

## Fresh Sushi 6 pieces \$5.00

Salmon & Avocado, Tuna & Cucumber  
Chicken & Avocado, Terriyaki Chicken  
Sweet Chilli Chicken & Lettuce

## Flash Frozen Sushi

Salmon & Avocado, Chicken & Avocado,  
Terriyaki Chicken

Thaws in two hours at room temperature and ready to eat. Ideal for school or work lunches or whenever you have the craving. We have a bulk buy deal going for \$20.00 for 5 sushi meals.



*Eat right - Eat healthy*  
with delicious chef made meals  
you can enjoy anytime, for all ages  
**Simply heat 'n eat!**

# menu

Tel 4128 4338

- Purchase meals 8.00am - 5:30pm, weekdays  
(Closed Saturday, Sunday & public holidays)  
7 Banksia Park Drive, Scarness, Hervey Bay
- Deliveries to the Fraser Coast Region  
- ring us for details
- Function catering available
- Gift certificates available

## Tel (07) 4128 4338

OR ORDER ONLINE:

[www.heartyfoods.com.au](http://www.heartyfoods.com.au)



## Chicken Dishes \$7.50 (reg) \$9.00 (large)

### Chinese Sweet and Sour Chicken

Asian style sweet and sour chicken served with steamed rice.

### Chicken Florentine

Juicy tender chicken breast topped with a spinach cream sauce. Served with a pumpkin risotto and mixed vegetables.

### Thai Chicken Curry

Tender chicken in a green curry sauce served with steamed rice.

### Mango Chicken

Seasoned tender chicken with a mouthwatering mango sauce. Served with seasoned chat potatoes and steamed vegetables.

### Chicken a la King

Delicious chicken pieces cooked in a white wine sauce and served with seasoned chat potatoes and vegetables.

### Satay Chicken

Tender chicken breast topped with a satay sauce and served with green beans and steamed rice.

### Indian Chicken Curry (Mild)

Juicy tender chicken cooked in a korma sauce and served with rice.

## Beef Dishes \$7.50 (reg) \$9.00 (large)

### Beef Stroganoff

Beef strips cooked slowly in a mushroom cream sauce and served with rice.

### Beef Bourguignon

French style beef braised in a red wine sauce and bacon, served with steamed rice and green beans.

### Italian Beef Lasagne

Traditional bolognese sauce between layers of pasta, topped with a cheese sauce and served with vegetables.

### Roast Beef

Succulent tender beef in a rich gravy and served with seasoned roast potatoes and mixed vegetables.

### Beef Vindaloo

Slowly cooked Indian spiced beef in a tomato base sauce served with steamed rice.

### Beef Casserole

Tender beef cooked in rich vegetable gravy with chat potatoes and mixed vegetables.

### Cottage Pie

Good old traditional style mince beef topped with real potato mash served with mixed vegetables.

### Sausages and Mash

Aussie beef sausages served with a mash potato and seasoned vegetables.

## Lamb Dishes \$7.50 (reg) \$9.00 (large)

### Roast Lamb

Succulent tender lamb topped with a gravy, served with seasonal roast potatoes and mixed vegetables.

### Moroccan Lamb

Lamb braised in a Moroccan sauce and green beans served with roast vegetable cous cous.

### Indian Lamb Curry

Tender cooked Indian spiced lamb cooked in a coconut sauce and served with steamed rice.

### Lamb Casserole

Tender lamb cooked in a rich vegetable gravy with chat potatoes and mixed vegetables.

## Pork Dishes \$7.50 (reg) \$9.00 (large)

### Roast Pork

Slow roasted pork topped with gravy, and served with chat potatoes and mixed vegetables.

## Vegetarian Dishes \$7.50 (reg) \$9.00 (large)

### Roast Vegetable Lasagne

Marinated roast vegetables between layers of pasta, topped with a feta cheese and pesto sauce and served with green beans.

## Small Pastas & Side Dishes from \$4.00

### Potato, Pumpkin & Bacon Bake

### Pumpkin Risotto with Spinach Sauce

### Selected Pasta Dishes

Carbonara, Bolognese, Macaroni Cheese - \$4.50

## Desserts

### Apple Crumble & Custard - \$3.00

### Passionfruit & Peach Cheesecake - \$3.00

### Chocolate Pudding - \$3.00



# SPECIALS

**7 regular size meals \$50.00**

**7 large size meals \$60.00**

(\*INCLUDES FREE DELIVERY)

*"Our Chef likes to keep things interesting with his weekly mystery dishes. Make sure you ask what they are when ordering so you don't miss out!"*