!**

We are completely a gluten-free & peanut-free premises.
We have a range of Low FODMAP's, dairy-free, soy-free, & Vegan options. If you have a dietary need, we usually have an option



## CROOKED@HOME

Order ready-to-eat meals online.

Pick-up in store or home delivery.

New menu opens every Friday.

Head to our website.

Find Crooked@Home.

Sign-up for weekly email reminders

287 Lyttleton Terrace, Bendigo (03) 5441 1581

www.crookedkitchenbendigo.com.au enquiries@crookedkitchenbendigo.com.au

Open Monday-Thursday 11am - 3pm Friday 11am - 4:30pm

## **CATERING**

Check out our website for our catering guide.

We can cater to any event.

Check out our catering shop for ideas & photos





# CROOKED

— kitchen -



## MAINS 10 FACH

## GOURMET SALADS SMALL: 10 MEDIUM: 13 LARGE: 16

# BUDDHA BOWLS 18 EACH





#### **CAJUN SWEET POTATO PATTY**

Cajun spiced w. black beans. GF, DF, V, VE #spicy #legumes

#### JUMBO PUMPKIN ARANCINI

Pumpkin & three cheese risotto ball. *GF, V #dairy* 

#### **CURRIED PUMPKIN PATTY**

Sweet curry, Jap pumpkin & chickpeas. GF, DF, V, VE, Low FODMAP's, OGF #legumes

#### **FRENCH ONION & CHEESE QUICHE**

Caramelised onion, thyme & gryuere cheese. *GF, V. #egg #dairy #soy* 

#### **VEGETABLE LASAGNE**

Vegetable bolognese, rice milk bechamel. *GF, DF, V, VE, Low FODMAP's* 

#### THAI CHICKEN PATTY

Thai spiced chicken breast patty. *GF, DF #mild #soy* 

#### **BEEF LASAGNE**

Classic beef bolognese lasagna.

GF, Low FODMAP's, Low Lactose, OGF #dairy

#### **CHICKEN SCHNITZEL**

Fragrant spiced chicken breast schnitzel. *GF, DF, Low FODMAP's, OGF* 

#### **CHICKEN & LEEK PIE**

Braised chicken breast & creamed leek. *GF, V #soy #dairy #egg* 

#### **PEAR, PARMESAN & ROCKET**

Shaved pear, rocket, shaved parmesan, cracked pepper, & apple cider dressing *GF, V #dairy* 

#### **GREEKY GRAINS**

Tri-quinoa, cucumber, tomato, capsicum, onion, baby spinach, olives, herb dressing. *GF, DF, V, VE* 

#### **ROASTED VEGETABLES**

Medley of roasted vegetables. GF, DF, V, VE Low FODMAP's, OGF

#### **SWEET POTATO & AVOCADO**

Spiced sweet potato, avocado, baby spinach & lemon dressing.

GF, DF, V, VE, Low FODMAP's, OGF

#### MOROCCAN CAULIFLOWER

Chickpeas, red peppers, rocket & baby spinach, tahini dressing. *GF, DF, V, VE, OGF #sesame* 

#### **RAW BROCCOLI & APPLE**

Red onion, dried cranberries, shaved carrot, green goddess dressing. *GF, DF, V, VE*.

#### **CAESAR**

Bacon, Cos leaves, croutons, cracked pepper, & Caesar dressing. GF, DF #egg (in the gf croutons)

#### SEEDED MUSTARD POTATO

Seeded mustard mayo, cornichons, celery, & potatoes.

GF, DF, V, VE #mustard #celery

Choose any 2-3 salads you like.

Choose a Protein

 Poached Chicken, Marinated Tofu, John West Salmon, or Sirena Tuna.

#### Choose a Sauce

 Aioli, Spicy Aioli, Relish, Hummus, Green Goddess, or Coriander Lime

# MAIN & SALAD PACKS

17

19

22

# Main & Small Salad

Choose any Main, hot to eat now or cold for later. Choose 1-2 Salads for you side.

#### Main & Medium Salad

Choose any Main, hot to eat now or cold for later. Choose 1-3 Salads for you side.

#### Main & Large Salad

Choose any Main, hot to eat now or cold for later. Choose 1-3 Salads for you side.

## **EXTRAS**

Add Poached Chicken Breast	+4.50
Add Marinated Tofu	+4.50
Add Sirena Tuna	+4.50
Add John West Salmon	+4.50
Add extra sauce or dressing	+1.50
• Aioli, Spicy Aioli, Relish, Coriander-Lime, Green	
Goddess, or Hummus.	
Add Parmesan Cheese	+1.50
Add Feta Cheese	+2.50

GF-Gluten free, DF - Dairy Free, V - Vegetarian, VE - Vegan, OGF - Onion & Garlic free #contains - #nut (contains nuts!)