

Food with the magical power of nature

MOOT

"LET FOOD BE THY  
MEDICINE AND MEDICINE  
BE THY FOOD."

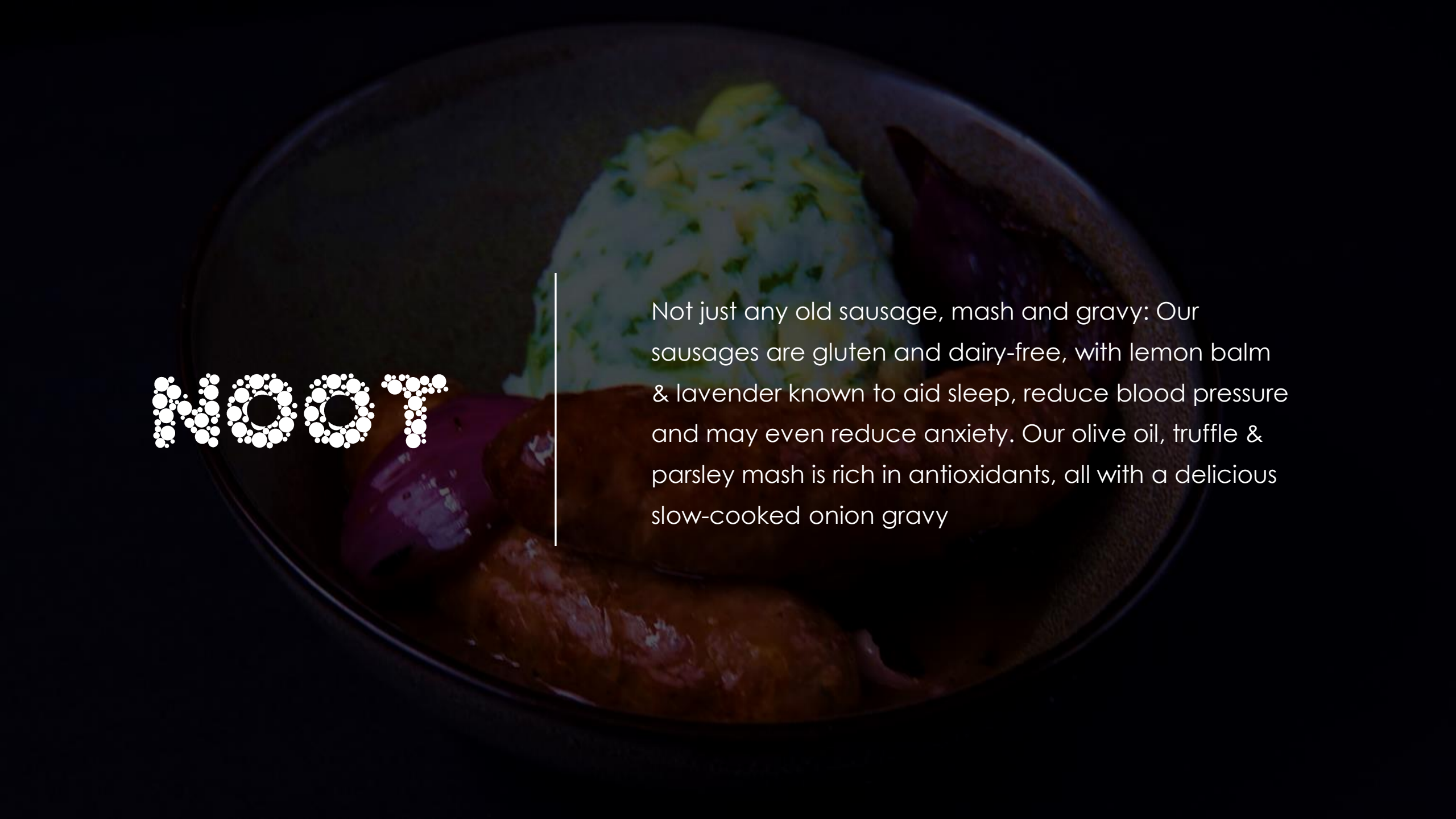
*Hippocrates*

# NOOT

Meals with ingredients known to aid healing and promote health, not worthy - just tasty.

For a very long time we have known that some foods make us feel good and some, just don't.

Some foods have special powers that can enhance mood, speed up recovery and turbo boost your immune system.



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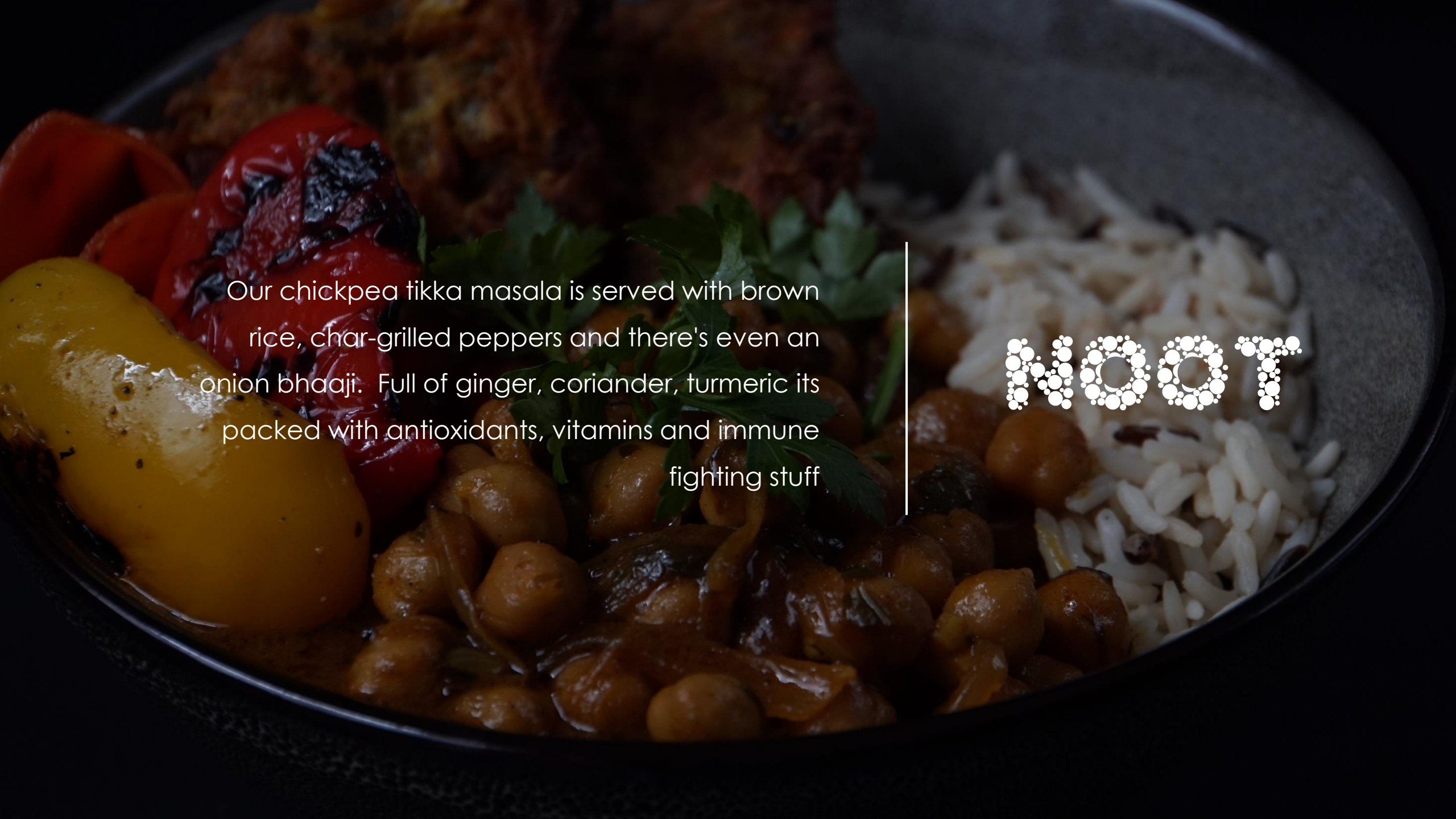
Not just any old sausage, mash and gravy: Our sausages are gluten and dairy-free, with lemon balm & lavender known to aid sleep, reduce blood pressure and may even reduce anxiety. Our olive oil, truffle & parsley mash is rich in antioxidants, all with a delicious slow-cooked onion gravy

A top-down view of a dark grey ceramic bowl containing a meal. The meal consists of a large, golden-brown, breaded chicken cutlet (katsu) on top of a bed of white, fluffy sticky rice. To the right of the rice, there are several pieces of green vegetables, including what looks like broccoli and leafy greens. The background is a solid dark grey.

NOT

GF Katsu Curry - delicious baked chicken in a tasty crumb with jasmine sticky rice and our special katsu sauce with ginger, garlic, turmeric & spices which not only warms the cockles but helps with digestion, is full of antioxidants and can help elevate mood



A close-up photograph of a dark-colored bowl filled with a meal. The main component is a rich, orange-brown chickpea tikka masala. To the left, there are char-grilled vegetables, including a large yellow bell pepper and several red bell peppers. A portion of white rice is visible on the right side of the bowl. Fresh green herbs are sprinkled over the chickpeas. The background is dark, making the food stand out.

Our chickpea tikka masala is served with brown rice, char-grilled peppers and there's even an onion bhaaji. Full of ginger, coriander, turmeric its packed with antioxidants, vitamins and immune fighting stuff

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Char Siu pork with egg fried rice, char-grilled peppers and broccoli



Beef in Barolo, rosemary roasted potatoes & char-grilled pepper



Vietnamese spicy beef with brown rice and citrus beans



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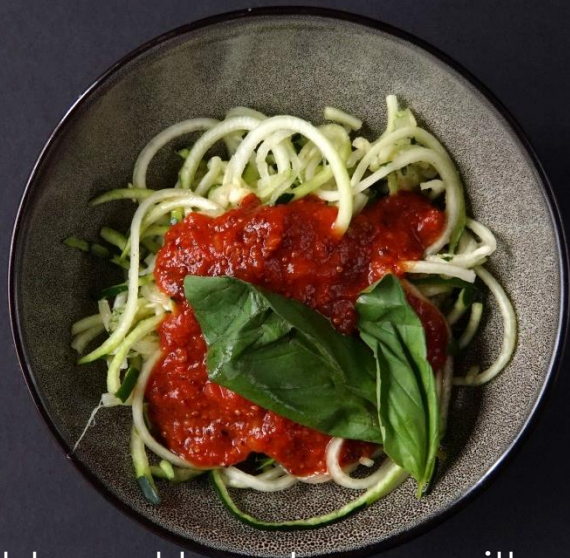


MSC salmon with citrus oil,  
steamed broccoli and brown  
rice - wholesome and simple



MSC Teriyaki salmon with veggie  
noodles, shiitake mushrooms and  
lime – flavoursome, full of omega 3





Vegetable and tomato ragu with  
courgetti spaghetti



Mushroom panang with veggie samosa and pakora



GF veggie samosas with char-grilled veggies  
and a spicy chilli & tomato sauce



GF rigatoni, caponata