

# GRAB & GO MENU

'THE FUTURE OF HUMANITY' WITH MICHIO KAKU

## LAMB SHOULDER (GF)

\$15

CREAMED POTATO, CARAMELISED ONION

## BLACK EYED BEAN, ROAST TOMATO & SWEET POTATO RAGOUT (V)

\$14

SPINACH PESTO, ISRAELI COUS COUS

## HOT CHIPS (V)

\$5

Please note that menu items may contain traces of nut, egg, wheat, soy, seeds and any other allergens. Due to the nature of restaurant/buffet meal preparation and cross-contamination Heyder & Shears is unable to guarantee the absence of the above ingredients in its menu items.

