### SOUP

#### Soup of the Moment

Snack 5.90 DInner 9.90 served with crusty ciabata bread

## VEGO

Garden Salad (vv)(d)(gf)

Snackpot 4.50 Dinner 8.50 fresh tomato, red capsicum, cucumber, radish, carrot, red onion, and mixed green leaves, with Artisan vinaigrette

**Roast Vegetable & Feta Salad** (vv\*)(v)(gf) 12.50 feta, cherry tomatoes, quinoa, and a sprinkle of almonds, tossed with lettuce, sun-dried tomato pesto, tea-soaked raisins and roast vegetables

### Eggplant Tagine (vv\*)(v)

Snackpot 9.50 Dinner 13.50 North African curry of eggplant slow-cooked in tomato and Chermoula pastel, served with minted couscous, with a side of yoghurt

**Cheese and Onion Tart** (v) 11.90 short crust pastry filled with caramelized onion topped with melted nuage blanc cheese, served with a pear, pecan and rocket salad, with ver juice and hazelnut oil dressing

**Vegie Stack** (gr)(vv\*)(v) 8.50 Artisan patty of spiced lentil, quinoa, linseed, and chickpea, sandwiching roast pumpkin, beetroot, tomato and tomato chilli jam

## BEEF

### Beef Bourguignon

Snackpot 12.90 Dinner 17.90 free-range beef and smokey bacon, shallot, mushroom, and rich red wine casserole, served with steamed green beans and potato mash

### Spaghetti Bolognaise

Snackpot 9.90 Dinner 14.90 braised free-range beef and pork mince in an intense tomato, smokey bacon, basil and garlic sauce with fresh pasta, topped with parmesan cheese

# CHICKEN

**Master Stock Chicken Salad** (d)(gi) 15.90 free range chicken fillet poached in Chinese master stock, served shredded with a carrot, bean-sprout, spring onion, capsicum, garlic shoot, coriander, mint and rice noodle salad sprinkled with crisp shallots and drizzled with citrus tamarind dressing

### Chicken Green Curry (d)(gf)

Snackpot 10.90 Dinner 16.50 tender free range chicken thigh simmered in green curry paste & coconut milk, finished with eggplant, kaffir leave, fish sauce & coriander served with coconut lime rice

### Spicy Chicken Meatballs (d)(gf)

Snackpot 10.90 Dinnner 16.90 succulent balls of free-range chicken and mint simmered in chipotle, morita & ancho chilli spiced tomato sauce, served with Mexican style basmati rice

### LAMB

#### French Provincial Lamb (d\*)(gf)

Snackpot 10.90 Dinner 15.50 tender lamb and root vegetables braised in rich stock, served with minted Kipfler potatoes

### Lamb Tagine

Snackpot 12.90 Dinner 17.90 North African style marinated lamb, slow-cooked with cinnamon, cumin, and paprika, finished with chickpeas, apricots and dates, served with minted couscous

## FISH

Fish Pot (gf)Snackpot 15.90SA prawns and poached atlantic salmon with<br/>parsley, dill, peas and spinach, in a creamy<br/>shellfish sauce, topped with potato mash and<br/>organic cheddar cheese

## SIDES \*

Creamy Mash Potato (250g)	3.90
Rice (300g)	3.90
Baked Beans (500g)	5.50

\* subject to availability

## MEAT DISH ONLY \*

	230g	350g
Bolognaise (d)(gf)	6.50	9.50
French Prov. Lamb (d)(gf)	8.90	13.50
Green Chicken Curry (d)(gf)	9.50	13.90
Lamb Tagin	9.90	14.50
Beef Bourguignon (d)	9.90	14.50

5% bulk discount applies to orders of 10 meals or more or meat dishes of 2 kg or more

### SWEET

#### Flapjacks (v)

7.90

four American style pancakes served with Artisan whipped citrus butter and Artisan sweet spiced syrup

Sticky Date Cake (v)	5.50
a slice of beautifully moist sticky date cake	e with

butterscotch sauce and fresh cream

Salted Caramel & Chocolate Tart Cheesecake (v)(gf)	6.50 5.50
Lemon, Blueberry, Raspberry	
Frangipane Tart (v)	4.20
Friand (v)(gf)	3.90
Blueberry, Raspberry, Choc Hazelnut	
Orange Syrup Cake (v)(d)(gf)	3.90
Lemon Curd Tart (v)	3.90
Portuguese Tart (v)	2.60

## DIETARY INDICATORS

(v) ~ vegetarian
(vv) ~ vegan
(d) ~ dairy free
(gf) ~ gluten free
(qi) ~ trace amounts of gluten

\* made to order

packaging 100% biodegradable printed on 100% Australian post-consumer recycled paper





READY MADE MEALS CATERING ARTISAN PRODUCTS

www.TuckShop.net.au 8278 9888

Monday - Wednesday, Friday 10:30 AM - 7:00 PM Thursday 10:30am - 8:30pm Saturday - Sunday 12.00 PM - 6:00 PM

Freshly prepared on the premises using locally sourced ingredients, free range animal products and sustainable seafood, our ready made, restaurant style meals simply require re-heating.

The Artisan Café & Tuck Shop 252 - 254 Main Road, Blackwood SA