

**Eat Well Menu for Six in The Kitchen**

***\$140 nett per person***

***Please choose a dish from this section***

***Starter***

*Arame tofu dumplings*  
*Mock tuna tempeh on sourdough toast*  
*Stuffed shitake with millet and kudzu beetroot gravy*  
*Lentil, aduki and walnut pate with flatbread*  
*Black bean croquettes with spicy Dijon malt sauce*  
*Roast sweet potato with tofu-apple stuffing*  
*Corn on the cob with chilli almond sauce*

***Soup***

*Hato mugi barley vegetable soup laced with sweet miso*  
*Miso consommé with wakame, scallions and mochi croutons*  
*Corn chowder with basil pesto*  
*Root vegetable chili soup*

***Main***

*Lasagne with macrobiotic no-mato (mock tomato) sauce*  
*Beefy seitan bourguignon*  
*Seitan picata on steamed greens*  
*Tamales with rockin' hot vegetable burgers and gravy*  
*Curried tempeh tacos with fruity salsa*  
*Root vegetable haggis with polenta mash*

***Vegetables***

*Anti-oxidant kneaded salad with brown rice vinegar*  
*Steamed vegetable salad with pumpkin seed cream*  
*Watercress and persimmon and pear salad with white miso dressing*  
*Pink daikon salad with sprouts and beetroot*  
*Wilted salad with wasabi cream*  
*Spicy sautéed mushrooms*

**Grains**

*Brown rice and barley, tossed with endamame and toasted almonds*

*Brown rice with buckwheat, topped with toasted kombu chips*

*Quinoa salad with summer vegetables and corn kernels*

*Brown rice and corn bread*

*Nutty two-grain bread*

*Zucchini muffins*

**Dessert**

*'Not on your hips' non-dairy tiramisu*

*Apple strudel with whole grain flours, served with tofu crème anglais*

*Fudgey avocado cupcakes*

*Pistachio chocolate mousse*

*Ale stewed pears stuffed with natto, dried fruit and walnuts, served with maple-vanilla cream*