



grab & go.

order now! text your order to 0452 144 174

ready to heat meals

Slow Cooked African Chicken Stew (GF) 11.9

Chicken, lemon juice, olive oil, garlic, ginger, onions, boiled through eggs, ethiopian berbere
SERVED WITH RICE

Hungarian Goulash (GF) 11.9

Rump steak, onions, garlic, caraway seeds, potatoes, capsicum, and tomatoes
SERVED WITH RICE

African Lentil Stew (GF) 11.9

Lentils, tomato, onion, spinach, carrot, celery, garlic, butter, vegetable stock
SERVED WITH RICE

Sweet Potato and Black Bean Beef Chilli (GF) 11.9

Beef, sweet potato, black beans, onion, carrot, capsicum, corn, tomatoes, mixed spices, topped with coriander
SERVED WITH RICE OR CORNCHIPS

Veggie Balls with Manchurian (GF|V) 11.9

grated cabbage, onions, carrot, green beans, capsicum, ginger and garlic, served with hot Manchurian sauce
SERVED WITH RICE

healthy treats

Chia Pots (VG|GF) 10.9

Overnight soaked chia seeds with nut milk, topped with fresh fruit. Ask your server for the flavour of the day

Brekky by Beau (VG) 11.9

oats, almond milk, peanut butter, chia seeds, vegan protein, maple & vegan choc sauce

CADA (VG|GF) 10.9

coconut flakes, almonds, medjool dates, fresh apple topped with coconut yoghurt & fresh fruit

Pot of Goodness (VG|GF) 9.9

coconut yogurt, house-made keto granola and seasonal fruits

poke bowls

Poke Bowl 1 (VG|GF) 12.0

Soba noodles, crispy kale and chickpeas, avocado, roasted beetroot, broccoli and cherry tomatoes

Poke Bowl 2 (VG|GF) 12.0

Quinoa, edamame beans, radish, roasted pumpkin, red cabbage, avocado topped with sesame and spring onion

sandwiches

Turkey Sandwich 9.9

Sliced turkey, avocado, fresh spinach, ARGO mayo, and our raspberry & chia jam

Vegan Sandwich (VG) 9.9

ARGO falafel, shredded carrot, cucumber, onion, avocado, fresh beetroot and our coconut raita

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Hot Chicken Roll 8.9

Chicken, lettuce and mayo

Mega Hot Chicken Roll 13.9

Chicken, bacon, cheese, lettuce and mayo

Bacon & Egg Sandwich 8.9

+ your favourite sauce!

Bacon & Egg Super 12.9

Bacon, egg, cheese, hashbrown and sauce

Hot Jumbo Roll 12.9

Ham, cheese, tomato, Spanish onion, lettuce and BBQ sauce

Hot Dog with sauce 8.9

Hot Dog with cheese and sauce 10.9

Hot Dog with the Lot 13.9

Bacon, cheese, onion and mustard

Jack and Jill 15

Your choice of brioche bun or Turkish roll filled with bacon, a fried egg, Swiss cheese and BBQ sauce