



3SQUARED

# Mother's Day Menu

## *Small Plates*

Moroccan spiced hummus  
Served with buckwheat flatbread (ve)(s)

Baked pear and walnut salad,  
Pomegranate, ginger and lemon dressing (ve)

Seared scallops  
Avocado oil & beetroot gel (s)

## *Large Plates*

Pan seared Salmon Fillet  
Seeded avocado, lemon and maple dressed salad

Roast chicken  
Apple, honied walnuts, rocket and cress. Lemon dressing (n)

Herbed quinoa & chickpea salad  
Hot pink slaw, lemon tahini dressing (s)

## *Something Sweet*

Apple crumble  
Served with coconut whip (ve)(n)

Chocolate torte  
Made with almond butter and served with coconut whip (n)

Cheesecake  
Flavoured with lemon and basil (n)

(ve) vegan, (v) vegetarian, (s) contains sesame, (n) contains nuts, (gf) gluten free, (df) dairy free. **Our entire menu is gluten, wheat, dairy, soya, & refined sugar free.** Menu items may contain or come into contact with **Nuts, Sesame, Eggs, Fish, Sulphites, mustard and celeriac.** For more information, please speak with a manager.