

Braised Beef with Balsamic Glaze	G1	\$12.95
Gently braised beef, finished with a balsamic reduction, rested on sweet potato mash and served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, D, RS</i> <i>270Cal / 1131kJ</i>		
Braised Beef with Dianne Sauce	G2	\$12.95
Beef fillet rested on pontiac potato, beans & carrots finished with a dianne sauce. <i>LF, GF, LC, D, RS, Gi, LaF</i> <i>280Cal / 1169kJ</i>		
Chicken Ratatouille with Roasted Potato	G3	\$12.95
Chicken breast served with pontiac potato accompanied with tomato infused vegetables. <i>LF, GF, D, RS, LC, Gi, LaF</i> <i>267Cal / 1116kJ</i>		
Chicken Cacciatore	G4	\$12.95
Tender chicken breast served with potato mash, classic Italian sauce and black olives. <i>GF, LC, Gi, LaF, D, RS, RF</i> <i>288Cal / 1202kJ</i>		
Moroccan Lamb Curry	G5	\$12.95
Succulent lamb pieces marinated in a mild coconut curry sauce atop basmati rice. <i>LF, Gi, LaF, D, RS, GF</i> <i>395Cal / 1667kJ</i>		
Braised Lamb, Roasted Pumpkin and Feta	G6	\$12.95
Braised lamb topped with roasted pumpkin and feta. Served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, RS</i> <i>265Cal / 1106kJ</i>		
Pan Seared Pork with Pear & Fig	G7	\$12.95
pan seared pork accompanied by a pear and fig reduction. Served with seasonal vegetables. <i>LF, GF, LC, Gi, LaF, D, RS</i> <i>280Cal / 1175kJ</i>		
Thai Green Pork Curry	G8	\$12.95
Mild Thai Green curry pork pieces atop a coconut and sultana basmati rice finished by a yoghurt reduction. <i>LF, GF, Gi, LaF, RS</i> <i>426Cal / 1781kJ</i>		
Barramundi with Caramelised Leek & Lime	G10	\$12.95
Panned barramundi fillet with a caramelised leek and lime sauce. <i>LF, GF, LC, Gi, RS, LaF</i> <i>330Cal / 1383kJ</i>		
Spinach & Ricotta Tortellini with Napolitana Sauce	G11	\$12.95
Tortellini filled with spinach and ricotta tossed in a napolitana sauce. <i>LF, Gi, RS, V</i> <i>345Cal / 1445kJ</i>		

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Symbol Keys:

GF:	Gluten Free (No detectable Gluten)
Gi:	Low Gi (Low Glycaemic index foods present in meal)
LC:	Lower Carbs (Less than 20g of carbohydrate per serve of food)
LF:	Low fat (Up to 3g of fat per 100g of food)
RF:	Reduced fat (Up to 10g of fat per 100g of food)
LaF:	Lactose Free (No detectable lactose)
D:	Dairy Free (Free from all dairy products)
RS:	Reduced Salt (Less than 300mg per 100g serve)
V:	Vegetarian (Free from red meat, fish & poultry meat. Dairy & egg may be used)

