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| **FODMAP FRIENDLY** |  |  |  |
|  |  |  |  |
| Meatballs w Pumpkin Spaghetti | **GF** | **16.00** |  |
| Beef & Pumpkin Lasagne | **GF** | **16.00** |  |
| Chicken Pesto Pasta | **GF** | **15.00** |  |
| Creamy Dhal & Brown Rice (vegan) | **GF DF** | **16.00** |  |
| Roasted Pepper Soup (vegan) | **GF DF** | **14.50** |  |
| Sage & Lemon Gnocchi  | **GF DF** | **16.50** |  |
| Maple Syrup & Lime Pork Belly | **GF DF** | **18.50** |  |
| Pumpkin Mac & Cheese | **GF** | **14.00** |  |
| Potato & Fennel Gratin | **GF** | **8.50** |  |
| Honeydew Sorbet (vegan) | **GF DF** | **10.50** |  |
| Rhubarb Crumble (vegan) | **GF DF** | **9.00** |  |

 MENU

 Tired of the same overboiled veges everynight ??

 Then White Picnic TAKE ME HOME MEALS are perfect for you!

 Treat your tastebuds to a delicious and nutritious meal.

 All meals are vacuum packed fresh, then frozen, for you to

 heat at your convenience.

 ORDER ONLINE or PHONE THE WHITE PICNIC SHOP TO PLACE AN

 ORDER AND HAVE DELIVERED!

DELIVERY - $5 Hamilton (minimum order 5 meals)

CATERING | KITCHEN |HOMEWARE

 **whitepicnic.nz WHITE PICNIC SHOP | 07 974 4311**

 **581 TE RAPA ROAD, SUNSHINE AVE ROUNDABOUT HAMILTON**

 MONDAY to FRIDAY 7am – 6pm | SATURDAY 1230pm – 430pm

 TAKE ME

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| **LAMB** |  |  |  |
| Braised Lamb Shank w Country Style Tomato Sauce - Protein Only (no vege)  | **GF DF** | **17.50** |  |
| Lamb Red Wine Casserole w Creamy Potato Mash & Honey Glazed Carrots | **GF** | **15.00** |  |
| Moroccan Lamb w Honey Glazed Prune Toasted Almonds Potato Gratin & Wilted Spinach  | **GF** | **16.00** |  |
| Moroccan Lamb - Protein Only (no vege)  | **GF DF** | **17.00** |  |
| **PORK** |  |  |  |
| Pork Noodle Pad Thai | **DF** | **15.00** |  |
| Slow Cooked Pork Belly w Apple Sauce Honey Roasted Vegetables & Mustard Mash | **GF** | **16.00** |  |
| Slow Cooked Pork Belly w Apple Sauce - Protein Only (no vege) | **GF DF** | **16.00** |  |
| Sweet & Sour Pork w Jasmine Rice  | **DF** | **15.00** |  |
| Pork & Kimchi Dumplings | **DF** | **14.50** |  |
| **DUCK** |  |  |  |
| Duck & Fig – Protein Only (no vege) | **GF DF** | **18.50** |  |
| Duck L'Orange - Protein Only (no vege) | **GF** | **18.50** |  |
| **SIDE DISHES** |  |  |  |
| Dhal & Potato (vegan) | **GF DF** | **15.00** |  |
| Layered Potato Gratin  | **V** | **9.50** |  |
| Seasonal Roast Vegetables w Harissa & Gourmet Rosemary Potatoes | **GF DF** | **9.50** |  |
| **PUDDINGS** |  |  |  |
| Apple Pie w Butterscotch Sauce |  | **9.50** |  |
| Bread & Butter Pudding |  | **9.50** |  |
| Sticky Date Pudding w Caramel Sauce |  | **9.50** |  |
| Tiramisu  |  | **9.50** |  |
| **ICE CREAM** |  |  |  |
| Berry White Chocolate Ice Cream  | **GF** | **8.50** |  |
| Cookies & Cream Ice Cream | **GF** | **8.50** |  |
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 HOME MEALS

 MENU

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| --- | --- | --- | --- |
| **CHICKEN (Free Range)** |  |  |  |
| Butter Chicken w Jasmine Rice  | **GF** | **15.00** |  |
| Butter Chicken - Protein Only (no rice)  | **GF** | **16.00** |  |
| Creamy Chicken Sage Casserole w Gourmet Rosemary Potatoes |  | **15.00** |  |
| Green Chicken Curry w Jasmine Rice  | **GF DF** | **15.00** |  |
| Green Chicken Curry - Protein Only (no rice)  | **GF DF** | **16.00** |  |
| Roast Lemon & Thyme Chicken w Seasonal Vegetables & Leek & Cashew Sauce | **GF DF** | **15.00** |  |
| **BEEF** |  |  |  |
| Slow Cooked Beef Cheek w Potato Gratin & Wilted Spinach |  | **16.50** |  |
| Slow Cooked Beef Cheek - Protein Only (no vege) | **GF DF** | **18.50** |  |
| **FISH** |  |  |  |
| Seafood Chowder  |  | **14.50** |  |
| Smoked Fish Pie w Potato Mash Herbed Crumb Topping |  | **16.00** |  |
| **PASTA** |  |  |  |
| Beef Lasagne |  | **14.00** |  |
| Creamy Carbonara w Mushroom Chicken Bacon |  | **16.00** |  |
| Macaroni Cheese |  | **12.50** |  |
| Spaghetti Bolognaise |  | **14.00** |  |
| **VEGETARIAN** |  |  |  |
| Eggplant Parmigiana  | **V GF** | **16.50** |  |
| Spinach & Ricotta Cannelloni | **V** | **16.50** |  |
| **GOURMET PIES w Vodka Pastry** |  |  |  |
| 25 Spice Lamb |  | **10.50** |  |
| Beef & Red Wine |  | **10.50** |  |
| Creamy Chicken |  | **10.50** |  |
| Dhal & Potato | **V** | **10.50** |  |