

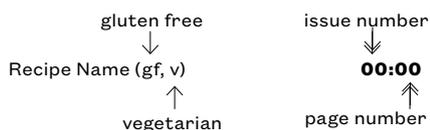
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RECIPE INDEX



Q-T

QUAIL - TZATZIKI



Q

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Chunky Quinoa Granola (gf)	48:66
Coconut, Quinoa and Chia Seed Porridge (gf)	85:74
Creamy Quinoa Porridge with Rhubarb, Cherries and Hazelnuts (gf)	36:85
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Easy Roast Chicken, Grains, Feta and Herb Salad (gf)	87:101
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Grain Bowls with Greens and Soft Eggs (gf, v)	80:82
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Mediterranean Lamb and Quinoa Salad (gf)	95:80
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Quinoa, Chicken, Date, Red Grape and Hazelnut Salad (gf)	46:92
Quinoa, Green Pea and Ricotta Fritters (gf) (v)	107:68
Quinoa, Kale and Basil Burgers in Cos Leaves (gf, v)	58:93

Quinoa, Moroccan Roasted Carrot and Olive Salad (gf, v) **82:96**

Quinoa Pilaf with Slow-roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint (gf, v) **61:105**

Quinoa, Pistachio and Herb Schnitzel with Herb Slaw (gf) **80:42**

Quinoa Pizza with Shaved Pumpkin, Mozzarella and Cherry Tomatoes (gf, v) **71:72**

Quinoa Risotto, Roasted Pumpkin and Crispy Bacon (gf) **68:76**

Quinoa Salad and Moroccan Chicken (gf) **58:109**

Quinoa, Silverbeet and Two-cheese Tart (gf, v) **56:83**

Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v) **28:76**

Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v) **100:94**

Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (gf) **60:102**

Roast Chicken with Quinoa, Corn and Almond Stuffing (gf) **61:81**

Roasted Carrots with Quinoa, Green Olives and Honeycomb (gf, v) **66:67**

Salted Peanut and Puffed Quinoa Brittle (gf) **69:95**

Satay Tofu Bowl (v) **86:63**

Super-green Salad (gf, v) **89:78**

Superseed Loaf (v) **61:106**

Three-grain, Coconut and Apple Porridge with Honey and Cinnamon Roasted Kasha (gf) **72:82**

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Zucchini and Quinoa Fritters with Eggs and Feta Yoghurt (v) **77:58**

Quinoa, Beetroot and Hot Smoked Salmon Jar Salads (gf) 64:77

Quinoa, Chicken, Date, Red Grape and Hazelnut Salad (gf) 46:92

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Quinoa Pizza with Shaved Pumpkin,

Mozzarella and Cherry Tomatoes (gf, v) 71:72

Quinoa Risotto, Roasted Pumpkin and Crispy Bacon (gf) 68:76

Quinoa Salad and Moroccan Chicken (gf) 58:109

Quinoa, Silverbeet and Two-cheese Tart (gf, v) 56:83

Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v) 28:76

Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v) 100:94

Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (gf) 60:102

R

RABBIT, GENERAL

Braised Rabbit on Pappardelle **8:77**

Braised Rabbit with Spinach and Pine Nuts **29:86**

Rabbit with Green Olives **19:94**

Rabbit with Mushrooms and Mustard Sauce (gf) **23:58**

Rabbit with Mushrooms and Thyme **9:98**

Rabbit and Pistachio Terrine with Sour Cherry and Pear Relish **3:84**

Rabbit and Pork Terrine (gf) **29:19**

Rabbit Tagine (gf) **105:22**

Rabbit with Green Olives 19:94

Rabbit with Mushrooms and Mustard Sauce (gf) 23:58

Rabbit with Mushrooms and Thyme 9:98

Rabbit and Pistachio Terrine with Sour Cherry and Pear Relish 3:84

Rabbit and Pork Terrine (gf) 29:19

Rabbit Tagine (gf) 105:22

Rack of Lamb with Crushed Broad Bean and Basil Salsa (gf) 62:65

Rack of Lamb, Mint Béarnaise and Braised Peas and Lettuce (gf) 35:89

Rack of Lamb with Red Wine and Balsamic Sauce 27:86

Rack of Venison with Cherry and Red Wine Relish (gf) 106:30

RADICCHIO, GENERAL

Bavette, Radicchio and Anchovies (gf) **73:43**

Broad Bean, Radicchio and Pear Salad with Shaved Parmesan (gf, v) **100:94**

Endive and Radicchio Salad with Walnut Oil Dressing (gf, v), **19:80**

Fennel, Radicchio and Apple Salad with Red Wine Dressing (gf, v) **47:93**

Grilled Radicchio Bruschetta with Soft Cheese **22:71**

Mushroom and Radicchio Risotto (gf, v) **65:73**

Porcini and Radicchio Lasagne (v) **71:88**

Radicchio and Beetroot Salad with Balsamic Dressing (gf, v) **6:102**

Radicchio Tortelloni with Creamy Walnut Sauce, **65:83**

Red Wine Risotto with Radicchio and Blue Cheese (gf) **13:79**

Spice-rubbed Salmon with Radicchio, Blood Oranges and Roasted Hazelnuts (gf) **94:66**

Radicchio and Beetroot Salad with Balsamic Dressing (gf, v) 6:102

Radicchio Tortelloni with Creamy Walnut Sauce (v) 65:83

Radish Mezze (gf, v) 69:107

Radish and Spring Onion Remoulade on Tuna (gf) 50:72

Radish, Tomato and Cashew Nut Salad (gf, v) 27:117

RADISHES, GENERAL

Carrot, Radish and Tomato Salad (gf, v) **20:102**

Grilled Chicken, Refried Beans and Radish Tostaditas (gf) **44:69**

Pork Belly on Mountain Bread with Shaved Fennel, Radish and Sumac Salad **35:67**

Radish Mezze (gf, v) **69:107**

Radish and Spring Onion Remoulade on Tuna (gf) **50:72**

Radish, Tomato and Cashew Nut Salad (gf, v) **27:117**

Snow Pea, Edamame Bean and Radish Salad (gf, v) **39:73**

Tzatziki Platter with Pickled Radishes (gf, v), (includes Pea and Mint Tzatziki and Spiced Carrot Tzatziki) **70:64**

RAGU, GENERAL (SEE ALSO BRAISES, STEWS AND TAGINES)

Beef Ragù with White Beans and Burrata **110:76**

Braised Beef Ragu on Pappardelle	71:83	Sherry Raisin Chocolate Brownie	55:86	Cream (gf)	72:51
Braised Beef Shin Ragu with Pappardelle	19:90	Spiced Raisin Pilaf (gf)	48:97	Raspberry and Gingernut Fools	87:107
Jacket Potatoes with Beef and Mushroom Ragu	42:102	Sticky Bran and Raisin Muffins	109:60	Raspberry and Hazelnut Semifreddo	40:89
Lamb Ragu with Pasta Rags	23:95	Zabaglione with Marsala Raisins (gf)	29:96	Raspberry and Rosé Jellies (gf)	70:88
Lamb Ragu with Penne Pasta	60:109	<i>Ramen</i>	72:50	Raspberry and Rosehip Granita (gf)	78:92
Lamb Sausage and Red Wine Ragu (gf)	32:95	<i>Ramp Them Up Blueberry Streusel Muffins</i>	94:118	Raspberry Sherbet and Scorched Marshmallow Floats (gf)	64:95
Leftover Lamb Ragu	91:71	<i>Rangitikei Chicken and Saffron Tagine (gf)</i>	18:104	Raspberry and Wild Rosehip Sorbet (gf) (v)	107:84
Meatball, Tomato and Basil Ragu	73:114	<i>Ras el Hanout (gf, v)</i>	63:127	Raspberry, White Nectarine, Lemon Curd and Limoncello Parfaits	21:81
Mixed Mushroom Ragu	23:96	<i>Rasam (gf, v)</i>	78:69	Raspberry Yoghurt Parfaits with Passionfruit Curd	40:101
Penne with Lamb Ragu	12:89			Rhubarb, Raspberry and Rosewater Trifle with Praline	81:58
Pork and Fennel Sausage Ragu with Polenta	91:35	RASPBERRIES, GENERAL		Trifle Layered with Lemon Cream and Raspberries with Baby Meringue Topping	63:78
Potato Gnocchi with Mushroom Ragu (v)	67:112	Raspberries: Cake, cheesecake and pudding		Trifle with Lemon Cream, Raspberries and Meringues	100:100
Quick Beef Ragu on Pasta	43:109	Baked Raspberry and Passionfruit Cheesecake	80:128		
Rigatoni with Quick Pork and White Wine Ragu	74:106	Chocolate and Fresh Raspberry Cake	39:86	Raspberries: Macarons and meringue	
Slow-cooked Italian Beef Cheek Ragu with Pappardelle	91:68	Coconut and Lime Roulade with Raspberry Mascarpone (gf)	2:74	Almond Meringues with Lemon Sugar and Raspberries (gf)	39:90
Spicy Beef and Chorizo Ragu and Zoodles (gf)	71:108	Coconut and Raspberry Bundt Cakes	37:54	Chocolate, Almond and Raspberry Pavlovas (gf)	9:144
<i>Rainbow Wraps (v)</i>	95:84	Flourless Chocolate Cake with Raspberry Coulis (gf)	36:64	Hazelnut, Chocolate and Raspberry Macaroon Torte (gf)	57:75
		Keik me Raspberries ke Amigthalo – Raspberry Cake with Rose Petals (gf)	68:46	Lemon Curd and Raspberry Meringue Pudding	91:80
RAISINS, GENERAL (SEE ALSO, SULTANAS)		Molten Chocolate and Raspberry Puddings	42:108	Lime Syllabub and Raspberry Eton Mess (gf)	51:98
Apple, Rum and Raisin Cake	26:88	Pear, Raspberry and Coconut Loaf	48:82	Raspberry Meringues with Lime Curd (gf)	81:62
Apple, Whisky and Raisin Pie	42:70	Raspberry, Coconut and Orange Pudding	49:112	Raspberry Parisian Macarons (gf)	23:74
Capsicums with Almonds, Capers and Raisins (gf, v)	47:87	Raspberry and Custard Croissant Puddings	55:114	Raspberry Parisian Macarons (gf)	33:25
Caramel, Pear and Raisin Swirls	54:81	Raspberry and Golden Syrup Steamed Puddings	18:88	Rhubarb and Raspberry Meringue Tarts	42:69
Caramelised Banana, Rum and Raisin Bread and Butter Pudding	43:103	Raspberry, Marsala and Citrus Rice Cake (gf)	71:96		
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Chocolate and Raisin Rugelach	25:78	Raspberry, Polenta and Orange Loaf	77:120	Almond and White Chocolate Tart with Raspberries (gf)	101:82
Couscous [with raisins and almonds]	38:92			Chocolate, Hazelnut and Fresh Raspberry Tart	51:97
Green Bean and Fennel Salad with Tomato Raisins (gf, v)	41:58	Raspberries: Chilled desserts		Coconut Custard and Raspberry Tart with Chocolate Pastry	61:95
Hot Cross Bun Bread and Butter Pudding with Whisky, Chocolate and Raisins	96:94	Champagne Raspberry Jelly (gf)	63:33	Raspberry, Almond and Sour Cream Tart with Sugared Almonds	38:95
Oaty Raisin and Coconut Skillet Cookie with Boozy Caramel Sauce	99:109	Chilled Raspberry Souffles (gf)	6:104	Raspberry Cheesecake Tarts	83:56
Pedro Ximénez and Raisin Ice Cream (gf),	20:99	Chocolate Mousse with Raspberry Granita (gf)	75:74	Raspberry and Hazelnut Rice Tart	7:96
Pedro Ximénez Sherry and Raisin Tart	35:62	Limoncello and Raspberry Tiramisu	29:71	Rhubarb and Raspberry Meringue Tarts	42:69
Red Cabbage with Beetroot, Apples, Cinnamon and Raisins (gf)	42:76	No-churn Raspberry and Lime Ice Cream Sliders with Mascarpone and Raspberry Chia Jam	94:60		
Rum, Raisin and Chocolate Self-saucing Puddings	92:89	Quick Raspberry and Nectarine Frozen Yoghurt (gf)	40:91	Raspberries: Other	
Salty Peanut, Raisin and Dark Chocolate Bars (gf)	99:100	Raspberry and Beetroot Ice			

Baked Salmon with a Smoky Raspberry and Chipotle Glaze (gf)	87:34	Raspberry and Polenta Cake (gf)	53:95	RED BEANS, GENERAL - SEE BEANS: RED AND BLACK	
Double Chocolate, Raspberry and Tahini Swirl Brownie (gf)	85:93	Raspberry, Polenta and Orange Loaf	77:120		
Fresh Raspberry and Brown Sugar Gratins	45:69	Raspberry and Rosé Jellies (gf)	70:88		
Mascarpone Toast with Fresh Raspberries	10:73	Raspberry and Rosehip Granita (gf)	78:92		
Pear and Raspberry Shortbread Crumble (gf)	79:76	Raspberry Sauce (gf)	101:68		
Quick Raspberry Swirls with Vanilla Glaze	62:95	Raspberry Sherbet and Scorched Marshmallow Floats (gf)	64:95		
Raspberries in Syrup (gf)	47:103	Raspberry Streusel Scones	90:66		
Raspberry Coconut Ice (gf)	39:117	Raspberry and White Chocolate Blondies	66:98		
Raspberry Streusel Scones	90:66	Raspberry and White Chocolate Truffles (gf)	63:103		
Raspberry and White Chocolate Blondies	66:98	Raspberry, White Nectarine, Lemon Curd and Limoncello Parfaits	21:81		
Raspberry and White Chocolate Truffles (gf)	63:103	Raspberry and Wild Rosehip Sorbet (gf) (v)	107:84		
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Sheet-pan Coconut and Raspberry Hotcakes (gf)	89:86	Ratatouille Tart (v)	12:94		
Sweet Ginger and Lime Mango with Raspberry Sauce (gf)	5:61	Ravioli with Spicy Tomato Sauce and Crisp Salami	89:65		
Twice-baked Raspberry and Lime Souffles	19:84	Raw Asparagus and Rocket Salad (gf)	26:74		
Vanilla and Raspberry Baked Custards (gf)	58:101	Raw Beetroot, Carrot and Zucchini Salad with Nuts and Soft Goat's Cheese (gf) (v)	107:62		
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<i>Raspberry and Beetroot Ice Cream (gf)</i>	72:51	Raw Energy Salad with Pomegranate Dressing (v)	27:101		
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<i>Raspberry Chia Jam (gf)</i>	94:60	Raw Salmon Fresh Spring Rolls	74:91		
<i>Raspberry Coconut Ice (gf)</i>	39:117	Raw Salmon and Watercress Salad	23:103		
<i>Raspberry, Coconut and Orange Pudding</i>	49:112	Raw Salted Caramel Slice (gf)	71:102		
<i>Raspberry Curd (gf)</i>	21:114	Raw Spiced Fruit Cakes with Cacao Butter Icing (gf)	82:93		
<i>Raspberry and Custard Croissant Puddings</i>	55:114	Raw Strawberry Tart with Whipped Coconut Cream (gf)	75:72		
<i>Raspberry and Gingernut Fools</i>	87:107	Raw Vegetable Salad with Stracciatella (gf, v)	96:50		
<i>Raspberry and Golden Syrup Steamed Puddings</i>	18:88	Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat (gf, v)	57:95		
<i>Raspberry and Hazelnut Rice Tart</i>	7:96	Raw Zucchini, Mushroom and Spinach Salad with Roasted Almonds and Parmesan Dressing (gf, v)	41:63		
<i>Raspberry and Hazelnut Semifreddo</i>	40:89	Raw Zucchini Salad with Olive Dressing (gf, v)	34:64		
<i>Raspberry, Marsala and Citrus Rice Cake (gf)</i>	71:96				
<i>Raspberry Meringues with Lime Curd (gf)</i>	81:62				
<i>Raspberry Parisian Macarons (gf)</i>	23:74				
<i>Raspberry Parisian Macarons (gf)</i>	33:25				
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				<i>Red Cabbage Slaw (gf, v)</i>	64:101
				<i>Red Fish Curry</i>	86:66
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				<i>Red Lentil, Kumara and Coconut Soup (gf)</i>	31:90
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				Braised Lamb "Pie" with Red Wine and Colcannon	26:60
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				Braised Oxtail with Chorizo, Figs and Red Wine	92:48
				Braised Scotch Fillet with Marsala and Red Wine Sauce (gf)	30:85
				Chicken Braised with Red Wine Vinegar and Shallots (gf)	13:95
				Chilled Blackberry, Red Wine and Pearl Tapioca Puddings (gf)	34:88
				Chipotle and Red Wine Braised Lamb Shanks	67:73
				Chorizo Bocadillo with Sticky Red Wine Onions	95:103
				Creamy Millet Porridge and Red Wine Roasted Rhubarb (gf)	79:104
				Duck Breast with Red Wine and Cherry Sauce (gf)	36:59
				Filet Mignon with Duck Liver Pate and Red Wine Sauce (gf)	33:93
				Lamb Sausage and Red Wine Ragu (gf)	32:95
				Meatloaf in Tomato Red Wine Sauce	19:113
				Meringue Roulade with Strawberries in Red Wine Syrup (gf)	10:84
				Monkfish with Bacon and Red Wine Sauce	19:83
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Pork Fillet with Cherry and Red Wine Sauce (gf)	20:51	<i>Reuben Sandwiches</i>	62:81	Frangipane Tarts	93:79
Pork Fillet with Cherry and Red Wine Sauce (gf)	27:66	<i>Reuben Sliders</i>	94:78	Rhubarb Tart with Polenta Pastry	8:64
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Rack of Venison with Cherry and Red Wine Relish (gf)	106:30	Baked Yoghurt and Lime Cake with Rhubarb and Rosewater	24:110	Roasted Rhubarb and Strawberries with Orange and Balsamic Vinegar (gf)	45:122
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Red Wine-poached Plums (gf)	65:97	Creamy Quinoa Porridge with Rhubarb, Cherries and Hazelnuts (gf)	36:85	Simple Rhubarb Tarts	62:110
Red Wine and Pomegranate Molasses Braised Duck (gf)	55:68	Fresh Cherry and Rhubarb Turnovers	28:105	Strawberry and Rhubarb Louise Cake	87:65
Red Wine Risotto with Radicchio and Blue Cheese (gf)	13:79	Fresh Strawberry and Rhubarb Pie	70:114	Sweet Cardamom, Rhubarb and Streusel Buns	50:104
Red Wine and Vanilla Summer Pudding	39:86	Grilled Brioche with Rhubarb and Strawberries	82:86	Sweet Cinnamon Roti with Sour Cream and Roasted Rhubarb	83:100
Sausages and Paris Mash with Onion and Red Wine Gravy	97:50	Heilala Vanilla Seed Panna Cotta with Rhubarb, Ginger and Pineapple Gazpacho (gf)	32:46	Sweet Souffle Omelette with Rhubarb and Strawberry Compote (gf)	21:110
Spanish-style Oxtail Braised with Chorizo, Red Wine and Smoked Paprika (gf)	42:85	Little Rhubarb Crumble Cakes with Ginger Custard	31:94	Warm Coconut Rice Pudding with Red Wine and Cinnamon Poached Rhubarb (gf)	50:104
Spiced Red Wine-braised Duck Legs (gf)	92:59	Middle Eastern Spiced Lamb and Rhubarb (gf)	50:102	White Chocolate, Rhubarb and Strawberry Cheesecake	106:112
Venison Medallions with Red Wine and Berry Pan Sauce (gf)	60:111	Rhubarb and Almond Cake	19:80	Winter Fruit Cobbler	73:106
Venison Sausages with Chestnut and Red Wine Sauce	18:84	Rhubarb and Apple Pie	61:93	Yoghurt Mousse with Rhubarb and Cherries (gf)	1:97
Warm Coconut Rice Pudding with Red Wine and Cinnamon Poached Rhubarb (gf)	50:104	Rhubarb Buckle Cake,	48:107		
		Rhubarb and Coconut Spiced Streusel Cake	68:106		
		Rhubarb, Couscous and Haloumi Salad (v)	50:100	<i>Rhubarb and Almond Cake</i>	19:80
		Rhubarb and Custard Tarts with Crushed Hazelnuts	49:97	<i>Rhubarb and Apple Pie</i>	61:93
<i>Red Wine-braised Beef Brisket with Pappardelle</i>	89:42	Rhubarb and Hazelnut Bread and Butter Cake	92:94	<i>Rhubarb Buckle Cake</i>	48:107
<i>Red Wine-braised Lamb Shanks with Lentils (gf)</i>	85:42	Rhubarb Ice Cream with Roast Rhubarb (gf)	56:113	<i>Rhubarb and Coconut Spiced Streusel Cake</i>	68:106
<i>Red Wine-poached Plums (gf)</i>	65:97	Rhubarb Jelly (gf)	3:100	<i>Rhubarb, Couscous and Haloumi Salad (v)</i>	50:100
<i>Red Wine and Pomegranate Molasses Braised Duck (gf)</i>	55:68	Rhubarb Maids of Honour Tarts	50:103	<i>Rhubarb and Custard Tarts with Crushed Hazelnuts</i>	49:97
<i>Red Wine Risotto with Radicchio and Blue Cheese (gf)</i>	13:79	Rhubarb and Mixed Berry Seedy Crumble	97:75	<i>Rhubarb and Hazelnut Bread and Butter Cake</i>	92:94
<i>Red Wine and Vanilla Summer Pudding</i>	39:86	Rhubarb, Orange and Ginger Steamed Pudding	67:104	<i>Rhubarb Ice Cream with Roast Rhubarb (gf)</i>	56:113
<i>Refried Beans (gf)</i>	44:70	Rhubarb, Orange and Vanilla Jam (gf)	17:113	<i>Rhubarb Jelly (gf)</i>	3:100
<i>Regal Smoked Salmon Bruschetta with a Currant and Red Onion Pickle</i>	83:41	Rhubarb, Pear and Walnut Crumble (gf)	84:104	<i>Rhubarb Maids of Honour Tarts</i>	50:103
		Rhubarb and Poppy Seed Cake	50:100	<i>Rhubarb and Mixed Berry Seedy Crumble</i>	97:75
RELISH, GENERAL - SEE CONDIMENTS: RELISHES		Rhubarb and Raspberries with Nut Crumble and Yoghurt (gf)	14:67	<i>Rhubarb, Orange and Ginger Steamed Pudding</i>	67:104
Rack of Venison with Cherry and Red Wine Relish (gf)	106:30	Rhubarb and Raspberry Meringue Tarts	42:69	<i>Rhubarb, Orange and Vanilla Jam (gf)</i>	17:113
		Rhubarb, Raspberry and Rosewater Trifle with Praline	81:58	<i>Rhubarb, Pear and Walnut Crumble (gf)</i>	84:104
<i>Reuben Deli Dogs</i>	97:53	Rhubarb and Strawberry		<i>Rhubarb and Poppy Seed Cake</i>	50:100
				<i>Rhubarb and Raspberries with Nut Crumble and Yoghurt (gf)</i>	14:67

Rhubarb and Raspberry Meringue Tarts **42:69**

Rhubarb, Raspberry and Rosewater Trifle with Praline **81:58**

Rhubarb and Strawberry Frangipane Tarts **93:79**

Rhubarb Tart with Polenta Pastry **8:64**

Ribollita (gf) **8:71**

Rib-eye Steak with Dark Beer and Black Pepper **64:69**

Rib-eye Steak with Mustard and Parsley Butter (gf) **65:109**

Rib-eye Steaks with Romesco Sauce (gf) **81:44**

RIBS, GENERAL

Barbecued Hoisin Glazed Pork Ribs **76:79**

Beef Short Ribs (gf) **52:66**

Beef Short Ribs (gf) **100:178**

Beef Short Ribs with Porcini **24:63**

Mushrooms (gf) **24:63**

Braised Aromatic Beef Short Rib Rendang (gf) **84:48**

Braised Beef Short Ribs **13:102**

Braised Beef Spare Ribs with Ale, Soy and Ginger **42:85**

Braised Short Rib Pie **40:110**

Chinese-style Spare Ribs **34:53**

Cider and Lime Spare Ribs (gf) **9:93**

Dry-rubbed Beef Short Ribs (gf) **62:77**

Glazed Pork Spare Ribs (gf) **14:81**

Glazed Pork Spare Ribs **64:64**

Hunan Red-braised Spare Ribs **56:47**

Italian-style Pork Ribs with Rosemary and Garlic (gf) **70:79**

Slow-braised Star Anise and Lemongrass Beef Ribs **78:76**

Slow-cooked Pork Spare Ribs **94:94**

Smoky Chipotle Pork Ribs **81:97**

Spare Ribs with Cucumber and Herb Salad **18:122**

Spice-roasted Lamb Ribs with Smoky Salt (gf) **67:68**

Steamed Pork Spare Ribs in Lotus Leaves **32:106**

Sticky Asian Beef Short Ribs **55:64**

Sticky Asian Beef Short Ribs **91:71**

Sticky Pomegranate Molasses Braised Beef Short Ribs **73:64**

Sticky Tamarind and Maple Syrup Glazed Pork Ribs **88:40**

RICE, GENERAL (SEE ALSO ARANCINI, PAELLA AND RISOTTO - NOTE THESE ITEMS

ARE NOT LISTED UNDER RICE)

Rice: Bowls

Asian Beef and Rice Bowl **27:115**

Grain Bowls with Greens and Soft Eggs (gf, v) **80:82**

Japanese Salmon Bowl **74:74**

Spicy Pork, Rice and Vege Bowls **90:89**

Sticky Black Rice Bowl (gf) **72:97**

Tuna Poke Bowl **74:70**

Vege Rice Bowl with Beetroot Hummus and Lots of Seeds (gf) (v) **107:68**

Rice: Desserts

Baked Rice Pudding with Brandy Fruits (gf) **92:94**

Black Rice Pudding with Turmeric Lime Granita and Coconut Sorbet (gf) **86:83**

Cardamom and Apricot Rice Pudding (gf) **42:99**

Chilled Coconut and Passionfruit Rice Pudding with Glazed Pineapple (gf) **58:103**

Chocolate Rice Pudding (gf) **26:105**

Cinnamon and Lemon Rice Pudding (gf) **73:104**

Cinnamon Rice Pudding with Almond Crumble (gf) **61:85**

Citrus and Cinnamon Risotto (gf) **68:78**

Classic Basque Rice Pudding (gf) **8:107**

Coconut and Lime Rice Pudding with Fresh Papaya (gf) **46:103**

Persian Orange and Spice Baked Rice (gf) **72:100**

Puffed Rice and Millet Slice with Cranberries and Pistachios (gf) **72:106**

Raspberry and Hazelnut Rice Tart **7:96**

Raspberry, Marsala and Citrus Rice Cake (gf) **71:96**

Rice Puddings with Figs in Vincotto (gf) **4:102**

Sticky Rice in Banana Leaves with Roasted Banana and Pawpaw (gf) **14:85**

Sticky Rice and Coconut Puddings with Papaya (gf) **28:90**

Torta di Riso e Cioccolato (Rice and Chocolate Cake) (gf) **67:46**

Vanilla Rice Pudding with Shiraz Poached Quinces (gf) **31:94**

Warm Coconut Rice Pudding with Red Wine and Cinnamon Poached Rhubarb (gf) **50:104**

Rice: Pilaf

Camargue Red Rice and Mushroom

Pilaf (gf) **72:98**

Camargue Rice Pilaf with Mushrooms (gf) **1:39**

Chicken and Pine Nut Pilaf (gf) **84:89**

Greek-style Chicken and Pilaf (gf) **4:84**

Pork Steaks with Moroccan Pumpkin and Rice Pilaf (gf) **42:108**

Rice Pilaf (gf, v) **30:105**

Spiced Raisin Pilaf (gf) **48:97**

Spicy Baked Basmati Rice and Prawn Pilaf (gf) **78:100**

Rice: Salads

Black Rice, Makrut Lime Leaf and Prawn Salad **56:84**

Crispy Fish and Rice Salad with Spiced Yoghurt Dressing (gf) **24:80**

Crispy Thai Rice Cake Salad **72:94**

Easy Roast Chicken, Grains, Feta and Herb Salad (gf) **87:101**

Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing (v) **60:79**

Make It Through the Day Brown Rice and Tuna Salad (gf) **95:84**

Malaysian Rice Salad (gf) **10:90**

Miso and Ginger Chicken with Brown Rice Salad **69:126**

Mixed Salad Plate (gf, v) **52:110**

Prawn and Avocado Sushi Salad (gf) **95:80**

Quick Brown Rice Salad with Green Beans, Feta, Slow Roasted Tomatoes and Crispy Prosciutto (gf) **80:64**

Smoked Chicken and Brown Rice Salad with Dates and Preserved Lemon (gf) **64:79**

Sushi Rice Salad (gf) **90:94**

Tuna Sashimi Salad (gf) **14:109**

Zesty Rice Salad with Preserved Lemon, Artichokes and Asparagus (gf) **32:76**

Rice: Soups

Brown Rice, Coconut and Chilli Pumpkin Soup (gf) **36:95**

Mixed Grains, Tomato and Chorizo Soup **77:82**

Pea and Rice Soup with Brown Butter and Mint **20:118**

Spiced Lentil and Rice Soup with Crispy Curry Leaves (gf, v) **79:83**

Rice: Used as a stuffing

Baked Rice and Fennel Stuffing (gf) (v) **106:91**

Cabbage, Prawn and Rice Dolmas (gf)	35:37	Hot Smoked Salmon Kedgeree (gf)	19:108	Sauce (gf)	15:77
Roast Turkey with Rice, Leek and Pistachio Stuffing (gf)	39:74	Italian Rice, Vegetable and Feta Tart (gf, v)	41:81	Fresh Rice Paper Wraps (v)	86:63
Roast Turkey with a Rice, Leek and Pistachio Stuffing (gf)	94:34	Jambalaya (gf)	62:83	Fresh Salmon Spring Rolls	34:94
Roast Turkey with Rice, Leek and Pistachio Stuffing (gf),	100:64	Jerk Chicken on Corn and Black Bean Rice (gf)	109:66	Fresh Spring Rolls (gf, v)	69:107
Stuffed Vine Leaves with Dill Yoghurt Sauce (gf, v)	42:93	Kimchi Fried Rice (gf, v)	99:54	Fresh Summer Fruit Rolls (gf)	40:92
		Kimchi Rice with Honey Miso Torn Tofu (v)	85:87	Fried Pork and Prawn Spring Rolls with Chilli Sauce	78:75
Rice: Other		Lamb Biryani (gf)	23:105	Ginger and Coconut Chicken Spring Rolls (gf)	52:96
Asian Brown Rice and Prawn Omelette	75:108	Mexican Prawns with Brown Rice and Quinoa (gf)	83:54	Prawn Rice Paper Parcels,	33:99
Asian Chicken Wings, Ginger Rice and Broccoli with Black Bean Sauce (gf)	19:110	Mushroom Congee with Charred Spring Onions (v)	85:87	Raw Salmon Fresh Spring Rolls	74:91
Asian Glazed Steak and Rice	50:111	Mustard Seed and Cashew Rice	110:96	Spicy Tofu, Red Cabbage and Mint Fresh Spring Rolls (v)	73:98
Bacon and Egg Fried Rice	108:106	Nasi Lemak - Malaysian Coconut Rice with Anchovies (gf)	37:118	Spicy Tofu Rice Paper Rolls (gf, v)	90:113
Baked Calasparra Rice with Spicy Sausage (gf)	72:98	Oven-baked Lamb Biryani (gf),	49:108	Vietnamese Fried Spring Rolls (gf)	96:82
Baked Eggs with Spinach and Soubise Sauce (v)	19:70	Oyster Congee, Kimchi	42:55	Vietnamese Spring Rolls with Nuoc Mam Dipping Sauce (gf)	5:54
Baked Moroccan Chicken with Pumpkin and Rice (gf)	25:73	Rice (Japanese Style) (gf, v)	50:78	<i>Rice Noodle and Coriander Omelette with Chilli Prawns</i>	89:46
Baked Spanish Rice with Chicken and Chorizo (gf)	89:58	Rice with Puy Lentils and Roasted Nuts (gf, v)	61:71	<i>Rice Pilaf (gf, v)</i>	30:105
Baked Spanish Rice with Chicken and Chorizo (gf)	100:184	Salmon Crudo and Sushi Rice	26:98	<i>Rice Puddings with Figs in Vincotto (gf)</i>	4:102
Beef with Chinese Plum Sauce and Rice	39:126	Sesame Salmon with Green Tea Rice (gf)	50:85	<i>Rice with Puy Lentils and Roasted Nuts (gf, v)</i>	61:71
Beef Skewers with Fragrant Rice and Peanut Chutney (gf),	16:91	Spanish Rice with Chorizo and Prawns (gf)	54:112	<i>Rich and Luscious Pumpkin Pasta with Crispy Amaretti and Pancetta Crumbs</i>	108:42
Beggar's Chicken (gf)	16:80	Spiced Basmati Rice (gf)	1:78	<i>Rich Whisky and Spiced Fruit Christmas Cake</i>	81:93
Butter Chicken and Cinnamon Rice	109:68	Spiced Coconut Rice and Chicken (gf)	97:102		
Chicken, Chorizo and Black Bean Rice (gf)	105:60	Spiced Roast Chicken with Fragrant Jasmine Rice (gf)	9:96	RICOTTA, GENERAL (Note these are only dishes where it is a major component)	
Chicken with Chorizo, Olives and Rice (gf)	20:99	Spicy Black Bean Baked Eggs and Rice with Coriander Salsa (gf, v)	89:95	Ricotta: Savoury	
Chicken with Cinnamon and Lemon Rice (gf)	74:104	Spicy Fried Grains with Eggs and Soy (v)	56:77	Artichoke and Ricotta Salad with Tomato and Rosemary Vinaigrette (gf, v)	28:83
Chicken Satay Skewers with Hainanese Chicken-infused Rice	89:74	Spicy Pork Belly with Egg Fried Rice	78:69	Artichoke, Salami and Ricotta Lasagne	53:102
Chicken and Sausage Jambalaya (gf)	12:87	Sticky Rice in a Lotus Leaf (gf)	7:91	Baby Beets with Whipped Black Garlic Ricotta and Candied Walnuts (gf, v)	92:64
Chinese Duck and Coconut Rice Cakes (gf)	6:98	Stir-fried Lamb, Veges and Mixed Rice	74:106	Baked Cheese in Vine Leaves (gf, v)	22:100
Chirashi - Scattered Sushi Rice and Raw Fish	72:94	Tamari-glazed Salmon on Brown Rice	107:62	Baked Ricotta with Pepperonata (v)	7:79
Claypot Chicken with Brown Rice Coconut Rice (gf)	43:89	Tandoori Lamb with Coconut Rice (gf)	54:111	Baked Ricotta with Smoked Salmon and Caper Salsa (gf)	1:61
Coconut and Turmeric Rice (gf)	57:117	Vine Leaf-wrapped Chicken with Red Rice and a Tahini Yoghurt Sauce (gf)	7:90	Baked Rigatoni with Greens and Ricotta (v)	97:65
Fragrant Basmati Rice (gf, v)	25:97			Baked Spinach and Ricotta Gnocchi with Cherry Tomatoes (v)	93:58
Fragrant Basmati Rice (gf, v)	78:56	RICE PAPER ROLLS, GENERAL, AND SPRING ROLLS, GENERAL		Beam Me Up Scottie Mixed Grain and Nectarine Salad with Ricotta and Honey (gf, v)	95:75
Ginger Rice Cakes with Salmon Crudo	7:89	Crispy Duck Spring Rolls	32:107	Broccolini and Asparagus with a Farro and Ricotta Salad (v)	100:128
Hainanese Chicken with Ginger Rice	38:66	Crispy Pork and Prawn Rice Paper Rolls (gf)	98:49	Bruschetta with Fresh Ricotta and	
		Crispy Pork and Prawn Spring Rolls	64:113		
		Duck Rice Paper Rolls with Sweet Chilli and Peanut Dipping			

Toppings (Silky Zucchini with Lemon and Basil; and Mixed Tomato and Anchovy Salad) 64:79	Ricotta Gnudi with Roasted Agrodolce Onions and Pecorino (v) 90:62	Watermelon and Black Olive Salad with Ricotta (gf, v) 46:96
Celeriac and Ricotta Soup with Chilli Oil and Sourdough Croutons (v) 79:88	Ricotta and Herb Gnocchi with Mushrooms and Truffle Brie (gf) (v) 110:43	Zucchini Ribbons with Cherry Tomatoes, Ricotta and Herby Anchovy Dressing (gf) 69:100
Crisp Eggs Stuffed with Ricotta, Prosciutto and Herbs 35:56	Ricotta, Pea and Herb Gnocchi with Fresh Tomato Salsa and Crispy Pancetta 32:75	Ricotta: Sweet
Eggplant Purée with Ricotta Cream and Tomato Tartar (gf) 16:112	Ricotta and Rocket Gnocchi with Lemon and Parmesan Sauce 31:82	Almond, Rum and Ricotta Fritters 79:48
Four Cheese Ravioli (v) 3:57	Ricotta, Silverbeet and Pea Rollatini (gf, v) 83:71	Apricot and Cinnamon Scones with Ricotta and Thyme Honey 107:88
Fried Stuffed Ziti (v), 3:56	Ricotta and Spinach Filling (pasta filling) (v) 41:71	Baked Cannoli with Whipped Ricotta, Chocolate and Pistachios 59:87
Garden Greens, Basil Dressing and Ricotta Crostini (v), 82:102	Ricotta and Thyme Ravioli with Broad Bean Sauce 1:86	Baked Lemon Cake with Glazed Lemons and Strawberries (gf) 10:93
Grainy Bread Toasts with Ricotta Feta Whip, Smoked Salmon, Quick Pickled Red Onion and Ca-pers 80:68	Roast Asparagus and Bacon with Poached Eggs and Ricotta 21:108	Banana and Ricotta Hotcakes with Crispy Bacon and Maple Syrup 105:100
Green Pizza with Ricotta and Lemon (v) 86:44	Roasted Capsicum and Vine Tomato Bruschetta with Ricotta (v) 29:83	Cherry, Lemon and Ricotta Bombolini 52:85
Greens, Ricotta and Mushroom Pizza (v) 93:46	Roasted Capsicums with Baked Ricotta (gf, v) 100:84	Cherry, Lemon and Ricotta Strudel 67:103
Grilled Corn with Whipped Ricotta and Smoky Chilli Butter (gf, v) 89:36	Roasted Capsicums with Baked Ricotta and Olives (gf, v) 11:63	Chocolate Chip, Ricotta and Olive Oil Cake 77:70
Grilled Peach and Salted Ricotta Salad with Shredded Roast Chicken (gf) 63:71	Roasted Eggplant, Mushroom and Tomato Pasta with Ricotta (v) 45:120	Coffee-laced Ricotta 71:45
Haloumi, Ricotta and Zucchini Kataifi Parcels (v) 88:106	Roasted Pumpkin and Ricotta-stuffed Pasta with Hazelnut and Sage Brown Butter (v) 96:74	Date, Rum and Ricotta Strudels 32:104
Herb and Chilli Baked Ricotta with Preserved Lemon Pepperonata (gf, v) 70:102	Roasted Spring Vegetables with Fresh Parmesan, Ricotta and Almonds (gf, v) 32:75	Fig and Ginger Loaf with Ricotta and Fresh Mango 14:67
Kasha, Roasted Vege and Ricotta Tart (gf, v) 77:78	Salmon and Mint Crushed Broad Beans on Ricotta and Grilled Bread 36:87	French Toast with Ricotta and Fruit Preserves 23:77
Lamb and Cheese Pastries 24:100	Smoked Ricotta and Mushroom Toasts with Pancetta 48:56	Fresh Ricotta (gf, v) 64:79
Lemon, Rocket and Ricotta Risotto with Roasted Hazelnuts (gf) 43:77	Spinach, Feta and Ricotta Lasagne (v) 59:99	Fresh Strawberry and Ricotta Tart 94:60
Pork Cheek and Ricotta Tortellini, Broth and Pesto 86:34	Spinach, Feta, Ricotta, Olive and Currant Pie (v) 91:51	Honey and Ginger Roasted Apricots, Ricotta and Sesame Crisp (gf) 40:86
Pork with Eggplant and Ricotta Salad (gf) 24:67	Spinach, Herb and Cheese Pie (v) 80:44	Honey-grilled Stonefruit with Whipped Ricotta (gf) 65:96
Pumpkin, Ricotta and Amaretti (pasta filling) (v) 41:71	Spinach and Ricotta Dumplings – Gnudi (v) 65:41	Moroccan Pancakes with Soft Curd Cheese and Honey 24:93
Pumpkin and Ricotta Tortellini with Pumpkin, Hazelnuts and Sage Butter Sauce (v) 37:66	Spinach and Ricotta Gnocchi Baked with Cherry Tomatoes (v) 42:105	Orange and Ricotta Cake with Crushed Amaretti 109:52
Pumpkin and White Bean Soup with Ricotta and Sage Fritters (v) 60:64	Three-cheese and Sage Pizza (v), 93:52	Pear, Ricotta and Walnut Crumble Cake (gf) 80:79
Quick Broccolini, Ricotta and Goat's Cheese Tart (v) 89:78	Tomato and Ricotta Salad with Citrus Gremolata (gf, v) 21:85	Plum, Lemon and Ricotta Cake (gf) 90:66
Quinoa, Green Pea and Ricotta Fritters (gf) (v) 107:68	Tortellini with Fresh Tomatoes, Broad Beans and Ricotta (v) 89:65	Ricotta, Almond and Rhubarb Cake (gf) 62:93
Ricotta and Black Olive Gnocchi with Blistered Cherry Tomatoes and Basil (v) 70:102	Vegan Flatbreads with Cashew Ricotta, Slow-cooked Red Onion and Chilli Oil (v) 77:88	Ricotta with Berries and Lime Sugar (gf) 22:98
Ricotta Gnocchi with Blistered Cherry Tomatoes (v) 101:94	Vine-ripened Tomatoes with Fresh Ricotta (v) 1:86	Ricotta Bruschetta with Honey Peaches (v) 87:96
Ricotta Gnocchi with Italian Sausage and Tomato Sauce 9:102		Ricotta Cake 21:113
		Ricotta Cake with Fruit Compote (gf) 7:77
		Ricotta Chocolate Mousse with Strawberry and Mint Salad (gf) 70:104
		Ricotta, Citrus and Almond Cake (gf), 59:85
		Ricotta with Fresh Fruit, Honey and Roasted Almonds (gf) 39:94

Ricotta Fritters	22:98	<i>Brie (gf) (v)</i>	110:43	'Nduja Risotto with Mascarpone and Parmesan	108:72
Ricotta Hotcakes with Spiced Orange Syrup	50:90	<i>Ricotta Hotcakes with Spiced Orange Syrup</i>	50:90	Quinoa Risotto, Roasted Pumpkin and Crispy Bacon (gf),	68:76
Ricotta and Lemon Fritters	71:114	<i>Ricotta and Lemon Fritters</i>	71:114	Risotto with Peas and Pancetta (gf)	17:111
Ricotta Lemon Tarts with Pecan and Vanilla Base (gf)	70:104	<i>Ricotta Lemon Tarts with Pecan and Vanilla Base (gf)</i>	70:104		
Ricotta, Olive Oil and Frangelico Cake	102:90	<i>Ricotta, Olive Oil and Frangelico Cake</i>	102:90	Risotto: Seafood	
Ricotta and Orange Bombolini	65:116	<i>Ricotta and Orange Bombolini</i>	65:116	Clam and Asparagus Risotto (gf)	75:110
Ricotta and Orange Hotcakes	55:97	<i>Ricotta and Orange Hotcakes</i>	55:97	Mussel, Cockle and Bacon Risotto (gf)	4:104
Ricotta Pancakes with Caramelised Apples and Maple Syrup	5:63	<i>Ricotta Pancakes with Caramelised Apples and Maple Syrup</i>	5:63	Prawn and Vermouth Risotto (gf)	7:92
Roast Stonefruit with Ricotta and Pistachios (gf)	28:86	<i>Ricotta, Pea and Herb Gnocchi with Fresh Tomato Salsa and Crispy Pancetta</i>	32:75	Roasted Salmon with Caper and Mustard Dressing and Risotto (gf),	47:110
Saffron Poached Pears with Ricotta (gf)	11:102	<i>Ricotta and Rocket Gnocchi with Lemon and Parmesan Sauce</i>	31:82	Smoky Eel, Mussel and Gurnard Risotto (gf)	32:49
Sformata di Ricotta - Baked Ricotta (gf)	3:89	<i>Ricotta, Silverbeet and Pea Rollatini (gf, v)</i>	83:71		
Spiced Sugar Palmiers with Lemon Ricotta and Berries	45:64	<i>Ricotta and Spinach Filling (pasta filling) (v)</i>	41:71	Risotto: Sweet	
Torta della Nonna	16:112	<i>Ricotta and Thyme Ravioli with Broad Bean Sauce</i>	1:86	Citrus and Cinnamon Risotto (gf)	68:78
Vanilla Roasted Apricots with Ricotta and Raspberry Vincotto (gf)	6:66	<i>Rigatoni with Butternut Squash (v)</i>	65:80		
Warm Honeyed Berries with Brioche and Ricotta	51:97	<i>Rigatoni with Parmesan and Basil (v)</i>	90:14	Risotto: Veges and mushrooms	
Whipped Ricotta and Feta with Honey and Walnuts (gf, v)	57:105	<i>Rigatoni with Quick Pork and White Wine Ragù</i>	74:106	Asparagus and Lemon Risotto (gf)	26:76
				Baked Fennel and Salami Risotto (gf)	76:94
<i>Ricotta, Almond and Rhubarb Cake (gf)</i>	62:93	RILLETTES, GENERAL - SEE ALSO PATE AND TERRINES		Baked Leek Risotto with Spring Vegetables (gf, v)	50:112
<i>Ricotta with Berries and Lime Sugar (gf)</i>	22:98	Pork Rillettes	46:63	Beetroot Risotto with Gorgonzola Picante and Crumbled Walnuts (gf, v)	59:101
<i>Ricotta and Black Olive Gnocchi with Blistered Cherry Tomatoes and Basil (v)</i>	70:102	Pork Rillettes on Crostini	27:72	Buckwheat and Leek Risotto with Mushrooms (gf, v)	84:100
<i>Ricotta Bruschetta with Honey Peaches (v)</i>	87:96	Smoked Chicken Rillettes (gf)	12:74	Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts (gf, v)	61:105
<i>Ricotta Cake</i>	21:113	Smoked Fish Rillettes (gf)	56:64	Cauliflower Rice 'Risotto' with Sage, Lemon and Pesto (gf, v)	83:105
<i>Ricotta Cake with Fruit Compote (gf)</i>	7:77			Cauliflower Risotto with Rocket, Hazelnuts and Haloumi (gf)	68:75
<i>Ricotta Chocolate Mousse with Strawberry and Mint Salad (gf)</i>	70:104	RISOTTO, GENERAL - SEE ALSO ARANCINI AND RICE		Cheesy Risotto-stuffed Portobello with Pumpkin and Barley	81:37
<i>Ricotta, Citrus and Almond Cake (gf)</i>	59:85	Risotto: Chicken		Farro Risotto, Roasted Tomatoes, Broad Beans and Mozzarella	68:75
<i>Ricotta with Fresh Fruit, Honey and Roasted Almonds (gf)</i>	39:94	Chicken and Leek Risotto (gf)	59:97	Farro 'Risotto' with Slow-roasted Cherry Tomatoes and Pine Nuts (v)	65:105
<i>Ricotta Fritters</i>	22:98	Chicken, Pea and Chorizo Risotto (gf)	53:69	Fennel, Pea and Parmesan Risotto (gf)	32:119
<i>Ricotta Gnocchi with Blistered Cherry Tomatoes (v)</i>	101:94	Chicken, White Wine and Pea Risotto (gf)	38:101	Lamb Braised with Apricots, Dates and a Leek Risotto	19:86
<i>Ricotta Gnocchi with Italian Sausage and Tomato Sauce</i>	9:102	Jenny-May Clarkson's 'Chicken Risotto' Tray Bake (gf)	96:28	Leek Risotto with Toasted Walnuts, Sage Brown Butter and Creamy Brie (gf)	97:98
<i>Ricotta Gnudi with Roasted Agrodolce Onions and Pecorino (v)</i>	90:62			Lemon Risotto with Pea and Rocket Purée (gf, v)	86:93
<i>Ricotta and Herb Gnocchi with Mushrooms and Truffle</i>		Risotto: Meaty		Lemon, Rocket and Ricotta Risotto with Roasted Hazelnuts (gf)	43:77
		Baked Fennel and Salami Risotto (gf)	76:94	Lemon and Sage Risotto with	
		Chorizo and Basil Risotto Stuffed Capsicums (gf)	59:79		
		Chorizo and Broad Bean Risotto (gf)	49:111		
		Leek, Bacon and Winter Greens Risotto (gf)	72:97		
		Mussel, Cockle and Bacon Risotto (gf)	4:104		

Herb-roasted Chicken (gf)	11:94	Roast Chicken with Boursin-style Cheese (gf)	76:51	Roast Pork with Mixed Capsicums and Borlotti Beans (gf)	53:100
Mixed Mushroom and Miso Risotto	68:76	Roast Chicken with Boursin-style Stuffing (gf)	100:66	Roast Potato, Smoked Fish and Asparagus Salad with Preserved Lemon Dressing (gf)	69:100
Mushroom and Radicchio Risotto (gf, v)	65:73	Roast Chicken with Grapes and Thyme (gf)	41:81	Roast Potatoes with Cherry Tomatoes and Olives (gf, v)	21:81
Mushroom Risotto (gf)	29:69	Roast Chicken with Indonesian Spices (gf)	12:80	Roast Potatoes with Mustard and Spices (gf, v)	17:99
Oven-baked Pumpkin and Leek Risotto (gf, v)	60:80	Roast Chicken, Kumquats, Black Garlic, Kale and Avocado (gf, v)	66:41	Roast Pumpkin, Berber Spiced Tomato and Chickpea Soup (gf, v)	72:69
Pancetta-wrapped Scallops with Saffron and Herb Risotto (gf)	14:104	Roast Chicken and Leek Mac 'n Cheese	110:76	Roast Pumpkin and Cauliflower with Black Beans and Cascabel Chillies (gf, v)	78:30
Porcini and Thyme Risotto with Melting Brie (gf, v)	103:100	Roast Chicken on Lemon and Oregano Potatoes (gf)	67:73	Roast Pumpkin with Mixed Olive, Chilli and Caper Agrodolce (gf, v)	100:128
Pumpkin and Haloumi Risotto Cakes with Pomegranate Sauce (v)	21:83	Roast Chicken with Mustard and Rosemary Butter (gf)	53:75	Roast Pumpkin with Mixed Olives, Chilli and Caper Agrodolce (gf, v)	79:54
Pumpkin Risotto with Citrus Brown Butter (gf, v)	104:108	Roast Chicken with Quinoa, Corn and Almond Stuffing (gf)	61:81	Roast Pumpkin Salad with Chickpeas and Feta (gf, v)	17:107
Red Wine Risotto with Radicchio and Blue Cheese (gf)	13:79	Roast Chicken with Roast Potatoes and Roasting Juices (gf)	103:112	Roast Salmon with Pomegranate Glaze and Herby Mayo (gf)	69:118
Risotto with Roasted Root Vegetables (gf, v)	8:97	Roast Chicken on Saffron Potatoes and Leeks (gf)	32:82	Roast Salmon with Pomegranate Glaze and Herby Yoghurt Mayo (gf)	100:66
Risotto al Salto (gf)	7:95	Roast Chicken Thighs on Paprika Sweet Potatoes (gf)	84:103	Roast Salmon with Tahini Yoghurt Mayo (gf)	105:86
Risotto with Zucchini (gf) (v),	109:88	Roast Chickens with Fennel Sausage and Prune Stuffing (gf)	87:51	Roast Scotch Fillet of Pork with an Asian Glaze and Brown Pears (gf)	4:95
Roasted Cauliflower and Mushroom Risotto with Walnuts and Soft Cheese (gf, v)	99:90	Roast Duck Bao	87:86	Roast Seeded Carrots with Yoghurt (gf, v)	69:77
Rocket, Pea and Lemon Risotto Cakes (gf)	64:77	Roast Duck with Grape and Almond Agrodolce (gf)	37:107	Roast Spatchcocked Chicken with Green Bean and Crispy Crouton Salad	36:100
Salmon with a Herb Crust and Spinach Risotto	12:106	Roast Duck, Pumpkin Gratin and Cranberry Mostada (gf)	18:120	Roast Spiced Chicken with Spinach and Chickpea Raita (gf)	25:69
Spring Buckwheat Risotto with Zucchini and Baby Peas Topped with Buffalo Mozzarella and Lemon Oil (gf, v)	80:68	Roast Hapuka Fillet in Jalapeno Miso with Pickled Red Onion	50:56	Roast Stonefruit with Ricotta and Pistachios (gf)	28:86
Wild Mushroom and Spinach Risotto (gf, v)	1:109	Roast Lamb with Eggplant Salad (gf)	12:100	Roast, Stuffed Turkey Breast	27:82
<i>Risotto with Roasted Root Vegetables (gf, v)</i>	8:97	Roast Lamb with Lemon Crust and Damson Jus, Pan-fried Grapes and Almonds	63:75	Roast Tarragon Chicken (gf)	36:56
<i>Risotto al Salto (gf)</i>	7:95	Roast Lamb Stuffed with Dates, Almonds and Mint (gf)	7:71	Roast Turkey with a Forest Mushroom and Bacon Stuffing	15:84
<i>Risotto with Zucchini (gf) (v)</i>	109:88	Roast Leg of Lamb with Anchovy Cream (gf)	91:27	Roast Turkey with Pecan, Pork and Sage Stuffing	106:86
<i>Roast Asparagus and Bacon with Poached Eggs and Ricotta</i>	21:108	Roast Leg of Lamb with Cavolo Nero and White Beans (gf)	4:78	Roast Turkey with Rice, Leek and Pistachio Stuffing (gf)	39:74
<i>Roast Asparagus with Smoked Salmon and Crisp Almond Crumbs</i>	26:73	Roast Loin of Pork with Cauliflower and Apple Purée	23:55	Roast Turkey with a Rice, Leek and Pistachio Stuffing (gf)	94:34
<i>Roast Beef with Glazed Beetroot and Horseradish Sauce (gf)</i>	43:59	Roast Peach, Yoghurt and White Chocolate Popsicles with Raspberry Powder (gf)	70:69	Roast Turkey with Tarragon, Mustard and Garlic Butter	87:46
<i>Roast Beetroot with Celeriac Remoulade (gf, v)</i>	4:66	Roast Pork Belly (gf)	47:93	Roast Vegetable Gratin (gf)	69:76
<i>Roast Beetroot, Fresh Date and Pistachio Salad (gf, v)</i>	28:79	Roast Pork Belly with Pears, Ginger and Fennel (gf)	66:83	Roast Venison with Brussels Sprouts and Chestnuts (gf)	4:82
<i>Roast Breast of Lamb on Spanish Roast Broccoli with Spelt, Kale and Ricotta (v)</i>	66:72	Roast Pork Belly with Quince Sauce (gf)	20:96	Roasted Almond and Apricot	
<i>Roast Chicken, Apples, Tarragon and Creme Fraiche</i>	72:76	Roast Pork Fillet with Butterbeans and Sage (gf)	35:103		
<i>Roast Chicken with Basil Dressing (gf)</i>	12:103	Roast Pork Fillet with Pumpkin Mash and Apple Salad (gf)	54:112		

<i>Panforte</i>	53:96	<i>Cream (gf, v)</i>	92:64	<i>Mozzarella and Herb Dressing (gf, v)</i>	51:70
<i>Roasted Almond, Boysenberry and Vanilla Ice Cream Cake</i>	69:80	<i>Roasted Capsicum, Basil and Black Olive Salad (gf, v)</i>	71:61	<i>Roasted Chicken Breast with Asparagus and Anchovy Walnut Cream (gf)</i>	62:65
<i>Roasted Almond, Citrus and Whisky Christmas Cake</i>	87:144	<i>Roasted Capsicum, Tomatoes, Capers and Anchovies</i>	35:67	<i>Roast Chicken, Vegetable and Orzo Soup</i>	110:68
<i>Roasted Almond and Parmesan Pesto (gf, v)</i>	22:105	<i>Roasted Capsicum and Tomato Salad with Capers (gf, v)</i>	34:97	<i>Roasted Clams with Capsicum and Smoked Paprika (gf)</i>	74:106
<i>Roasted Apple and Malted Caramel Self-saucing Pudding</i>	67:100	<i>Roasted Capsicum and Vine Tomato Bruschetta with Ricotta (v)</i>	29:83	<i>Roasted Eggplant (gf, v)</i>	105:88
<i>Roasted Apples with Rum and Allspice (gf)</i>	55:101	<i>Roasted Capsicums with Baked Ricotta (gf, v)</i>	100:84	<i>Roasted Eggplant and Edamame Noodle Salad (v)</i>	100:124
<i>Roasted Baby Carrot and Avocado Salad (gf, v)</i>	52:73	<i>Roasted Capsicums with Baked Ricotta and Olives (gf, v)</i>	11:63	<i>Roasted Eggplant with Fennel Seeds (gf, v)</i>	88:102
<i>Roasted Baby Carrot Salad with a Cumin and Orange Dressing (gf, v)</i>	38:81	<i>Roasted Carrot and Israeli Couscous Salad with a Sultana and Caper Dressing (v)</i>	46:95	<i>Roasted Eggplant, Mushroom and Tomato Pasta with Ricotta (v)</i>	45:120
<i>Roasted Basil and Lemon Chicken with Jerusalem Artichokes (gf)</i>	31:106	<i>Roasted Carrot and Kūmara Salad with Salt and Pepper Candied Walnuts (gf) (v)</i>	106:84	<i>Roasted Eggplant and Puy Lentil Soup (gf)</i>	35:99
<i>Roasted Beetroot, Blue Cheese and Pistachio Salad (gf, v)</i>	100:88	<i>Roasted Carrot, Lentil and Haloumi Salad (gf, v)</i>	57:98	<i>Roasted Eggplant Salad (gf, v)</i>	24:101
<i>Roasted Beetroot, Broccolini and Bocconcini with Balsamic Dressing (gf, v)</i>	41:64	<i>Roasted Carrot and Parsnip Soup (gf)</i>	30:101	<i>Roasted Eggplant with Spiced Lamb and Harissa</i>	102:64
<i>Roasted Beetroot, Parsnip and Apple Soup (gf, v)</i>	31:86	<i>Roasted Carrot Ribbons (gf, v)</i>	67:95	<i>Roasted Eggplant with Spiced Lamb and Tahini (gf)</i>	82:64
<i>Roasted Beetroot, Walnut and Horseradish Spread (gf, v)</i>	58:95	<i>Roasted Carrots with Harissa and Maple Syrup (gf, v)</i>	92:64	<i>Roasted Eggplant with Tamarind and Lime</i>	57:105
<i>Roasted Beets with White Balsamic Vinaigrette, Ricotta and Hazelnuts (gf, v)</i>	65:92	<i>Roasted Carrots with Quinoa, reen Olives and Honeycomb (gf, v)</i>	66:67	<i>Roasted Eggplant with Warm Fennel Seed, Harissa and Walnut Dressing</i>	108:69
<i>Roasted Beets with Yoghurt and Tahini Dressing (gf, v)</i>	75:59	<i>Roasted Carrots with Smoky Date, Honey and Mustard Butter (gf, v)</i>	94:54	<i>Roasted Fennel and Prawns with Chilli Croutons</i>	32:71
<i>Roasted Boned and Stuffed Shoulder of Pork (gf)</i>	65:68	<i>Roasted Carrots with Walnuts and Watercress (gf, v)</i>	102:90	<i>Roasted Fennel, Green Bean and Mozzarella Salad (gf) (v)</i>	107:76
<i>Roasted Broccolini (gf, v)</i>	61:76	<i>Roasted Carrots with Yoghurt and Cracked Wheat (v)</i>	61:71	<i>Roasted Feta, Mixed Olives and Capsicums (gf, v)</i>	53:81
<i>Roasted Broccolini and Chickpeas with Parmesan (gf, v)</i>	59:75	<i>Roasted Cashew Nut, Coconut and Chilli Sambal Chicken</i>	100:80	<i>Roasted Feta, Olives and Tomatoes (gf, v)</i>	22:101
<i>Roasted Broccolini, Kimchi, Bacon and Cheese Burgers</i>	84:104	<i>Roasted Cauliflower and Capsicum Salad with Capers (gf, v)</i>	35:55	<i>Roasted Fish with Parsley, Lemon and Pine Nuts</i>	40:61
<i>Roasted Brussels Sprouts, Mustard Dressing and Almond Gremolata (gf, v)</i>	48:74	<i>Roasted Cauliflower Dippers (gf, v)</i>	51:118	<i>Roasted Fish with Potatoes and Fennel (gf)</i>	31:74
<i>Roasted Buttercup Pumpkins (gf, v)</i>	31:86	<i>Roasted Cauliflower with Fragrant Curry Leaf Tadka (gf) (v)</i>	110:90	<i>Roasted Glazed Salmon with a Lime, Lemon and Mango Salsa (gf)</i>	5:109
<i>Roasted Buttercup Pumpkins with Sweetcorn and Polenta (gf, v)</i>	37:66	<i>Roasted Cauliflower, Kale and Crisp Flatbreads (v)</i>	96:106	<i>Roasted Grape Cake (gf)</i>	71:97
<i>Roasted Butterkin Pumpkin, Shiitake Mushroom and Haloumi Salad (gf, v)</i>	85:105	<i>Roasted Cauliflower and Mushroom Risotto with Walnuts and Soft Cheese (gf, v)</i>	99:90	<i>Roasted Grapes (gf)</i>	105:70
<i>Roasted Butternut with Charred Green Chilli Relish (gf, v)</i>	84:91	<i>Roasted Cauliflower with Sicilian Caper and Olive Salsa (gf, v)</i>	60:80	<i>Roasted Green Bean and Fennel Panzanella with Almond and Parmesan Dressing (v)</i>	38:92
<i>Roasted Butternut and Chorizo Soup (gf)</i>	19:109	<i>Roasted Cauliflower Soup with Red Capsicum Purée (gf)</i>	36:89	<i>Roasted Green Beans and Tomatoes (gf, v)</i>	57:115
<i>Roasted Butternut Pumpkin with Black Bean Chilli (gf, v)</i>	103:106	<i>Roasted Cauliflower, Spinach and Basil Frittata (gf, v)</i>	72:110	<i>Roasted Hasselback Potatoes with Garlic, Herbs and Parmesan Cheese (gf, v)</i>	39:77
<i>Roasted Butternut with Rosemary and Stracciatella (gf, v)</i>	92:68	<i>Roasted Cauliflower, Spinach and Date Salad (gf, v)</i>	77:46	<i>Roasted Hazelnut and Caramel Slice</i>	56:98
<i>Roasted Cabbage Gratin with Tarragon and Mustard</i>		<i>Roasted Cherry, Thyme and Goat's Cheese Bruschetta (v)</i>	45:64	<i>Roasted Hazelnut and Espresso Tiramisu Cream Pavlova (gf)</i>	106:110
		<i>Roasted Cherry Tomatoes with</i>		<i>Roasted Hazelnut and Rosemary Cake</i>	75:77

<i>Roasted Kumara, Caramelised Onion and Herb Salad (gf, v)</i>	76:53	<i>stuffed Pasta with Hazelnut and Sage Brown Butter (v)</i>	96:74	<i>Roasted Tomatoes and Mozzarella with Warm Sage and Anchovy Dressing (gf)</i>	59:87
<i>Roasted Lamb Rump on Pea Purée with Lemon Relish (gf)</i>	38:53	<i>Roasted Red Cabbage with Hazelnut Dressing (gf, v)</i>	61:73	<i>Roasted Tomatoes with White Beans, Olives and Mozzarella (v)</i>	86:90
<i>Roasted Leg of Lamb with Sumac and Red Onion Salad (gf)</i>	48:73	<i>Roasted Red Capsicum and Walnut Dip (gf, v)</i>	105:88	<i>Roasted Veg and Udon Noodle Salad (v)</i>	101:58
<i>Roasted Loin of Lamb with Orange and Cumin-glazed Carrots (gf)</i>	33:116	<i>Roasted Red Capsicum and White Bean Salad (gf) (v)</i>	106:80	<i>Roasted Vege Salad with Mustard Dressing (gf, v)</i>	96:68
<i>Roasted Mushroom, Caramelised Onion and Potato Gnocchi Soup</i>	85:54	<i>Roasted Red Capsicums with Soft Cheese and Rosemary (gf, v)</i>	20:78	<i>Roasted Vegetable and Dukkah Salad with Feta Dressing (gf, v)</i>	22:114
<i>Roasted Mushroom and Lentil Salad (gf, v)</i>	59:75	<i>Roasted Red Onion and Blue Cheese Tart (v)</i>	38:79	<i>Roasted Vegetable and Sausage Pasta</i>	24:70
<i>Roasted Mushroom and Spinach Toastie with Gorgonzola Cheese (v)</i>	66:91	<i>Roasted Rhubarb and Strawberries with Orange and Balsamic Vinegar (gf)</i>	45:122	<i>Roasted Whole Cauliflower on Barley and Leeks (v)</i>	92:58
<i>Roasted Mushroom and White Bean Puttanesca (gf, v)</i>	104:114	<i>Roasted Rib Eye of Beef</i>	24:57	<i>Roasted Whole Fish on Rosemary Potatoes (gf)</i>	27:111
<i>Roasted Nectarines with Orange Caramel Sauce and Palmiers</i>	15:107	<i>Roasted Root Vegetable Mash (gf, v)</i>	30:87	<i>Roasted Whole Snapper with Egyptian Spices (gf)</i>	40:54
<i>Roasted Nut, Sesame Seed and Miso Caramel Tart</i>	105:82	<i>Roasted Salmon with Caper and Mustard Dressing and Risotto (gf)</i>	47:110	<i>Roasted Winter Fruits with Butterscotch Yoghurt (gf)</i>	43:103
<i>Roasted Parsnip and Pear Soup (gf) (v)</i>	110:26	<i>Roasted Salmon on Crispy Potatoes with Spinach and Almonds (gf)</i>	44:104	<i>Roasted Winter Fruits with Yoghurt (gf)</i>	25:101
<i>Roasted Parsnip Soup with Mixed Mushrooms (gf)</i>	4:59	<i>Roasted Salmon with Lime and Ras el Hanout (gf)</i>	24:103		
<i>Roasted Pear, Blue Cheese and Bresaola Salad (gf)</i>	60:75	<i>Roasted Spring Vegetables with Fresh Parmesan, Ricotta and Almonds (gf, v)</i>	32:75	ROCKET, GENERAL (NOTE THESE ARE ONLY RECIPES WHERE IT IS A MAJOR INGREDIENT!)	
<i>Roasted Pears (gf)</i>	85:74	<i>Roasted Spring Vegetables with Miso and Ginger Dressing (v)</i>	44:62	<i>Aromatic Greens with Pide and Prosciutto</i>	8:69
<i>Roasted Pecan and Spiced Coffee Slice</i>	96:128	<i>Roasted Strawberries (gf)</i>	87:38	<i>Broad Bean, Rocket and Pear Salad with Shaved Parmesan (gf, v)</i>	41:83
<i>Roasted Peppers with Buffalo Mozzarella and Basil (gf, v)</i>	40:67	<i>Roasted Strawberries and Rhubarb (gf)</i>	63:116	<i>Chicken and Rocket Mayonnaise Sandwiches</i>	23:76
<i>Roasted Plums and Rhubarb (gf)</i>	29:106	<i>Roasted Strawberry and Rhubarb Crumble Bowl</i>	74:70	<i>Fennel, Rocket and Potato Salad (gf, v)</i>	99:94
<i>Roasted Pork Belly with Apple and Saffron Sauce (gf)</i>	26:60	<i>Roasted Sunflower Seed and Salted Date Caramel Butter (gf)</i>	68:102	<i>Fish with Hummus and Rocket Salad (gf)</i>	25:90
<i>Roasted Potato Salad with Sumac Onions and Mustard Dressing (gf, v)</i>	88:61	<i>Roasted Sweet Potatoes, Black Beans and Smashed Avocado (gf, v)</i>	68:114	<i>Green Bean, Rocket and Preserved Lemon Salad (gf, v)</i>	83:78
<i>Roasted Potatoes with Almond Gremolata</i>	108:84	<i>Roasted Sweet and Sour Rack of Pork with Sticky Pineapple and Ginger (gf)</i>	43:62	<i>Hot Smoked Salmon with Rocket and Chilli Linguine</i>	84:103
<i>Roasted Potatoes and Mushrooms (gf, v)</i>	4:68	<i>Roasted Tomato and Basil Soup with Parmesan Croutons</i>	29:61	<i>Kohlrabi and Rocket Salad with Caper Dressing (gf, v)</i>	57:70
<i>Roasted Pumpkin and Amaretti Gnocchi (v)</i>	110:43	<i>Roasted Tomato, Caramelised Onion and Feta Tarts (v)</i>	41:61	<i>Lemon Risotto with Pea and Rocket Purée (gf, v)</i>	86:93
<i>Roasted Pumpkin with Brown Butter, Sage and Pine Nuts (gf, v)</i>	29:66	<i>Roasted Tomato and Fennel Soup (v)</i>	90:86	<i>Lemon, Rocket and Ricotta Risotto with Roasted Hazelnuts (gf)</i>	43:77
<i>Roasted Pumpkin, Buckwheat and Herb Salad (gf, v)</i>	88:52	<i>Roasted Tomato and Goat's Cheese Bruschetta (v)</i>	28:63	<i>Lots of Winter Greens and Almond Pesto with Pasta (v)</i>	104:118
<i>Roasted Pumpkin, Cauliflower, and Gnocchi Gratin (v)</i>	108:80	<i>Roasted Tomato, Pancetta and Goat's Cheese Tartines</i>	23:66	<i>Minted Pea and Rocket Soup (gf, v)</i>	54:70
<i>Roasted Pumpkin Hummus with Tahini and Dukkah (gf, v)</i>	45:114	<i>Roasted Tomato, Pumpkin and Bread Soup</i>	4:61	<i>Orecchiette with Pumpkin, Pine Nut and Rocket Sauce (v)</i>	18:117
<i>Roasted Pumpkin and Lentil Salad with Feta and Yoghurt Dressing (gf, v)</i>	105:76	<i>Roasted Tomato, Pumpkin and Capsicum Soup (v)</i>	59:76	<i>Prosciutto, Rocket and Fig Pizza</i>	47:70
<i>Roasted Pumpkin, Pickles and Mango Chutney Toastie (v)</i>	103:50	<i>Roasted Tomatoes with Balsamic Vinegar and Pine Nuts (gf, v)</i>	39:77	<i>Prosciutto with Rocket and Pear (gf)</i>	39:77
<i>Roasted Pumpkin and Ricotta-</i>				<i>Raw Asparagus and Rocket Salad (gf)</i>	26:74

Ricotta and Rocket Gnocchi with Lemon and Parmesan Sauce	31:82	<i>Chilli Lime Salt (gf)</i>	51:94	Orange and Rosewater Baked Yoghurt (gf)	63:116
Rocket, Fennel and Caper Salad (gf, v)	95:36	<i>Rockmelon and Tarragon Yoghurt Sorbet (gf)</i>	58:105	Rhubarb, Raspberry and Rosewater Trifle with Praline	81:58
Rocket and Herb Pesto Pasta (v)	80:41	ROCKY ROAD, GENERAL - SEE SLICES AND BARS		Rose Geranium Marshmallows (gf)	2:83
Rocket and Lemon Couscous (v)	45:119	<i>Rocky Road</i>	87:107	Rose Turkish Delight and Watermelon Granita	40:86
Rocket, Pea and Lemon Risotto Cakes (gf)	64:77	<i>Rocky Road with Goji Berries and Nuts (gf)</i>	74:83	Rose Water Meringue and Lemon Shortbread Swirls	56:92
Rocket Salad with Serrano Ham, Manchego Cheese and Hazelnuts (gf)	20:86	<i>Rolled and Roasted Pork Belly with Preserved Lemon, Rosemary and Chilli (gf)</i>	43:62	Turkish Torte (gf)	4:101
Saucy Chicken and Rocket Meatballs	17:106	<i>Rolled Turkey with Pancetta and Pecan Stuffing</i>	81:34	Vanilla, Yoghurt and Rosewater Panna Cotta (gf)	101:76
Sauteed Cauliflower and Rocket Salad (gf, v)	30:105	<i>Roman-style Braised Vegetables (gf) (v)</i>	108:58	Watermelon and Raspberry Salad with Rosewater Syrup (gf)	34:80
Scallop and Rocket Dumplings	5:86	<i>Roman-style Lamb Cutlets (gf)</i>	29:102	White Chocolate, Rose and Berry Cheesecake	87:61
Spaghetti with Rocket, Almonds and Tomatoes (v)	59:109	<i>Root Vege and Thai Yellow Curry Soup (gf, v)</i>	78:98	<i>Rose Geranium Marshmallows (gf)</i>	2:83
Steak and Rocket Sandwiches	52:92	<i>Root Vegetable, Fennel and Apple Gratin (gf, v)</i>	72:80	<i>Rose Turkish Delight and Watermelon Granita</i>	40:86
Stelline, Borlotti Bean and Rocket Soup	23:91	<i>Root Vegetable Gratin</i>	31:110	<i>Rose Water Meringue and Lemon Shortbread Swirls</i>	56:92
Super-green Salad (gf, v)	89:78	<i>Root Vegetable and Red Lentil Dhal with Paneer (gf, v)</i>	72:70	ROSEMARY, GENERAL (Note these are only ingredients where it is a major ingredient!)	
Warm New Potatoes with Rocket, Mustard and Pecorino (gf, v)	82:96			Apple and Rosemary Tarte Tatin	30:66
<i>Rocket and Citrus Salsa Verde (v)</i>	22:105	ROOT VEGETABLES, GENERAL (SEE ALSO VEGETABLES (MIXED), CARROTS, KUMARA, PARSNIPS AND POTATOES)		Baked Salmon with a Smoked Paprika and Rosemary Glaze (gf)	33:79
<i>Rocket, Fennel and Caper Salad (gf, v)</i>	95:36	<i>Celery and Parsnip Soup with Roasted Brussels Sprouts (gf) (v)</i>	110:66	Blue Cheese Pizza with Fig and Rosemary Preserves (v)	1:83
<i>Rocket and Herb Pesto Pasta (v)</i>	80:41	<i>Honey-glazed Roasted Root Vegetables (gf, v)</i>	30:70	Cheese and Rosemary Twists (v)	37:100
<i>Rocket and Lemon Couscous (v)</i>	45:119	<i>Risotto with Roasted Root Vegetables (gf, v)</i>	8:97	Cheese and Rosemary Twists (v)	100:48
<i>Rocket, Pea and Lemon Risotto Cakes (gf)</i>	64:77	<i>Roasted Root Vegetable Mash (gf, v)</i>	30:87	Chicken with Grapes and Rosemary (gf)	86:90
<i>Rocket Salad with Serrano Ham, Manchego Cheese and Hazelnuts (gf)</i>	20:86	<i>Root Vege and Thai Yellow Curry Soup (gf, v)</i>	78:98	Chicken with White Beans, Chorizo and Rosemary (gf)	95:88
ROCKMELON, GENERAL (SEE ALSO MELON AND WATERMELON)		<i>Root Vegetable, Fennel and Apple Gratin (gf, v)</i>	72:80	Chickpea and Rosemary Soup with Sizzled Chorizo (gf)	41:90
Chilled Rockmelon, Chilli and Lime Soup (gf, v)	76:48	<i>Root Vegetable Gratin</i>	31:110	Chilli and Rosemary Preserved Lemons (gf, v)	81:90
Rockmelon and Gin Slushies (gf)	95:62	<i>Root Vegetable and Red Lentil Dhal with Paneer (gf, v)</i>	72:70	Honey and Rosemary Butterfly Chicken with Feta and Sundried Tomatoes (gf)	47:37
Rockmelon with Lemon and Sichuan Pepper Salt (gf, v)	81:68	<i>Winter Vegetable, Orzo and Porcini Minestrone</i>	36:97	Lamb, Pumpkin and Rosemary Pies with Smashed Peas	85:63
Rockmelon and Mint Granita with Chilli Lime Salt (gf)	51:94	ROSE, GENERAL		Oven-dried Tomatoes with Rosemary (gf, v)	88:102
Rockmelon and Tarragon Yoghurt Sorbet (gf)	58:105	<i>Baked Yoghurt and Lime Cake with Rhubarb and Rosewater</i>	24:110	Parmesan, Rosemary and Caraway Seed Biscuits (v)	91:128
Spanish Tapas Platter (gf) (includes Roasted Garlic, Rockmelon with Lime and Chili, Chicken Skewers and Grilled Asparagus)	69:106	<i>Basbousa</i>	84:81	Polenta and Rosemary Cake with Honey and Bay Leaf Syrup (gf)	85:91
<i>Rockmelon and Gin Slushies (gf)</i>	95:62	<i>Keik me Raspberries ke Amigthalo - Raspberry Cake with Rose Petals (gf)</i>	68:46	Pollo al Limone e Rosmarino (Braised Chicken with Lemon and Rosemary) (gf)	41:29
<i>Rockmelon with Lemon and Sichuan Pepper Salt (gf, v)</i>	81:68	<i>Mixed Berry, Rosewater and Crushed Meringue Marshmallow (gf)</i>	57:80	Potato, Rosemary and Mozzarella Pizza (v)	29:63
<i>Rockmelon and Mint Granita with</i>					

Quail and Mushrooms with Rosemary Aioli (gf)	22:73
Roasted Butternut with Rosemary and Stracciatella (gf, v)	92:68
Roasted Hazelnut and Rosemary Cake	75:77
Roasted Red Capsicums with Soft Cheese and Rosemary (gf, v)	20:78
Roasted Whole Fish on Rosemary Potatoes (gf)	27:111
Rolled and Roasted Pork Belly with Preserved Lemon, Rosemary and Chilli (gf)	43:62
Rosemary, Caraway Seed and Cracked Wheat Rolls (v)	56:78
Rosemary and Fennel Roast Pork (gf)	4:97
Rosemary and Parmesan Crackers (v)	38:76
Rosemary, White Wine and Sea Salt Flatbread (v)	71:60
Slow-roast Lamb Leg with Fennel and Rosemary (gf)	106:104
T-Bone with New Potatoes and Rosemary (gf)	22:73

<i>Rosemary, Caraway Seed and Cracked Wheat Rolls (v)</i>	56:78
<i>Rosemary and Fennel Roast Pork (gf)</i>	4:97
<i>Rosemary and Parmesan Crackers (v)</i>	38:76
<i>Rosemary, White Wine and Sea Salt Flatbread (v)</i>	71:60

ROSEWATER, GENERAL - SEE ROSE

ROSTI, GENERAL - SEE FRITTERS

ROTI, GENERAL - SEE FLATBREAD

<i>Roti with Green Curry Onions, Egg and Shredded Cabbage (v)</i>	83:100
<i>Roti with Miso Pumpkin and Kimchi (v)</i>	83:96
<i>Roti with Salt and Pepper Tofu, Spicy Peanut Sauce and Quick Pickled Shallots (v)</i>	83:98
<i>Roti with Smoky Chickpeas, Hummus and Preserved Lemon Chimichurri (v)</i>	83:96
<i>Roti Wraps with Falafel, Paprika Mayo and Pickled Carrots (v)</i>	83:96

ROULADES, GENERAL - SEE CAKES

RUBS, GENERAL, AND SPICE MIXES, GENERAL

Brown Curry Powder (gf, v)	105:114
Chilli and Celery Salt Coating (gf, v)	89:40
Indian Spice Rub (gf, v)	2:81
Japanese Seasoning Blend (gf, v)	69:93
Juniper and Herb Spice Rub (gf, v)	2:81
Latin Spice Rub (gf, v)	70:43
Moroccan Spice Rub (gf, v)	2:81
Quatre Épices (gf, v)	56:67
Ras el Hanout (gf, v)	63:127
Spice Blend (gf, v)	92:54
Spice Rub (for Spiced Beef with Two Sauces) (gf, v)	5:69
Spice Rubs (for the barbecue - a whole selection)	52:70
Tabil (gf, v)	7:103
White Curry Powder (gf, v)	105:114

RUGELACH, GENERAL

Apricot and Walnut Rugelach Slice	90:70
Apricot and Nutmeg Rugelach	8:65
Chocolate and Raisin Rugelach	25:78

RUM, GENERAL

Almond, Rum and Ricotta Fritters	79:48
Apple, Rum and Raisin Cake	26:88
Baked Ham Glazed with Pineapple, Rum and Allspice (gf)	45:76
Banana Rum Caramel Meringue Pie	79:65
Banana, Rum and Coconut Ice Cream (gf)	16:108
Banana Rum Crêpes with Rum Caramel Ice Cream	83:63
Banana and Rum Self-saucing Pudding	98:102
Boozy Rum Fudge Sauce (gf)	97:74
Caramelised Banana, Rum and Raisin Bread and Butter Pudding	43:103
Churros with Rum and Coconut Caramel Sauce (gf)	54:77
Chocolate, Rum and Spice Cookies	12:63
Coffee and Walnut Cake with Rum and Walnut Cream	37:54
Date, Rum and Ricotta Strudels	32:104
Espresso Chocolate Pudding with Boozy Rum Fudge Sauce	97:74
Grilled Pineapple with Rum, Orange and Chilli Syrup (gf)	70:90
Honey-roasted Peanut, Rum and	

Caramel Tiramisu	33:83
Maritzozi (Sweet Roman Buns) with Cinnamon and Rum Syrup	77:70
Pineapple Tarte Tatin with Rum Caramel Sauce	88:68
Preserved Figs in Rum and Cardamom Syrup (gf)	35:83
Roasted Apples with Rum and Allspice (gf)	55:101
Rum, Raisin and Chocolate Self-saucing Puddings	92:89
Salted Caramel, Rum and Pear Loaf	49:94
Spiced Pineapple Rum Cake	106:120
Sticky Orange and Rum Syrup Loaf	85:96
Sticky Prune, Rum and Chocolate Self-saucing Pudding (gf)	110:104
Walnut and Rum Toffee Clusters (gf)	51:109

<i>Rum, Raisin and Chocolate Self-saucing Puddings</i>	92:89
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<i>Rump Steak with Caper, Anchovy and Rosemary Sauce (gf)</i>	52:63
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<i>Rump Steak and Caramelised Onion Open Sandwiches</i>	21:120
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<i>Rump Steak with Herb Dressing (gf)</i>	70:80
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<i>Rump Steak Kebabs with Fresh Pineapple Salsa</i>	74:108
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<i>Rump Steak with Potato and Herb Salad (gf)</i>	59:109
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<i>Rump Steak with Raw Beetroot, Red Cabbage and Lentil Salad (gf)</i>	56:119
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<i>Rump Steak with Spring Onion, Wasabi and Ginger Dressing</i>	54:59
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<i>Rump Steak, Tomatoes, Parmesan and Parsley Salad (gf)</i>	71:111
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<i>Russian Dressing (gf, v)</i>	94:78
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<i>Rustic Barbecue Sauce-glazed Meatloaf</i>	92:106
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<i>Rustic Bread and Mushroom Salad (v)</i>	11:77
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<i>Rustic Sausage Meat and Mushroom Tartlets</i>	21:90
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<i>Saag Paneer (gf, v)</i>	92:82
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SAFFRON, GENERAL

Baked Fish Steaks with Fennel, Potatoes and Saffron (gf) **18:111**

Chicken in Saffron Broth with Moghrabiah and Broad Beans **19:91**

Chicken with Saffron, Fennel and Orange (gf) **53:75**

Duck with Green Olives and Sherry on a Saffron Paella (gf) **7:85**

Grilled Courgettes with Warm Yoghurt and Saffron Butter (gf, v) **101:106**

Mint and Lamb Burgers with Saffron Tomato Jam **34:53**

Moroccan Breakfast Couscous with Saffron Fruits and Yoghurt **1:59**

Pancetta-wrapped Scallops with Saffron and Herb Risotto (gf) **14:104**

Rangitikei Chicken and Saffron Tagine (gf) **18:104**

Roast Chicken on Saffron Potatoes and Leeks (gf) **32:82**

Roasted Garlic and Saffron Aioli (gf, v) **6:100**

Roasted Pork Belly with Apple and Saffron Sauce (gf) **26:60**

Saffron and Cardamom Custards with Poached Apricots (gf) **18:102**

Saffron Poached Pears with Ricotta (gf) **11:102**

Saffron and Star Anise Roasted Pears (gf) **48:81**

Seafood and Tomato Saffron Broth (gf) **36:92**

Sicilian Spaghetti with Saffron, Sardines and Fennel **90:61**

Sid's Saffron Chicken Kebabs with Raita (gf) **107:26**

Smoky Saffron Baked Beans with Greens and Haloumi (gf, v) **79:104**

Spiced Bread and Butter Pudding with Saffron and Dates **102:110**

Warm Scallop and Fennel Tarts with Roasted Garlic and Saffron Aioli **6:100**

Zucchini, Chicken and Farro Salad with Saffron Vinaigrette **34:68**

Saffron and Cardamom Custards with Poached Apricots (gf) **18:102**

Saffron Poached Pears with Ricotta (gf) **11:102**

Saffron and Star Anise Roasted Pears (gf) **48:81**

SAGE, GENERAL

Apricot and Sage Roasted Pork **38:79**

Baked Pasta with Roasted Pumpkin

and Sage (v) **25:90**

Cauliflower Gratin with Leeks, Parmesan and Sage Crumbs (v) **42:76**

Cauliflower Rice 'Risotto' with Sage, Lemon and Pesto (gf, v) **83:105**

Cheddar, Smoked Paprika and Sage Scones **100:148**

Chicken Braised in Milk, Lemon and Sage (gf) **53:69**

Chicken Saltimbocca with Mustard, Cream and Sage (gf) **44:96**

Chicken, Sage and Vermouth Skewers (gf) **53:72**

Jerusalem Artichokes with Crispy Sage and Roasted Hazelnuts (gf, v) **92:71**

Leek Risotto with Toasted Walnuts, Sage Brown Butter and Creamy Brie (gf) **97:98**

Lemon and Sage Risotto with Herb-roasted Chicken (gf) **11:94**

Marinated Artichoke, Sage and Parmesan Pizzas (v) **87:104**

Pork and Sage Saltimbocca **38:92**

Pork Scallopine with Ham, Sage and White Wine **26:98**

Pork, Parmesan and Sage Saltimbocca (gf) **52:64**

Potato Gnocchi with Sage Butter and Pine Nuts (v) **59:113**

Prosciutto-wrapped Salmon with Sage and Capers (gf) **83:90**

Pumpkin and Ricotta Tortellini with Pumpkin, Hazelnuts and Sage Butter Sauce (v) **37:66**

Pumpkin and Sage Tart (v) **8:61**

Pumpkin Ravioli with Brown Butter, Sage and Hazelnuts (v) **23:95**

Roast Pork Fillet with Butterbeans and Sage (gf) **35:103**

Roast Turkey with Pecan, Pork and Sage Stuffing **106:86**

Roasted Pumpkin and Ricotta-stuffed Pasta with Hazelnut and Sage Brown Butter (v) **96:74**

Roasted Pumpkin with Brown Butter, Sage and Pine Nuts (gf, v) **29:66**

Sage and Fennel Marinated Roast Chicken (gf) **71:83**

Sage Brown Butter (v) **96:74**

Sage Roasted Pork Belly and Apples (gf) **29:81**

Sausage, Mushroom and Sage Pizza Bianco **18:79**

Semolina Gnocchi with Crispy Sage, Hazelnuts and Soft Cheese (v) **93:62**

Semolina Gnocchi with Crispy

Sage, Hazelnuts and Soft Cheese (v) **100:202**

Three-cheese and Sage Pizza (v) **93:52**

White Fish Carpaccio with Fried Sage, Capers and Preserved Lemon (gf) **29:78**

Sage and Fennel Marinated Roast Chicken (gf) **71:83**

Sage Roasted Pork Belly and Apples (gf) **29:81**

SAKE, GENERAL

Gruyère, Caramelised Onion and Sage Toast (v) **110:66**

Miso and Sake-glazed Sweetcorn (v) **52:58**

Mussels with Sake, Ginger and Butter Sauce **73:114**

Sake and Ginger Poached Chicken **86:56**

Sake-glazed Snapper with Udon Noodles and Dashi Broth **5:87**

Sake and Makrut Lime Cured Salmon (gf) **36:76**

Soy and Sake Braised Pork Belly **50:82**

Sake and Ginger Poached Chicken **86:56**

Sake-glazed Snapper with Udon Noodles and Dashi Broth **5:87**

Sake and Makrut Lime Cured Salmon (gf) **36:76**

Salad Lyonnaise with Herb Croutons **35:69**

SALADS, GENERAL

(Note these are organised by their main ingredient/designation. Each salad only appears once, to save space, so if it's not under the first thing that comes to mind, try another ingredient!) The categories in this section are (in alphabetical order): **Asparagus; Beans; Beef; Beetroot; Cabbage, kohlrabi and Brussels sprouts; Capsicum; Cauliflower; Cheese; Chicken; Chickpeas; Cucumber; Duck; Eggplant; Fennel; Grain salads; Green and bitter leaf salads; Kale and silverbeet; Lamb; Melon; Mushrooms; Noodle salads; Pork and pork products; Potato; Pumpkin; Root veg; Seafood and fish; Slaw; Tomatoes; Venison; Zucchini**

Salads: Asparagus

Asparagus and Leek Salad (gf, v) **57:70**

Asparagus and Quinoa Salad with Toasted Almond Dressing (gf, v) 87:51	Green Bean and Buckwheat Salad with Goat's Cheese Toasts (v) 56:81	Fillet of Beef with Eggplant and Artichoke Caponata Salad (gf) 107:76
Asparagus, Radish and Soft Egg Salad (v) 50:96	Green Bean, Celery and Egg Salad (gf, v) 59:68	Grilled Beef and Panzanella Salad 14:78
Asparagus, Roasted Fennel and Broad Bean Salad (gf, v) 75:63	Green Bean, Edamame and Avocado Salad with Preserved Lemon Dressing (gf, v) 33:86	Grilled Beef and Panzanella Salad 100:170
Asparagus, Snow Pea and Zucchini Salad with Tarragon Dressing (gf, v) 69:75	Green Bean, Edamame Bean and Fennel Salad with Pink Peppercorn Dressing (gf, v) 45:80	Hot and Sour Beef Salad (gf) 89:62
Charred Asparagus and Mozzarella Salad with Mint and Walnut Salsa (gf, v) 81:53	Green Bean and Farro Salad with Tahini Dressing (v) 76:49	Korean Beef Salad (gf) 12:85
Crisp Lettuce and Asparagus Salad with Tarragon Aioli and Soft Eggs (gf) 100:92	Green Bean and Fennel Salad with Tomato Raisins (gf, v) 41:58	Lentil, Spiced Beef and Watercress Salad with Roast Beetroot, Coriander, Beans and Feta (gf) 73:86
Raw Asparagus and Rocket Salad (gf) 26:74	Green Bean and Hazelnut Salad (gf, v) 27:82	Steak Salad with Blue Cheese Dressing and Candied Pecans (gf) 40:70
Shaved Asparagus and Chickpea Salad with Soft Eggs (gf, v) 62:69	Green Bean and Pea Salad with Farro and Roasted Almonds (v) 88:46	Salads: Beetroot
Shaved Asparagus, Frisée and Walnut Salad (gf, v) 1:69	Green Bean, Rocket and Preserved Lemon Salad (gf, v) 83:78	Beetroot, Carrot and Sesame Salad (gf, v) 48:107
Shaved Asparagus and Green Apple Salad with Mint Dressing (gf, v) 38:56	Green Bean Salad and Avocado Dressing (gf, v) 1:93	Beetroot and Pistachio Salad with Blue Cheese Snow (gf, v) 61:85
Salads: Beans	Green Bean and Two-pea Salad with Tarragon Dressing (gf, v) 38:81	Beetroot and Roast Feta Salad (gf, v) 21:98
Avocado, Broad Bean and Goat's Cheese Salad (gf, v) 69:118	Mixed Green Bean Salad, Fried Capers and Parmesan (gf, v) 71:64	Beetroot, Tomato and Broad Bean Salad with Parmesan Dressing (gf, v) 17:74
Avocado, Broad Bean and Goat's Cheese Salad (gf, v) 100:92	Roasted Fennel, Green Bean and Mozzarella Salad (gf) (v) 107:76	Beetroot and Tomato Salad (gf, v) 8:87
Black Bean, Chorizo and Sweet Corn Salad (gf) 26:78	Roasted Green Bean and Fennel Panzanella with Almond and Parmesan Dressing (v) 38:92	Beetroot and Tomato Salad with Capers and Mint (gf, v) 33:119
Borlotti Bean and Broad Bean Salad with Buffalo Mozzarella (gf, v) 29:81	Roasted Red Capsicum and White Bean Salad (gf) (v) 106:80	Beets, Blackberries and Burrata (gf, v) 82:100
Broad Bean, Beetroot and Green Bean Salad with Watercress Pesto (gf, v) 38:59	Snow Pea, Edamame Bean and Radish Salad (gf, v) 39:73	Broad Bean, Beetroot and Green Bean Salad with Watercress Pesto (gf, v) 38:59
Broad Bean and Fennel Salad with Crisp Bacon, Goat's Cheese and Mint Dressing (gf) 20:91	Spice-roasted Butter Beans, Mozzarella and Eggplant Salad (gf, v) 88:56	Cured Lamb's Tongues, Roasted Beetroot and Mandarin Salad with Seasoned Yoghurt (gf) 60:32
Broad Bean, Radicchio and Pear Salad with Shaved Parmesan (gf, v) 100:94	Two Bean and Crisp Flatbread Salad with Soft Eggs (v) 101:62	A Pink Salad for Soft Beets (gf, v) 86:36
Broad Bean, Rocket and Pear Salad with Shaved Parmesan (gf, v) 41:83	White Bean, Witlof and Fennel Salad (gf, v) 56:70	Radicchio and Beetroot Salad with Balsamic Dressing (gf, v) 6:102
Burst Tomato, Butter Bean and Hot Honey Salad (gf) (v) 107:98	Salads: Beef	Raw Beetroot and Red Cabbage Salad with Dates and Hazelnuts (gf, v) 73:80
Charred Green Bean and Nectarine Salad (gf, v) 102:86	Beef and Barley Salad with Beetroot, Leeks and Yoghurt Dressing 48:88	Raw Energy Salad with Pomegranate Dressing (v) 27:101
Flat Bean and Raw Zucchini Salad with Mint Dressing (gf, v) 29:104	Beef and Beetroot Salad with Anchovy Dressing (gf) 32:92	Roast Beetroot, Fresh Date and Pistachio Salad (gf, v) 28:79
Fresh Fig, Mozzarella and Bean Salad with Basil Dressing (gf, v) 47:85	Beef Salad with Fresh Figs, Rocket and Mozzarella and Basil Dressing (gf) 35:61	Roasted Beetroot, Blue Cheese and Pistachio Salad (gf, v) 100:88
Green Bean and Asparagus Salad (gf, v) 15:87	Beef Salad with Palm Sugar Dressing 34:93	Warm Lentil, Beetroot and Fennel Salad (gf) (v) 109:102
Green Bean, Broad Bean and Caper Berry Salad (gf, v) 47:87	Beef and Yellow Split Pea Salad with Pumpkin Seed Dressing (gf) 28:101	Salads: Cabbage, kohlrabi and Brussels sprouts (see also Salads: Slaws)
Green Bean, Broccolini and Asparagus Salad (gf, v) 26:88	Crispy Beef, Haloumi and Lentil Salad (gf) 90:24	Brussels Sprout Breakfast Caesar Salad with Tempeh Bacon (gf) 79:106

Shaved White Salad with Wasabi Vinaigrette (gf, v)	52:77	Chicken Salad with Wasabi Mayonnaise	24:80	with Crispy Noodles and Peanut Dressing	34:93
Shredded Mixed Salad (gf, v)	62:108	Chicken with Verjuice Aioli, Iceberg Lettuce, Eggs, Capers and Olives (gf)	26:59	Smoked Chicken and Mango Salad with Crispy Noodles and Peanut Dressing	100:202
Salads: Capsicum		Chicken with Warm Cauliflower, Feta and Almond Salad	43:114	Smoked Chicken, Melon and Hazelnut Salad (gf)	15:117
Grilled Capsicum, Zucchini and Haloumi Salad (v)	101:48	Chinese Chicken Salad with Crispy Noodles	25:71	Smoked Chicken, Nectarine and Roasted Almond Salad (gf)	27:107
Mixed Capsicum Salad (gf, v)	64:69	Coconut and Lemongrass Poached Chicken Salad (gf)	107:29	Warm Autumn Salad of Chicken Livers and Chorizo	3:94
Roasted Capsicum, Basil and Black Olive Salad (gf, v)	71:61	Coconut Chicken and Pickled Cucumber Salad (gf)	10:91	Warm Chicken Liver Salad on Garlic Croutes	31:106
Salads: Cauliflower		Easy Roast Chicken, Grains, Feta and Herb Salad (gf)	87:101	Warm Spiced Chicken and Kumara Salad (gf)	67:95
Cauliflower, Kale and Mint Tabbouleh (gf, v)	57:98	Freekeh, Smoked Chicken and Artichoke Salad	56:78	Zucchini, Chicken and Farro Salad with Saffron Vinaigrette	34:68
Raw Indian Spiced Cauliflower Salad with Coriander and Almonds (gf, v)	54:101	Grilled Peach and Salted Ricotta Salad with Shredded Roast Chicken (gf)	63:71	Salads: Chickpeas	
Roasted Cauliflower and Capsicum Salad with Capers (gf, v)	35:55	Lemongrass and Turmeric Chicken Salad Bowl	74:76	Chickpea and Beetroot Raita Salad (gf, v)	83:74
Roasted Cauliflower, Spinach and Date Salad (gf, v)	77:46	Lemony Sumac Chicken and Chickpea Salad with Dates, Feta and Baby Spinach	95:68	Chickpea, Fennel and Artichoke Salad with Lemon and Date Dressing (gf)	33:86
Sauteed Cauliflower and Rocket Salad (gf, v)	30:105	Mediterranean Poached Chicken Salad (gf)	15:79	Chickpea and Herb Salad (gf, v)	54:65
Salads: Cheese		Miso Chicken, Edamame Bean and Soba Noodle Salad (gf)	95:72	Chickpea Salad with Roasted Capsicum Dressing and Grilled Prawns (gf)	20:86
Barbecued Vegetables and Haloumi Salad (gf, v)	46:71	Miso and Ginger Chicken with Brown Rice Salad	69:126	Dr Feel Good Salad (The Remix) (gf, v)	99:54
Mozzarella Salad with Balsamic Roasted Grapes (gf, v)	63:111	Poached Chicken, Apple, Rocket and Hazelnut Salad (gf)	32:87	Roast Pumpkin Salad with Chickpeas and Feta (gf, v)	17:107
Mozzarella Salads (gf)	22:99	Poached Chicken and Avocado Salad (gf)	76:92	Salads: Cucumber	
Raw Vegetable Salad with Stracciatella (gf, v)	96:50	Poached Chicken, Puy Lentil and Warm Red Cabbage Salad (gf)	48:91	Chinese Smashed Cucumber Salad (v)	93:111
Salads: Chicken		Poached Chicken Salad with Balsamic and Gorgonzola Dressing (gf)	9:85	Chopped Salad (gf, v)	78:57
Almond Milk and Tarragon Poached Chicken and Farro Salad	70:64	Puy Lentil Chicken Salad with Apple and Hazelnuts (gf)	68:63	Chunky Salad with Sweet and Spicy Vinaigrette (gf, v)	95:51
Asian Poached Chicken and Soba Noodle Salad (gf)	1:95	Puy Lentil, Couscous and Chicken Salad	46:60	Crushed Cucumber, Blackberry and Pistachio Salad (gf, v)	57:68
Barbecued Chicken, Watermelon and Feta Salad (gf)	40:39	Quick Thai Poached Chicken Salad	44:100	Cucumber and Herb Salad (gf)	18:122
Charred Broccoli, Chicken and Cos Salad with Caesar Dressing (gf)	57:97	Quinoa, Chicken, Date, Red Grape and Hazelnut Salad (gf)	46:92	Cucumber and Peanut Salad (gf, v)	2:57
Chicken and Bacon Caesar Salad	26:81	Quinoa Salad and Moroccan Chicken (gf)	58:109	Cucumber and Roasted Peanut Salad (gf, v)	61:76
Chicken and Bacon Salad w Anchovy and Lemon Dressing	82:63	Roast Chicken, Kumquats, Black Garlic, Kale and Avocado (gf, v)	66:41	Cucumber Salad (v)	52:57
Chicken, Basil and Avocado Salad (gf)	77:94	Sambal Chicken, Cucumber and Coconut Salad	94:113	Cucumber Salad (gf, v)	64:81
Chicken and Ciabatta Salad with Pomegranates	16:79	Smoked Chicken, Green Bean and Papaya Salad	40:96	Cucumber Salad with Spicy and Sweet Poppy Seed Dressing (gf, v)	28:76
Chicken, Pearl Barley and Grape Salad	40:73	Smoked Chicken, Mango and Avocado Salad (gf)	53:72	Cucumber and Salmon Salad with Mustard and Fennel (gf)	70:113
Chicken, Pepperdew and Green Bean Salad (gf)	45:122	Smoked Chicken and Mango Salad		Cucumbers with Kimchi Dressing, Roasted Peanuts and Currants	82:104
Chicken, Roast Carrot and Couscous Salad	95:80			Fennel and Cucumber Salad (gf)	109:94
				Salads: Duck	

Duck Breast Salad with Figs and Walnuts (gf)	11:98	Salad	109:26	Quinoa, Moroccan Roasted Carrot and Olive Salad (gf, v)	82:96
Duck and Cinnamon Pear Salad with Crispy Wontons	30:57	Warm Lentil, Beetroot and Fennel Salad (gf, v)	109:102	Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v)	28:76
Duck Fattoush Salad with Yoghurt, Tahini and Mint Dressing	35:69	Salads: Grain salads		Quinoa, Sweetcorn and Edamame Bean Salad with Honey, Lime and Basil Dressing (gf, v)	100:94
Duck, Green Bean, Pancetta and Pine Nut Salad (gf)	7:86	Amaranth, Red Quinoa and Pumpkin Salad (gf)	56:77	Rhubarb, Couscous and Haloumi Salad (v)	50:100
Duck and Noodle Salad with Sweet Chilli Dressing	40:70	Ancient Grain, Mango, Avocado and Green Bean Salad with Ginger and Miso Dressing (v)	69:97	Sicilian-style Cracked Wheat Salad with Roasted Eggplant and Pomegranate (v)	100:124
Duck and Orange Salad with Smoky Orange Dressing (gf)	51:75	Barley, Sweetcorn and Avocado Salad Tossed with Chilli Lime Dressing (v)	62:42	Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa (v)	58:65
Thai-style Duck and Cucumber Salad	38:70	Beam Me Up Scottie Mixed Grain and Nectarine Salad with Ricotta and Honey (gf, v)	95:75	Sushi Rice Salad (gf)	90:94
Salads: Eggplant		Black Rice, Makrut Lime Leaf and Prawn Salad	56:84	Zesty Rice Salad with Preserved Lemon, Artichokes and Asparagus (gf)	32:76
Asian Eggplant Salad	5:90	Breakfast Salad with Haloumi and Black Quinoa (gf, v)	68:69	Salads: Green salads and bitter leaf salads	
Eggplant, Spinach and Couscous Salad with Lemony Yoghurt Dressing (v)	101:58	Broccoli, Quinoa and Tomato Salad (gf, v)	101:64	Asian Green Salad (v)	58:111
Eggplant and Zucchini Salad with Coriander and Yoghurt Dressing (gf, v)	33:117	Burghul, Broad Bean and Herb Tabbouleh (v)	77:52	A Snappy Little Salad (v) (pb)	107:72
Fresh Mozzarella, Roasted Eggplant and Tomato Salad (gf, v)	11:65	Cracked Wheat and Cabbage Salad (v)	48:109	Bitter Leaf Salad with Date and Lemon Dressing (gf, v)	8:67
Grilled Eggplant, Roasted Tomatoes and Burrata Salad (v)	94:108	Farro and Blistered Green Bean Salad with Smoky Prawns	95:77	Chargrilled Witlof with Tangelo and Toasted Capers (gf, v)	50:68
Grilled Japanese Eggplant Salad with Lime and Chilli Dressing (gf)	17:85	Farro, Broad Bean and Lamb Salad	56:83	Cos Lettuce with Walnut Vinaigrette (gf, v)	76:53
Kate's Roasted Eggplant with Agrodolce, Cracked Wheat and Feta (v)	101:28	Farro, Herb, Asparagus and Date Salad (v)	94:84	Cos Wedges with Whipped Goat's Cheese Raita (gf, v)	82:102
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf, v)	100:94	Farro, Lentil, Tomato, Prosciutto and Burrata Salad	107:62	Crisp Lettuce, Orange and Feta Salad (gf, v)	25:98
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf) (v)	106:132	Farro Salad with Broad Beans and Preserved Lemon (v)	24:106	Crunchy Thai Salad (gf)	2:36
Miso-baked Aubergine, Dates, Feta, Crispy Buckwheat and Tahini Yoghurt (v)	66:40	Freekeh and Haloumi Salad with Pesto Dressing (v)	72:86	Date, Orange and Radicchio Salad (gf, v)	13:72
Roasted Eggplant Salad (gf, v)	24:101	Israeli Couscous and Broad Bean Salad (v)	50:72	Endive and Radicchio Salad with Walnut Oil Dressing (gf, v)	19:80
Salads: Fennel		Israeli Couscous and Parsley Salad (v)	14:73	Farm Salad with Feta (gf, v)	63:100
Celery, Apple and Fennel Salad with Cured Meats (gf)	24:79	Israeli Pearl Couscous, Feta and Herb Salad (v)	101:72	Garden Greens, Basil Dressing and Ricotta Crostini (v)	82:102
Fennel, Broad Bean and Mozzarella Salad (gf, v)	21:100	Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing (v)	60:79	Garden Salad with Lemon, Tarragon and Sour Cream Dressing (gf, v)	34:98
Fennel and Cucumber Salad (gf)	109:94	Kamut Salad with Chorizo	13:92	Great Mixed Raw Salad - La Grande Insalata Mista (gf, v)	29:63
Fennel and Mozzarella Salad with Almonds and Preserved Lemon (gf, v)	46:93	Make It Through the Day Brown Rice and Tuna Salad (gf)	95:84	Green Salad (gf, v)	32:119
Fennel, Radicchio and Apple Salad with Red Wine Dressing (gf, v)	47:93	Malaysian Rice Salad (gf)	10:90	Green Salad with Vinaigrette (gf, v)	94:54
Fresh Peach and Shaved Fennel Salad (gf, v)	87:46	Moroccan Spiced Pearl Barley Salad (v)	61:44	Green Vegetable Salad with Hazelnuts and Cranberries (gf, v)	40:70
Italian Salad (gf, v)	42:106	Quick Brown Rice Salad with Green Beans, Feta, Slow Roasted Tomatoes and Crispy Prosciutto (gf)	80:64	Iceberg Wedges with Blue Cheese Dressing (gf)	54:94
Roasted Fennel, Green Bean and Mozzarella Salad (gf) (v)	107:76	Quinoa, Beetroot and Hot Smoked Salmon Jar Salads (gf)	64:77	Lettuce Hearts, Avocado and Cucumber Salad (gf, v)	87:54
Shaved Fennel and Stracciatella				Lettuce Salad, Ranch Dressing, Worcestershire Sauce (gf)	58:78

Lettuces with Three Vinaigrettes (gf, v)	44:59	Watermelon and Fennel Salad (gf, v)	75:99	Five-spice Pork Salad with Lime Dressing (gf)	8:97
Market Salad with Green Goddess Dressing (gf, v)	62:81	Watermelon and Prawn Salad (gf)	58:107	Fresh Nectarine and Prosciutto Salad with Mozzarella and Prawns (gf)	15:84
Mixed Green Vegetable Salad with Sesame Yoghurt Dressing (gf, v)	51:70	Watermelon and Raspberry Salad with Rosewater Syrup (gf)	34:80	Grilled Chorizo and Avocado Salad (gf)	32:117
Mixed Greens and Grapefruit Salad with Avocado Dressing (gf, v)	14:95			Panzanella with Crispy Sausage and Bocconcini	63:129
Mixed Leaf Salad with Parmesan (gf)	45:80	Salads: Mushrooms		Pearl Barley, Fresh Apricot and Grilled Pork Salad with Five-spice Vinaigrette (gf)	46:91
Mixed Leaves with Tarragon Vinaigrette (gf, v)	10:83	Mushroom, Edamame Bean and Crouton Salad (v)	21:85	Pork Larb Salad Bowls	75:110
Mixed Raw Salad (gf, v)	11:73	Roasted Mushroom and Lentil Salad (gf, v)	59:75	Pork, Mango and Rice Noodle Salad	82:59
Mixed Raw Salad (gf, v)	101:83	Rustic Bread and Mushroom Salad (v)	11:77	Prosciutto, Plum, Broad Bean, Goat's Feta and Baby Kale Salad (gf)	69:97
Mixed Salad Plate (gf, v)	52:110	Spinach and Mushroom Salad (gf, v)	26:105	Rocket Salad with Serrano Ham, Manchego Cheese and Hazelnuts (gf)	20:86
Pear, Avocado and Mixed Greens with Pistachio and Tarragon Dressing (gf, v)	28:105	Warm Mushroom Salad with Parmesan Cheese Balls and Walnuts (v)	73:84	Salad Lyonnaise with Herb Croutons	35:69
Spring Vegetable Salad with Mint and Walnut Oil (gf, v)	14:69	Warm Mushroom Salad with Parmesan Cheese Balls and Walnuts (v)	100:118	Sauteed Pears, Prosciutto and Blue Cheese Salad (gf)	29:78
Summer Green Salad (gf, v)	6:102			Szechuan Pork and Mango Salad (gf)	6:96
Summer Salad with Lemon Dressing (gf, v)	21:80	Salads: Noodle salads		Tuscan Salad	22:110
Super-green Salad (gf, v)	89:78	Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing (v)	57:102	Vietnamese Grilled Pork Salad	48:88
The Big Bowl Green Salad with Basil and Lemon Dressing (gf) (v)	106:78	Duck and Noodle Salad with Sweet Chilli Dressing	40:70	Vietnamese Pork and Mango Salad (gf)	15:81
Watercress and Witlof Salad with Fresh Pear and Honeyed Walnuts (gf, v)	15:106	Jackfruit and Rice Noodle Salad (gf)	86:76	Warm Black Pudding Sausage and White Bean Salad (gf)	60:97
Winter Greens Salad with Mint Dressing (gf, v)	61:70	Papaya, Vermicelli and Fresh Herb Salad (gf)	88:96	Will's Devil Salad	56:113
Witlof, Celery and Pear Salad (gf, v)	19:78	Pork, Mango and Rice Noodle Salad	82:59		
		Prawn and Kelp Noodle Salad (gf)	58:65	Salads: Potato	
Salads: Kale and silverbeet		Roasted Eggplant and Edamame Noodle Salad (v)	100:124	Chinese Shredded Potato Salad (gf, v)	84:66
Kale and Mixed Seed Salad (gf, v)	61:111	Roasted Veg and Udon Noodle Salad (v)	101:58	Crushed New Potato Salad with Mustard Dressing (gf, v)	27:119
Sweet and Sour Silverbeet Salad (gf, v)	75:38	Soba Noodle Salad	86:56	Fennel, Rocket and Potato Salad (gf, v)	99:94
		Soba Noodle Salad with Miso and Sesame Dressing	60:102	Fried New Potato Salad (gf, v)	94:88
Salads: Lamb		Trelise Cooper's Warm Prawn and Grapefruit Coconut Noodle Salad	98:33	Green Bean and Potato Salad with Capers, Basil and Pine Nuts (gf, v)	52:73
Lamb Fattoush Salad	89:71	Tuna and Noodle Salad with Coriander and Cashew Nut Relish (gf)	24:91	Grilled New Potato Salad (gf, v)	1:65
Mediterranean Lamb and Quinoa Salad (gf)	95:80			Hot Red Cabbage and Crispy Potato Salad (gf, v)	8:69
Moroccan Lamb, White Bean and Carrot Salad with Fried Black Olives (gf)	48:91	Salads: Pork and pork products		Minty Pea Baby Potato Salad (gf) (v)	106:91
Spiced Lamb and Broad Bean Salad with Whipped Feta	93:14	Barbecued Pork, Sweet Mango and Herb Salad (gf)	95:68	Mussel, Potato and Chorizo Salad (gf)	24:75
Spicy Eggplant, Chickpea and Lamb Salad (gf)	41:112	BLT Meet Your Best Friend Caesar Salad	95:75	New Potato and Herb Salad (gf, v)	33:80
		Brunch Salad of Roasted Shallots, Bacon, Croutons and Soft-boiled Eggs	24:75	New Potato, Soft-boiled Egg and Crispy Bacon Salad (gf)	40:67
Salads: Melon		Caesar Salad	12:89	Potato and Artichoke Salad with Chopped Egg and Chive Dressing (gf)	20:92
Melon, Mozzarella and Prosciutto Salad (gf)	87:98	Crisp Pork and New Potato Salad (gf)	50:68	Potato and Avocado Salad (gf, v)	50:115
Watermelon and Black Olive Salad with Ricotta (gf, v)	46:96			Potato, Broad Bean and Crispy Bacon Salad with Mint Dressing (gf)	28:79
Watermelon, Fennel and Feta Salad with Prawns (gf)	28:76			Potato, Crispy Bacon and Chunky Pickles Salad (gf)	101:58

Potato and Kumara Salad with Herby Lemon Mayo and Pancetta (gf) 101:55	Carrot Salad with Harissa and Dukkah (gf, v) 77:55	Quinoa, Beetroot and Hot Smoked Salmon Jar Salads (gf) 64:77
Potato Salad with Horseradish and Caper Dressing (gf, v) 39:73	Fresh Vegetable Salad (gf, v) 28:103	Roast Potato, Smoked Fish and sparagus Salad with Preserved Lemon Dressing (gf) 69:100
Prawn, Potato and Green Bean Salad (gf) 3:85	Honey-roasted Parsnips and Bulghur Wheat Salad with Blue Cheese (v) 97:105	Salmon and Potato Salad (gf) 75:100
Roast Potato, Smoked Fish and Asparagus Salad with Preserved Lemon Dressing (gf) 69:100	Kumara Salad with Herb and Honey Dressing (gf, v) 45:80	Seafood Platter (includes Oysters with Soy Dipping Sauce, Steamed Mussels with Herb and Caper Dressing, Spiced Prawns and Raw Fish Salad) 69:105
Roasted Potato Salad with Sumac Onions and Mustard Dressing (gf, v) 88:61	Roasted Baby Carrot and Avocado Salad (gf, v) 52:73	Smoked Fish and Potato Salad with Sour Cream and Horseradish Dressing (gf) 46:91
Salmon and Potato Salad (gf) 75:100	Roasted Baby Carrot Salad with a Cumin and Orange Dressing (gf, v) 38:81	Smoked Fish Salad with Soft Eggs and Pickled Fennel (gf) 88:90
Smoked Fish and Potato Salad with Sour Cream and Horseradish Dressing (gf) 46:91	Roasted Carrot and Israeli Couscous Salad with a Sultana and Caper Dressing (v) 46:95	Smoked Mackerel, Beetroot, Egg, Apple and Dill Miso Mustard Dressing (gf) 66:41
Warm New Potatoes with Rocket, Mustard and Pecorino (gf, v) 82:96	Roasted Carrot and Kūmara Salad with Salt and Pepper Candied Walnuts (gf) (v) 106:84	Snapper Salad with Fried Basil (gf) 2:32
Warm Potato Salad (gf, v) 9:77	Roasted Carrot, Lentil and Haloumi Salad (gf, v) 57:98	Tuna and Avocado Salad (gf) 40:95
Warm Roasted Potato Salad with Parmesan, Walnut and Garlic Mayo (gf, v) 49:86	Roasted Kumara, Caramelised Onion and Herb Salad (gf, v) 76:53	Tuna, Bean and Onion Salad - Tonno, Fagioli e Cipolla (gf) 65:41
Warm Roasted Potato Salad with Parmesan, Walnut and Garlic Mayo (gf, v) 100:84	Roasted Vegetable and Dukkah Salad with Feta Dressing (gf, v) 22:114	Tuna, Green Bean and Orange Salad with Basil Dressing (gf) 24:83
Warm Roasted Potato Salad with Parmesan, Walnut and Garlic Mayo (gf) (v) 106:132	Spice-roasted Carrot and Avocado Salad (gf, v) 101:62	Tuna Sashimi Salad (gf) 14:109
Zucchini Pickle and Potato Salad (gf, v) 63:115		Warm Tuna Salad (gf) 21:122
	Salads: Seafood and fish	White Bean and Smoked Fish Salad (gf) 1:71
Salads: Pumpkin	Baby Mussel, Fennel and Orange Salad (gf) 50:95	
Pumpkin, Spinach and Chickpea Salad with Tahini and Lemon Dressing (gf, v) 24:77	Calamari, Fennel and Chickpea Salad (gf) 28:103	Salads: Slaws
Roasted Butterkin Pumpkin, Shiitake Mushroom and Haloumi Salad (gf, v) 85:105	Chargrilled Calamari and Squid Salad (gf) 5:88	Asian Coleslaw (v) 46:86
Roasted Pumpkin, Buckwheat and Herb Salad (gf, v) 88:52	Cucumber and Salmon Salad with Mustard and Fennel (gf) 70:113	Autumnal Coleslaw (gf, v) 30:64
Roasted Pumpkin and Lentil Salad with Feta and Yoghurt Dressing (gf, v) 105:76	Grilled Octopus and Greek Salad with Pide 16:95	Fennel and Horseradish Coleslaw (gf, v) 54:88
Roasted Vege Salad with Mustard Dressing (gf, v) 96:68	Marinated John Dory Salad with Tzatziki (gf) 2:32	Fennel Slaw (gf, v) 70:97
Warm Winter Salad of Pumpkin, Chorizo, Fennel and Blue Cheese 37:71	Miso Salmon, Soba Noodles and Salad (gf) 21:100	Pickled Carrot Slaw (gf, v) 93:115
	Mussel, Potato and Chorizo Salad (gf) 24:75	Seeded Slaw (gf, v) 88:52
Salads: Root veg	Poached Salmon Niçoise with a Green Tartare Dressing (gf) 1:94	Shaved Cabbage and Mint Slaw (gf, v) 102:98
Baby Carrot and Date Salad with Coriander Dressing (gf, v) 32:71	Prawn and Avocado Sushi Salad (gf) 95:80	Shaved Cabbage Slaw with Grapefruit (gf, v) 74:66
Caramelised Carrot, Corn and Coriander Salad (gf, v) 46:85	Prawn, Grapefruit and Fregola Salad 31:81	Shaved Raw Salad (gf, v) 53:102
Carrot, Feta and Harissa Salad (gf, v) 6:77	Prawn and Kelp Noodle Salad (gf) 58:65	Winter Slaw (gf, v) 67:114
Carrot and Orange Salad with Cinnamon and Orange Blossom Dressing (gf, v) 24:106	Prawn and Mango Salad 70:120	Winter Slaw of Shaved Brussels Sprouts, Persimmon and Sorghum (gf, v) 73:78
Carrot, Radish and Tomato Salad (gf, v) 20:102	Prawn, Potato and Green Bean Salad (gf) 3:85	
	Prawns in Bacon with Mango and Avocado Salad (gf) 21:77	Salads: Tomatoes
		'Baked' Caprese Salad (gf, v) 53:61
		Beetroot, Tomato and Broad Bean Salad with Parmesan Dressing (gf, v) 17:74
		Beetroot and Tomato Salad (gf, v) 8:87
		Beetroot and Tomato Salad with Capers and Mint (gf, v) 33:119

Blistered Tomato, Grilled Capsicum and Pita Salad (v)	95:40	Tomato, Fennel and Pistachio Salad (gf, v)	94:88	Salads: Other	
Burst Tomato, Butter Bean and Hot Honey Salad (gf, v)	107:98	Tomato and Fregola Salad with Sumac (v)	101:23	Artichoke and Ricotta Salad with Tomato and Rosemary Vinaigrette (gf, v)	28:83
Ciabatta, Tomato and Roasted Pepper Salad (v)	3:67	Tomato and Preserved Tuna Salad with Black Olive Dressing (gf)	20:89	Charred Sweetcorn, Cos and Lime Mayo Salad (v)	88:62
Fresh Mozzarella, Roasted Eggplant and Tomato Salad (gf, v)	11:65	Tomato and Ricotta Salad with Citrus Gremolata (gf, v)	21:85	Chopped Green Olive Salad (gf, v)	81:53
Fresh Tomato, Ginger and Herb Salad (gf, v)	18:98	Tomato and Roasted Capsicum Salad with Tomato and Smoked Paprika Dressing (gf, v)	101:76	Crispy Thai Rice Cake Salad	72:94
Fresh Tomato Salad (gf, v)	3:66	Tomato Salad with Tomato Dressing (gf, v)	2:61	Falafel and Pita Salad (v)	14:114
Green Tomato and Roasted Walnut Salad (gf, v)	53:61	Tomato, Tuna and Soft-boiled Egg Salad with Tomato Dressing (gf)	23:69	Feta and Pea Falafel Salad with Tahini Dressing (v)	40:67
Grilled Eggplant, Roasted Tomatoes and Burrata Salad (v)	94:108	Tomato and Watermelon Salad with Fig Balsamic Dressing (gf, v)	81:54	Gado Gado with Almond Butter and Curry Satay Sauce (gf, v)	71:31
Knock-your-socks-off Croutons, Fresh Tomato, Prosciutto and Mozzarella Salad	95:68	Tomato and Watermelon Salad with Toasted Spice Dressing (gf, v)	88:62	Gado Gado Salad with Cashew Butter and Kimchi Satay Sauce (v)	80:94
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf, v)	100:94	Wilted Spinach and Tomato Salad (gf, v)	15:118	Lentil Salad (gf, v)	65:113
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf, v)	106:132	Salads: Venison		Mediterranean Parsley Salad (gf)	9:89
Mixed Tomato and Black Bean Dressing (gf, v)	28:81	Cervena Salad with Blue Cheese, Spiced Walnuts and Green Apple (gf)	45:79	Orange and Pine Nut Salad (gf, v)	20:67
Mixed Tomato, Chickpea and Mozzarella Salad (gf, v)	75:64	Venison Lamb Salad with Crispy Shallots	66:107	Pickled Vegetable Salad (gf, v)	66:79
Mixed Tomato, Purple Basil and Mozzarella Salad with Caper and Mustard Dressing (gf, v)	45:74	Salads: Zucchini		Pine Nut and Herb Salad (gf, v)	8:86
Mixed Tomato Salad with Smoked Paprika Dressing (gf, v)	53:64	Charred Broccoli and Zucchini Salad (gf, v)	101:52	Roasted Pear, Blue Cheese and Bresaola Salad (gf)	60:75
Mixed Tomato Salad with Soy and Sesame Dressing (v)	52:77	Grilled Vegetable Salad with Lemon and Mustard Dressing	108:118	Sumac and Red Onion Salad (gf, v)	48:73
Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	82:100	Grilled Zucchini, Asparagus and Baby Mozzarella with Mint and Pine Nut Dressing (gf, v)	101:90	Tongue Salade Niçoise (gf)	69:48
Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	100:88	Grilled Zucchini and Avocado Salad (gf, v)	46:71	Warm Quail Salad (gf)	23:58
Mozzarella with Pickled Green Tomato and Fennel Salad (gf, v)	59:91	Grilled Zucchini, Green Bean and Sun-dried Tomato Salad (gf, v)	28:79	SALAMI, GENERAL	
Mozzarella with Warm Tomato and Olive Vinaigrette (gf, v)	65:95	Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat (gf, v)	57:95	Artichoke, Salami and Ricotta Lasagne, 53:102	
Olive and Tomato Salad (gf)	19:111	Raw Zucchini, Mushroom and Spinach Salad with Roasted Almonds and Parmesan Dressing (gf, v)	41:63	Asparagus and Spinach Tarts	26:70
Radish, Tomato and Cashew Salad (gf, v)	27:117	Raw Zucchini Salad with Olive Dressing (gf, v)	34:64	Baked Cheesy Polenta with Fennel Salami (gf)	103:104
Red Onion and Tomato Salad (gf, v)	67:42	Warm Zucchini Pasta Salad (v)	95:51	Baked Fennel and Salami isotto (gf)	76:94
A Red Salad (gf, v)	16:74	Warm Zucchini Pasta Salad (v)	100:128	Burrata with Slow-roasted Tomatoes and Salami Crumbs	47:75
Roasted Capsicum and Tomato Salad with Capers (gf, v)	34:97	Zucchini, Pea and Feta Salad with Lemon Mayo (gf, v)	76:68	Celery, Apple and Fennel Salad with Cured Meats (gf)	24:79
Sweetcorn, Yellow Tomato and Pearl Barley Salad (v)	52:77	Zucchini Ribbons with Cherry Tomatoes, Ricotta and Herby Anchovy Dressing (gf)	69:100	Clams with Crispy Salami, Fennel and Chilli	96:106
Tomato, Eggplant and Bocconcini Salad (gf, v)	10:90			Fennel Salami Bruschetta with Rocket and Pine Nuts	47:90
Tomato Fattoush Salad with Tzatziki Yoghurt Dressing	06:100			Filled Mediterranean Pide	9:108
Tomato, Fennel and Mozzarella Salad with Herb Dressing (gf, v)	57:70			Fresh Fennel, Salami and Chilli Pizza	93:50
				Picnic Loaf	28:63
				Pork and Salami Spiedini with Lentil Salad (gf)	65:113
				Ravioli with Spicy Tomato Sauce and Crisp Salami	89:65
				Red Cabbage Sauerkraut, Hazelnut, Salami and Gruyere Cheese Toastie	66:87
				Salami, Marcona Almonds and Green Olive Antipasti (gf)	96:66

Sopressa Salami, Tomato and Black Olive Pizza	47:68	Roasted Salmon with Lime and Ras el Hanout (gf)	24:103	White Beans and Greens	92:111
Spicy Salami, Prosciutto and Mozzarella Pizza	99:88	Salmon with a Herb Crust and Spinach Risotto	12:106	Ginger and Caramel Salmon with Asian Greens	60:109
Stromboli	65:95	Salmon with a Pistachio and Herb Crust	22:110	Grilled Korean Glazed Salmon with Fresh Mango and Cucumber Salsa	81:48
<i>Salami, Marcona Almonds and Green Olive Antipasti (gf)</i>	96:66	Salmon, Potato, Green Olive and Fennel Tray Bake (gf)	97:98	Grilled Salmon with Preserved Lemon and Caper Dressing (gf)	70:79
SALMON, GENERAL					
Salmon: Baked and roasted					
Baked Cajun Salmon (gf)	89:55	Salmon on Roasted Fennel and Carrots with Basil Butter (gf)	25:109	Grilled Sesame and Ginger Salmon with Pickled Vegetable Salad	66:79
Baked Salmon with Coconut, Chilli and Ginger	45:74	Scandi Salmon with Quick Pickled Cucumber (gf)		Indian-spiced Salmon with Lime Raita (gf)	43:89
Baked Salmon with Grape, Almond and Herb Salad (gf)	21:83	Sesame Salmon with Green Tea Rice (gf)	50:85	Miso and Lime-glazed Salmon with Togarashi	84:41
Baked Salmon with Green Apple and Pine Nut Salad (gf)	63:99	Slow-cooked Salmon with Edamame Salad (gf)	5:113	Moroccan Spiced Salmon on Lentils (gf)	5:112
Baked Salmon with Pine Nut and Herb Salad (gf)	8:86	Smoked Paprika, Maple Syrup and Mustard Baked Salmon (gf)	106:78	Prosciutto-wrapped Salmon with Sage and Capers (gf)	83:90
Baked Salmon with Pine Nut and Herb Salad (gf)	27:37	Spice-roasted Salmon with Fennel, Green Olives and Orange (gf)	73:68	Salmon with Asparagus, Black Lentils and Herb Relish (gf)	94:68
Baked Salmon with Preserved Lemon Dressing (gf)	14:69	Spice-rubbed Salmon with Radicchio, Blood Oranges and Roasted Hazelnuts (gf)	94:66	Salmon with Fennel and Harissa Salad (gf)	86:56
Baked Salmon with a Smoked Paprika and Rosemary Glaze (gf)	33:79	Spiced Salmon with Salad Plate (gf)	16:92	Salmon with a Green Pea Salsa (gf)	37:95
Baked Salmon with a Smoky Raspberry and Chipotle Glaze (gf)	87:34	Tamari Salmon with Buckwheat Soba Salad	78:81	Salmon with a Lemon and Rosemary Glaze (gf)	22:23
Double Maple Wood Roasted Salmon with Pickled Fennel and Salted Yoghurt (gf)	94:97	Tandoori Salmon with Ginger and Lime Yoghurt (gf)	39:122	Salmon with a Lemon and Rosemary Glaze (gf)	29:34
Fennel and Lemon Roast Salmon with Yoghurt Herb Sauce (gf)	99:94	Tandoori Salmon on Warm Paratha Breads	78:60	Salmon Medallions on Crisp Potatoes and Wilted Greens (gf)	2:37
Ginger Teriyaki Salmon (gf)	90:94	Three-seed, Parmesan and Walnut-crusted Salmon (gf)	77:76	Salmon with Silky Pea Purée and Herb Salad (gf)	94:68
Harissa Roasted Salmon with Walnut Dukkah (gf)	75:56	Tray-baked Gochujang Prawns and Salmon with Green Beans	108:66	Seared Salmon and Prawns with a Lemongrass and Coconut Broth (gf)	96:100
Lime, Honey and Sriracha Roasted Salmon	79:96	Wood-roasted Salmon with Pistachio and Cardamom Salsa (gf)	82:41	Seared Salmon with a Soy and Mustard Drizzle	27:37
Miso-glazed Salmon with Okonomiyaki Toppings	106:74	Salmon: Burgers, pizzas and sandwiches			
Miso, Mirin and Spring Onion Baked Salmon	51:69	Grilled Salmon Sandwich with Apple Mayo	67:118	Seared Salmon, Tarragon Butter and Warm Potato Salad (gf)	9:77
Roast Salmon with Pomegranate Glaze and Herby Mayo (gf)	69:118	Indian-spiced Salmon and Spinach Burgers	33:119	Spiced Salmon (gf)	83:74
Roast Salmon with Pomegranate Glaze and Herby Yoghurt Mayo (gf)	100:66	Salmon Burgers with Wasabi Mayonnaise	8:99	Tamari-glazed Salmon on Brown Rice	107:62
Roast Salmon with Tahini Yoghurt Mayo (gf)	105:86	Tandoori Salmon Burgers with Herb Relish	82:46	Salmon: Kebabs	
Roasted Glazed Salmon with a Lime, Lemon and Mango Salsa (gf)	5:109	Thai Green Curry Salmon 'Burgers'	57:115	Dukkah-crusted Salmon Skewers	102:98
Roasted Salmon with Caper and Mustard Dressing and Risotto (gf)	47:110	Salmon: Grilled and fried			
Roasted Salmon on Crispy Potatoes with Spinach and Almonds (gf)	44:104	Asian Salmon with Cucumber Salad	24:69	Grilled Salmon Skewers (gf)	64:111
		Barbecued Soy and Ginger Salmon	52:57	Lemon and Bay Leaf Salmon Kebabs (gf)	27:37
		Crisp-skinned Salmon with Cauliflower Purée and Pickles (gf)	4:111	Maple-glazed Salmon Skewers with Fennel and Orange Salad (gf)	68:112
		Crisp-skinned Salmon with Coconut Curry Sauce (gf)	18:100	Salmon and Pesto Skewers (gf)	27:69
		Crispy Parmesan Salmon on		Salmon Skewers with Fine Herbs (gf)	2:87
				Spiced Salmon and Zucchini Skewers with Chimichurri (gf)	105:97
				Salmon: Noodles and pasta	
				Miso Salmon with Soba Noodles	30:99
				Miso Salmon, Soba Noodles and	

Salad (gf)	21:100	Hot Smoked Salmon and Goat's Cheese Omelette (gf)	109:94	Spinach and Hot Smoked Salmon Roulade	5:111
Salmon and Wasabi Ravioli in a Makrut Lime Broth	5:110	Hot Smoked Salmon and Horseradish Pate (gf)	90:91	Salmon: Other	
Spaghetti with Almonds, Peas and Salmon	38:89	Hot Smoked Salmon Kedgeree (gf)	19:108	Cucumber and Salmon Salad with Mustard and Fennel (gf)	70:113
Salmon: Raw and cured		Hot Smoked Salmon and Potato Gratins (gf)	27:77	Fragrant Red Curry Salmon	110:86
Beetroot Cured Salmon with Zesty Mayonnaise	94:44	Hot Smoked Salmon with Roast Beetroot, Burrata and Horseradish Dressing (gf)	94:66	Fresh Salmon Spring Rolls	34:94
Blackberry and Gin Cured Salmon (gf)	57:69	Hot Smoked Salmon with Rocket and Chilli Linguine	84:103	Japanese Salmon Bowl	74:74
Citrus Salmon with Fennel, Orange and Black Olives (gf)	39:70	Hot Smoked Salmon, Spinach and Tarragon Pie (gf)	62:69	Poached Salmon Niçoise with a Green Tartare Dressing (gf)	1:94
Cured Salmon, Asparagus and Soft-boiled Eggs (gf)	10:73	Hot Smoked Salmon, White Bean and Horseradish (gf)	57:105	Potato Latkes with Salmon Relish (gf)	5:109
Cured Salmon with New Potatoes and Asparagus (gf)	15:77	Hot Smoked Salmon, Zesty Slaw and Spicy Mayo Wraps	107:68	Salmon Balls with Avocado and Lemon Dill Mayo	68:94
Ginger Rice Cakes with Salmon Crudo	7:89	Melanie's Regal Smoked Salmon Sushi (gf)	22:41	Salmon Crostini with Lemon Creme Fraiche	41:77
Makrut Lime Cured Salmon with Wasabi Cream	6:97	Our Luxe Smoked Salmon and Egg Mayo Sandwiches	106:64	Salmon en Croûte with Parsley and Pecan Butter	10:82
Ouzo-cured Salmon (gf)	84:55	Potato and Parmesan Waffles with Salmon and Cashew Hollandaise (gf)	79:106	Salmon, Prawn and Cider Pies with Scalloped Potatoes	42:66
Raw Salmon Fresh Spring Rolls	74:91	Quinoa, Beetroot and Hot Smoked Salmon Jar Salads (gf)	64:77	Stuffed Salmon in Vine Leaves (gf)	28:72
Raw Salmon and Watercress Salad	23:103	Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (gf)	60:102	Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad	52:107
Sake and Makrut Lime Cured Salmon (gf)	36:76	Regal Smoked Salmon Bruschetta with a Currant and Red Onion Pickle	83:41	<i>Salmon with Asparagus, Black Lentils and Herb Relish (gf)</i>	94:68
Salmon Crudo and Sushi Rice	26:98	Roast Asparagus with Smoked Salmon and Crisp Almond Crumbs	26:73	<i>Salmon Balls with Avocado and Lemon Dill Mayo</i>	68:94
Sashimi Plate with Tamari	107:22	Salmon and Mint Crushed Broad Beans on Ricotta and Grilled Bread	36:87	<i>Salmon Burgers with Wasabi Mayonnaise</i>	8:99
Scallop and Salmon Carpaccio with Apple and Walnut Salad (gf)	14:106	Salmon and Potato Salad (gf)	75:100	<i>Salmon Crostini with Lemon Creme Fraiche</i>	41:77
Warm Salmon Carpaccio (gf)	32:92	Silky Egg and Smoked Salmon Rolls	101:90	<i>Salmon en Croûte with Parsley and Pecan Butter</i>	10:82
Salmon: Smoked salmon		Smoked Salmon, Avocado and Caper Flatbreads	48:95	<i>Salmon Crudo and Sushi Rice</i>	26:98
Antonia's Double-baked Smoked Salmon Souffle with Rocket, Fennel and Caper Salad	95:36	Smoked Salmon and Caper Tart	17:74	<i>Salmon with Fennel and Harissa Salad (gf)</i>	86:56
Baked Ricotta with Smoked Salmon and Caper Salsa (gf)	1:61	Smoked Salmon Carpaccio with Shaved Fennel, Orange and Capers (gf)	100:54	<i>Salmon with a Green Pea Salsa (gf)</i>	37:95
Creamed Eggs with Smoked Salmon, Capers and Lemon	41:99	Smoked Salmon and Herb Crêpes	51:87	<i>Salmon with a Herb Crust and Spinach Risotto</i>	12:106
Creamed Eggs with Smoked Salmon and Pesto Toast	23:81	Smoked Salmon Pate (gf)	12:75	<i>Salmon with a Lemon and Rosemary Glaze (gf)</i>	22:23
Crispy Potato Rosti with Hot-smoked Salmon and Soft Eggs (gf)	104:49	Smoked Salmon, Soft Egg and Anchovy Pintxo	99:68	<i>Salmon with a Lemon and Rosemary Glaze (gf)</i>	29:34
Family-style Baked Omelette with Zucchini and Smoked Salmon	28:101	Smoked Salmon, Warm Roasted Gremolata Potatoes and Asparagus (gf)	44:88	<i>Salmon Medallions on Crisp Potatoes and Wilted Greens (gf)</i>	2:37
Grainy Bread Toasts with Ricotta Feta Whip, Smoked Salmon, Quick Pickled Red Onion and Ca-pers	80:68	Soba Noodles with Hot Smoked Salmon and Soy Dressing	69:126	<i>Salmon and Mint Crushed Broad Beans on Ricotta and Grilled Bread</i>	36:87
Green Soba Noodles with Hot Smoked Salmon and Almond and Wasabi Dressing	46:110	Soft Eggs and Hot Smoked Salmon on Rye Crackers	95:95	<i>Salmon and Pesto Skewers (gf)</i>	27:69
Grilled Pizza with Smoked Salmon, Capers and Mascarpone	39:106			<i>Salmon with a Pistachio and Herb Crust</i>	22:110
Hot Smoked Salmon Filo Tarts with a Watercress and Pecorino Salad	35:103			<i>Salmon, Potato, Green Olive and Fennel Tray Bake (gf)</i>	97:98

<i>Salmon and Potato Salad (gf)</i>	75:100	<i>Christmas Crackers</i>	33:108	Salty Sea Dogs	93:96
<i>Salmon, Prawn and Cider Pies with Scalloped Potatoes</i>	42:66	<i>Salty Peanut, Raisin and Dark Chocolate Bars (gf)</i>	99:100	Scandinavian Fish and Prawn Sandwiches with Mustard Sauce	28:60
<i>Salmon on Roasted Fennel and Carrots with Basil Butter (gf)</i>	25:109	<i>Salty Sea Dogs</i>	93:96	Silky Egg and Smoked Salmon Rolls	101:90
<i>Salmon with Silky Pea Purée and Herb Salad (gf)</i>	94:68	<i>Sambal Chicken, Cucumber and Coconut Salad</i>	94:113	Tuna, Avocado and White Bean Sandwiches	28:59
<i>Salmon Skewers with Fine Herbs (gf)</i>	2:87	<i>Sam's Honey-roasted Duck Legs with Apricots</i>	95:32	Tuna Niçoise Salad Baguette	38:76
<i>Salmon and Wasabi Ravioli in a Makrut Lime Broth</i>	5:110				
<i>Salsa Verde (gf)</i>	93:86	SAMOSAS, GENERAL		Sandwiches: Meat	
<i>Salsa Verde Mayo (gf)</i>	101:67	Spicy Pork Samosas with Dipping Sauce 78:72		Asian Beef and Mountain Bread Wraps	61:113
<i>Salsa Verde (gf) (v)</i>	106:78			Beef, Haloumi and Spinach Gozleme	83:54
SALT COD, GENERAL		SANDWICHES, GENERAL, WRAPS, GENERAL, AND ROLLS, GENERAL (SEE ALSO TOAST-IES)		Chorizo Bocadillo with Sticky Red Wine Onions	95:103
Bunelos de Bacalao	8:107	Sandwiches: Chicken		Croque Madame	97:54
Salt Cod with Orange and Pine Nut Salad	20:67	Chicken and Avocado Mayonnaise Sandwiches	63:85	Croque Madame	100:136
Salt Cod "al pil-pil" - with Garlic and Chilli Peppers (gf)	8:104	Chicken, Egg and Walnut Sandwiches	80:50	Croque Monsieur	87:70
<i>Salt and Pepper Candied Walnuts (gf) (v)</i>	106:84	Chicken Meatball Subs	62:77	Fennel Sausage and Mozzarella Hero Sandwich	45:120
<i>Salt Cod with Orange and Pine Nut Salad</i>	20:67	Chicken and Rocket Mayonnaise Sandwiches	23:76	Filled Mediterranean Pide	9:108
<i>Salt Cod "al pil-pil" - with Garlic and Chilli Peppers (gf)</i>	8:104	Chicken, Tarragon and Lemon Mayo Sandwiches	100:48	Fillet of Beef Rolls with Black Olive and Currant Relish	16:72
<i>Salt-dough Lamb</i>	36:73	Chicken, Walnut and Watercress Sandwiches	32:82	Grilled Steak Sandwich with Caramelised Onions and Mushrooms	88:44
<i>Salt-grilled Prawns with Parsley, Lemon and Garlic Salsa (gf)</i>	53:81	Grilled Capsicum Pesto and Chicken Sandwiches	94:84	Ham, Mozzarella and Wilted Greens 'Croque Monsieur'	66:88
<i>Salt and Pepper Squid</i>	86:103			Hot Ham and Onion Jam Rolls with Molten Cheese	57:101
<i>Salt and Pepper Squid on a Crunchy Thai Salad (gf)</i>	2:36	Sandwiches: Fish and seafood		Hot Ham and Onion Jam Rolls with Molten Cheese	100:136
<i>Salted Caramel and Peanut Butter Chocolate Tarts</i>	55:89	Cajun Fish Rolls with Caper, Tarragon and Mustard Mayo	87:98	Italian Pork Sandwich with Sautéed Greens	69:129
<i>Salted Caramel Peanut Butter Chocolate Tarts</i>	100:160	Crispy Cajun Fish and Prawn Open Sandwich with Remoulade and Fried Capers	44:93	Lamb Sandwich with Fennel Relish	1:72
<i>Salted Caramel Popcorn and Ice Cream Parfait (gf)</i>	75:70	Grilled Salmon Sandwich with Apple Mayo	67:118	Lamb Shawarmas	13:102
<i>Salted Caramel and Roasted Almond Tart</i>	98:102	Jamaican Shrimp Roll	2:33	Manchego Cheese, Serrano Ham and Truffle Sandwiches	20:78
<i>Salted Caramel, Rum and Pear Loaf</i>	49:94	Manuka-smoked Eel Clubs with Wasabi and Cress	5:119	Manchego Cheese, Serrano Ham and Truffle Sandwiches	100:48
<i>Salted Caramel Sauce (gf)</i>	101:68	Our Luxe Smoked Salmon and Egg Mayo Sandwiches	106:64	Picnic Loaf	28:63
<i>Salted Caramel, Whisky and Dark Chocolate Truffles (gf)</i>	57:75	Oyster Po' Boys	28:59	Pork and Lemongrass Banh Mi Burgers	76:74
<i>Salted Caramels (gf)</i>	15:95	Pan Bagna	3:66	Pork Schnitzel Rolls with Apple and Fennel Slaw	76:68
<i>Salted Peanut and Puffed Quinoa Brittle (gf)</i>	69:95	Pan Bagnat	46:58	Pull-apart Ham Rolls	75:96
<i>Salted Preserved Citrus Peels (gf)</i>	84:38	Prawn or Crayfish Brioche with Chilli Lime Mayo	74:80	Reuben Sandwiches	62:81
		Prawn, Crispy Bacon and Mint Slaw Rolls	63:93	Rump Steak and Caramelised Onion Open Sandwiches	21:120
SALTS, GENERAL - SEE TOPPINGS		Prawn and Lime Mayonnaise Sandwiches	51:84	Smoked Brisket Wraps	57:38
		Prawn Sandwiches with Tarragon and Fennel Mayo	69:83	Spiced Lamb and Chickpea Shawarma	63:127
<i>Salty Caramel and Chocolate</i>				Spicy Pork Meatball and Salad Wraps	89:71
				Steak and Rocket Sandwiches	52:92
				Steak Rolls with Horseradish Cream and Caramelised Onions	95:46

Steak Sandwiches with Slaw and Spicy Mayo	64:115	Gado Gado Salad with Cashew Butter and Kimchi Satay Sauce (v)	80:94	Sauce (gf)	63:106
Stromboli	65:95	Peanut Satay and Chilli Sambal Pork Noodles	109:94	Smoky Cashew Sauce (gf, v)	83:106
Turkish Lamb Wraps with Coriander Relish	22:112	Pork and Peanut Satay (gf)	10:112	Tomatillo and Avocado Sauce (gf, v)	93:55
Venison Roast Sandwiches with Feta, Grilled Eggplant and Beetroot Relish	72:45	Satay Beef, Glass Noodle and Lettuce Rolls	21:116	White Barbecue Sauce (gf)	88:48
Vietnamese Sandwiches – Banh Mi Rolls	27:104	Satay Sauce (gf, v)	101:64	Yoghurt and Blue Cheese Dipping Sauce (gf, v)	45:106
Warm Pastrami on Rye	54:88	Satay Tofu Bowl (v)	86:63	Zesty Crema (gf, v)	70:43
Sandwiches: Vegetarian		Spicy Satay Chicken Bites Spiked with Lemongrass	34:59	Sauces: Asian flavours	
Cheesy Mushroom and Tarragon Croque Monsieur (v)	102:102	Stir-fried Satay Beef	82:63	Almond Butter and Curry Satay Sauce (gf, v)	71:31
Coronation Egg Sandwiches	41:104	<i>Satay Beef, Glass Noodle and Lettuce Rolls</i>	21:116	Carrot and Miso Dipping Sauce (v)	74:91
Egg Sandwiches with Caper Mayo and Cress (v)	63:85	<i>Satay Sauce (gf, v)</i>	101:64	Chilli Caramel Sauce	38:69
Lemon and Basil Sandwiches (gf, v)	13:72	<i>Satay Tofu Bowl (v)</i>	86:63	Coriander and Cashew Sauce (gf, v)	3:94
Not Your Average Salad Roll (v)	89:78	<i>Satya's Chicken 65</i>	105:36	Coriander Dipping Sauce	52:64
Rainbow Wraps (v)	95:84	SAUCES, GENERAL (SEE ALSO CONDIMENTS, DRESSINGS, PRESERVES, TOPPING AND VINAIGRETTES)		Coriander Sauce (gf, v)	89:115
Roti Wraps with Falafel, Paprika Mayo and Pickled Carrots (v)	83:96	Sauces: American and South American flavours		Dipping Sauce	34:94
Tandoori Roasted Pumpkin and Chickpea Tortilla Wraps (v)	73:112	Almond Crema (gf, v)	74:64	Ginger and Mirin Dipping Sauce (gf, v)	12:79
Sandwiches: Sweet		Avocado and Jalapeno Sauce (gf, v)	86:104	Green Chilli Nahm Jim (gf)	16:100
Apricot and Whisky Pudding Sandwiches	73:106	Avocado Sauce (gf, v)	17:109	Hoisin Dipping Sauce (v)	89:71
<i>Sang Choy Bao (gf)</i>	9:106	Avocado Sour Cream Sauce (gf, v)	69:129	Hot and Sweet Dipping Sauce (gf, v)	2:57
<i>Sarah's Mum's Chicken Croquettes</i>	108:76	Ball Park Mustard Barbecue Sauce (gf)	52:101	Hot and Sweet Dipping Sauce (gf, v)	55:97
<i>Sarah's Ridiculous Peanut Butter Ice Cream (gf)</i>	91:87	Barbecue Sauce (gf)	58:78	Hot and Sweet Dipping Sauce (gf, v)	100:178
<i>Sarah Tuck's Old-fashioned Chicken Noodle Soup</i>	98:64	Blue Cheese Dipping Sauce (gf)	62:79	Kimchi Satay Sauce	80:94
<i>Sarah Tuck's Waiheke Fig Pizza</i>	102:72	Chimichurri Sauce (gf, v)	46:69	Korma Peanut Sauce (gf, v)	37:92
SARDINES, GENERAL		Devilled Sauce Glaze	38:98	Lemon and Wasabi Sauce (v)	26:73
Sicilian Spaghetti with Saffron, Sardines and Fennel	90:61	Feta, Sour Cream and Coriander Sauce (gf, v)	49:85	Lime and Mango Dipping Sauce (gf, v)	25:106
<i>Sashimi Fish, Prawn Custard, Salmon Roe, Garlic Crisps (gf)</i>	42:55	Green Goddess Sauce (gf, v)	40:54	Miso and Sesame Dipping Sauce (v)	78:96
<i>Sashimi Plate with Tamari</i>	107:22	Honey Barbecue Sauce (gf, v)	82:76	Nuoc Cham	38:73
<i>Sashimi with Tamari and Wasabi Dipping Sauce (gf)</i>	87:44	Hot Sauce (v)	32:84	Nuoc Cham	40:62
SATAY, GENERAL		Jalapeno Pickle and Coriander Sauce (gf, v)	94:84	Nuoc Leo – Vietnamese Peanut Sauce	5:84
Braised Nutty Satay Chicken	104:78	Lime and Coriander Crema (gf, v)	64:101	Nuoc Mam	32:107
Chicken Satay Skewers with Hainanese Chicken-infused Rice	89:74	Lime Crema (gf, v)	44:70	Nuoc Mam Dipping Sauce	4:93
Gado Gado with Almond Butter and Curry Satay Sauce (gf, v)	71:31	Lime Crema (gf, v)	70:97	Nuoc Mam Dipping Sauce	5:54
		Mexican Green Sauce (gf, v)	74:58	Raw Kasundi Sauce (gf, v)	61:46
		Mojo Picon (gf, v)	56:123	Satay Sauce (gf, v)	101:64
		Peach and Chipotle Barbecue Sauce	94:88	Satay Sauce	104:60
		Pineapple and Honey Mustard Barbecue Sauce (gf)	90:110	Soy and Black Vinegar Dipping Sauce (gf, v)	98:49
		Red Chimichurri (gf, v)	61:81	Soy, Chilli and Ginger Dipping Sauce (v)	38:71
		Smoky Barbecue Sauce	52:102	Soy and Daikon Dipping Sauce (v)	50:78
		Smoky Bourbon Barbecue		Soy and Ginger Dipping Sauce (v)	104:108
				Soy and Lime Cream (v)	66:76
				Soy and Lime Dipping Sauce (v)	68:64
				Soy and Lime Dipping Sauce (v)	74:86
				Soy and Lime Dipping Sauce (v)	100:72
				Soy and Mustard Drizzle (v)	17:103
				Spiced Coconut and Tomato Sauce (gf, v)	74:104

Spicy Peanut Sauce	78:75	Mustard Sauce (gf, v)	28:60	Sauce (gf, v)	72:73
Spicy Peanut Sauce (gf, v)	83:98	Porcini and Tomato Sauce (gf, v)	4:108	Dill Yoghurt Sauce (gf, v)	42:93
Sweet Chilli and Ginger Sauce (v)	78:64	Red Sauce (v)	10:75	Fiery Sauce (gf, v)	5:69
Sweet Chilli and Lime Sauce	26:73	Red Wine and Balsamic Sauce	27:86	Garlic Yoghurt Sauce (gf, v)	102:102
Sweet Chilli and Peanut Dipping Sauce (gf)	15:77	Red Wine and Balsamic Sauce	100:76	Lime and Tahini Yoghurt Sauce (gf, v)	36:87
Sweet'n'Spicy Dipping Sauce (v)	78:72	Red Wine and Berry Pan Sauce (gf)	60:111	Minted Yoghurt Sauce (gf, v)	31:105
Tamari and Wasabi Dipping Sauce (gf, v)	87:44	Red Wine and Cherry Sauce (gf)	36:59	Pomegranate Sauce (gf, v)	21:83
Tamarind and Plum Sauce (gf, v)	27:96	Red Wine Sauce (gf)	30:85	Saffron Yoghurt (gf, v)	80:50
Tony Tan's Sweet Chilli Sauce (gf, v)	2:83	Red Wine Sauce (gf)	33:93	Salted Yoghurt, Mint and Tahini Sauce (gf, v)	83:78
Umeboshi Plum Sauce (v)	50:82	Remoulade (gf, v)	44:93	Tahini Sauce (gf, v)	42:93
		Roasted Capsicum and Almond Sauce (gf, v)	16:100	Tahini Sauce (gf, v)	52:61
		Roasted Capsicum and Hazelnut Sauce (v)	28:70	Tahini Yoghurt Sauce (gf, v)	7:90
Sauces: French and Mediterranean flavours		Roasted Tomato Sauce (gf, v)	7:95	Tarator Sauce (v)	84:87
Almond and Lemon Sauce	40:58	Rocket and Walnut Sauce (v)	2:36	Warm Yoghurt Sauce (gf)	84:91
Anchovy Walnut Cream (gf)	62:65	Romesco Sauce (gf, v)	20:89	Yoghurt and Fresh Tomato Sauce (gf, v)	70:82
Apple and Shallot Sauce (gf)	30:107	Romesco Sauce (gf, v)	81:44	Yoghurt Herb Sauce (gf, v)	99:94
Artichoke, Vermouth and Oregano Sauce (gf)	25:63	Romesco Sauce (gf, v)	92:30	Yoghurt Sauce (gf, v)	12:98
Bacon and Red Wine Sauce	19:83	Salmorejo Sauce (v)	20:65	Yoghurt Sauce (gf, v)	41:100
Blended Bolognese Sauce (gf)	92:73	Sauce Vierge (gf, v)	27:86	Yoghurt Tahini Sauce (gf, v)	84:100
Caper, Anchovy and Rosemary Sauce (gf)	52:63	Sicilian Sweet and Sour Sauce (gf)	25:63		
Cashew Hollandaise (gf, v)	79:106	Smoked Tomato Sauce (gf, v)	84:60	Sauces: Sweet	
Cherry and Red Wine Sauce (gf)	20:51	Soubise Sauce (v)	19:70	Apple Cider Caramel Sauce (gf)	104:86
Cherry and Red Wine Sauce (gf)	27:66	Spicy Gazpacho Sauce (gf, v)	15:76	Berry Sauce (gf)	72:100
Cherry Tomato, Black Olives, Caper and Basil Sauce (v)	40:58	Spicy Tomato Sauce (gf, v)	11:85	Blackberry and Chia Sauce (gf)	75:84
Chestnut and Red Wine Sauce	18:84	Store Cupboard Tomato Sauce (gf, v)	90:14	Blueberry Sauce (gf)	32:100
Cooling Sauce (gf, v)	5:69	Tartare Dipping Sauce	81:48	Blueberry Sauce (gf)	51:95
Cranberry and Red Wine Mostada (gf)	18:120	Tartare Sauce (gf, v)	88:32	Boozy Caramel Sauce (gf)	99:109
Five Quick Pan Sauces	25:63	Tartare Sauce (gf, v)	94:104	Boozy Chocolate Sauce (gf)	101:68
Fresh Tomato Sauce (gf, v)	34:70	Tartare Sauce (gf, v)	100:204	Boozy Rum Fudge Sauce (gf)	97:74
Gorgonzola Sauce (gf, v)	41:77	Three Herb and Caper Sauce (gf, v)	61:81	Butterscotch Glaze (gf)	94:120
Grape and Rosemary Sauce (gf)	25:66	Tomato, Anchovy and Black Olive Sauce (gf)	25:66	Caramel Sauce (gf)	9:110
Green Herb and Caper Sauce (gf, v)	105:70	Tomato and Leek Sauce	80:55	Caramel Sauce (gf)	61:91
Green Peppercorn and Horseradish Hollandaise (gf, v)	54:63	Tomato Red Wine Sauce (gf, v)	19:113	Caramel Sauce (gf)	98:98
Green Sauce (gf, v)	76:51	Tzatziki (gf, v)	2:32	Caramel Tahini Sauce (gf)	64:98
Green Sauce (gf, v)	84:62	Tzatziki (gf, v)	58:77	Chilli-Vanilli Sauce	51:58
Gribiche Sauce (gf, v)	41:106	Zesty Herb Sauce (gf)	99:38	Chocolate Caramel Sauce (gf)	96:90
Hazelnut and Sage Brown Butter (gf, v)	96:74			Chocolate Fudge Sauce (gf)	25:79
Herb and Caper Sauce (gf, v)	54:109	Sauces: Gravy		Chocolate Fudge Sauce (gf)	50:116
Herb and Mustard Sauce (gf, v)	33:116	Caramelised Onion Gravy	31:69	Chocolate Fudge Sauce (gf)	63:87
Herb Sauce (gf, v)	102:68	Gravy	45:76	Chocolate Fudge Sauce (gf)	67:99
Lemon and Parmesan Sauce (gf)	31:82	Guinness Gravy	24:57	Chocolate Fudge Sauce (gf)	91:84
Lemon Yoghurt Sauce (gf, v)	32:111	Onion Gravy	43:112	Chocolate Salted Caramel Sauce	110:126
Mint Béarnaise (gf, v)	35:89	Onion and Red Wine Gravy	97:50	Chocolate Sauce (gf)	43:99
Mushroom and Marsala Sauce (gf, v)	25:66			Chocolate Sauce (gf)	47:100
Mustard Sauce (gf, v)	8:86	Sauces: Middle Eastern flavours		Chocolate Chilli Sauce (gf)	105:62
Mustard Sauce (gf)	22:114	Avocado and Tahini Dipping Sauce (gf, v)	45:105	Espresso Chocolate Salted Caramel Sauce (gf)	110:104
		Coriander, Yoghurt and Tahini		Frangelico-spiked Chocolate Sauce (gf)	83:67
				Fudge Sauce (gf)	62:85

Fudge Sauce (gf)	94:60	Sour Cream Dressing (gf, v)	80:82	soups and other one-pot classics
Fudgy Chocolate Sauce (gf)	106:110			
Ginger Caramel Sauce (gf)	72:87	<i>Saucy Chicken and Rocket Meatballs</i>	17:106	Cheat's Cassoulet with Pork, Duck and Sausage
Ginger Salted Caramel Sauce (gf)	79:68			85:41
Mulled Wine Sauce (gf)	104:96	<i>Saucy Chocolate Pudding with Toasted Almonds</i>	31:98	Cheat's Cassoulet with Pork, Duck and Sausage
Orange Caramel Sauce (gf)	15:107			100:76
Raspberry Coulis (gf)	36:64	SAUERKRAUT, GENERAL		Chicken and Sausage Jambalaya (gf)
Raspberry Coulis (gf)	63:87			12:87
Raspberry Sauce (gf)	101:68	Herby Sauerkraut Mash Potatoes (gf, v)	99:106	Cuban Black Bean and Smoked Sausage Soup
Raw Cacao Sauce (gf)	58:96			23:107
Rum Caramel Sauce (gf)	88:68	Kumara and Sauerkraut Rosti with Smoked Fish and Horseradish Cream	80:92	Erwtensoeop (Dutch Split Pea Soup with Sausage) (gf)
Rum and Coconut Caramel Sauce (gf)	54:77			66:123
Rum'n'Raisin Caramel Sauce (gf)	102:80	Pierogi (Polish Dumplings) (v)	84:70	Lamb Sausage and Red Wine Ragu (gf)
Salted Apple Caramel Sauce (gf)	78:120			32:95
Salted Caramel (gf)	51:108	Red Cabbage Sauerkraut, Hazelnut, Salami and Gruyere Cheese Toastie	66:87	Lentil and Spicy Sausage Soup (gf)
Salted Caramel Sauce (gf)	62:97			41:112
Salted Caramel Sauce (gf)	63:87	Sauerkraut and Two-cheese Toasties (v)	103:50	Merguez Sausage and Green Olive Tagine (gf)
Salted Caramel Sauce (gf)	79:60			60:91
Salted Caramel Sauce (gf)	85:128	Scrambled Eggs with Broccolini and Sauerkraut (v)	99:58	Minestrone Soup with Italian Sausage
Salted Caramel Sauce (gf)	101:68			91:46
Salted Caramel Sauce (gf)	104:142	Sliced Pastrami with Red Kraut (gf)	79:54	Pork and Fennel Sausage Ragu with Polenta
Toffee Sauce (gf)	31:96			91:35
Toffee Sauce (gf)	104:96	Smoky Tomato and Black Bean Soup with Aged Cheddar and Sauerkraut Toasties	85:50	Sausage and White Bean 'Cassoulet' (gf)
Warm Salted Chocolate Sauce (gf)	104:96			49:111
Warm Toffee Sauce (gf)	37:62	<i>Sauerkraut and Two-cheese Toasties (v)</i>	103:50	Smoky Chipotle Pumpkin Soup with Sizzled Sausages and Chickpeas
Whisky Caramel Sauce (gf)	104:94			97:46
Whisky Chocolate Sauce	61:91	<i>Sausage, Apple and Parmesan Danish</i>	60:99	Winter Vegetable, Orzo and Porcini Minestrone
				36:97
		<i>Sausage Coil with Charred Broccolini and Avocado and Olive Salsa (gf)</i>	88:46	Winter Vegetable Soup with Sizzled Sausages
				55:111
		<i>Sausage, Mushroom and Sage Pizza Bianco</i>	18:79	
Sauces: Other				Sausages: Chinese sausage
Apple and Saffron Sauce (gf, v)	26:60	SAUSAGE ROLLS, GENERAL		Char Kway Teow
The Bell Family's Plum Sauce Recipe (gf, v)	11:103			105:113
Cashew and Horseradish Cream (gf, v)	66:103	Bacon Sausage Roll	54:46	Chinese Sausage and Mung Bean Stir-fry
Cashew Nut and Tahini Cream (v)	69:85			98:84
Crushed Apple and Ginger Sauce (gf, v)	37:95	Moroccan Lamb Rolls	39:126	Clams with Chinese Sausage and Spring Onions
Feta and Yoghurt Sauce (gf, v)	4:84			30:90
Ginger and Lime Yoghurt (gf, v)	39:122	Pork, Carrot and Zucchini Sausage Rolls	95:42	
Horseradish Cream (gf, v)	61:81			Sausages: Hotdogs, sandwiches and tarts
Horseradish Cream (gf, v)	80:92	Spiced Lamb Sausage Rolls	102:110	Fennel Sausage and Mozzarella Hero Sandwich
Horseradish Cream (gf)	85:41			45:120
Horseradish Sauce (gf, v)	24:60	<i>Sausage, Spaghetti and Herb Frittata</i>	16:93	French Onion Dogs
Horseradish Sauce (gf, v)	43:59			97:54
Horseradish Sauce (gf, v)	75:59	<i>Sausage and White Bean 'Cassoulet' (gf)</i>	49:111	Hotdogs with Caraway and Pale Ale Onions
Horseradish Sauce (gf, v)	100:72			60:95
Horseradish and Watercress Cream (gf, v)	30:62	SAUSAGES, GENERAL		Italian Sausage Burgers with Red Onion Jam
Mint and Yoghurt Sauce (gf) (v)	106:104			38:97
Quince Sauce (gf)	20:96	Sausages: Black pudding		Italian Sausage Meatball Sliders
Roasted Apple Sauce (gf, v)	9:99	Black Pudding with Kumara and Apple Rosti (gf)	18:78	54:88
Silky Vanilla Bean Custard	110:106			Mixed Greens and Sausage Torta
		Warm Black Pudding Sausage and White Bean Salad (gf)	60:97	65:75
				Reuben Deli Dogs
		Sausages: Casseroles, ragu,		97:53
				Rustic Sausage Meat and Mushroom Tartlets
				21:90
				Sausage, Apple and Parmesan Danish
				60:99
				Sausages: 'Nduja

Calabrian Nduja, Fried Garlic Bread and Soft Egg Soup	98:66	Sausages and Paris Mash with Onion and Red Wine Gravy	97:50	<i>Blue Cheese Salad (gf)</i>	29:78
'Nduja Linguine with Burrata	109:84	Sausages, Sauteed Potatoes and Red Sauce	10:75	<i>Sauteed Potatoes with Tomato, Cumin and Dill (gf, v)</i>	18:96
Nduja Pasta with Guanciale, Olives and Baby Kale	93:108	Spicy Lamb Sausages with White Bean Hummus	32:114	<i>Sauteed Zucchini with Herb and Pine Nut Crumbs (v)</i>	105:68
'Nduja Risotto with Mascarpone and Parmesan	108:72	Venison Sausages with Chestnut and Red Wine Sauce	18:84	<i>Savoury Granola Clusters (v)</i>	57:98
Pizza with Spicy Nduja and Tomato	97:105			<i>Savoury Mushrooms on Bruschetta</i>	41:109
Sausages: Pasta, pizza and flatbread		Sausages: Traybakes		<i>Savoury Steel-cut Porridge (vf)</i>	74:76
Baked Penne with Sausages and Spinach	29:100	Baked Calasparra Rice with Spicy Sausage (gf)	72:98	<i>Sbriciolona - Italian Spiced Orange Shortbread</i>	27:84
Chunky Pasta with Sausage, Olives and Tomatoes	65:84	Sizzled Sausages and Chickpeas (gf)	97:46	<i>Scallop and Chorizo Tapas</i>	58:86
Italian Sausage and Spinach Filled Pasta	60:97	Smoky Beans, Bacon and Sausage Tray Bake	97:46	<i>Scallop and Rocket Dumplings</i>	5:86
Lamb Merguez Sausage, Mozzarella and Spinach Pizza	71:74			<i>Scallop and Salmon Carpaccio with Apple and Walnut Salad (gf)</i>	14:106
Lamb Sausage and Pita Flatbreads	25:97	Sausages: Other		<i>Scallop Tostadas (gf)</i>	63:97
Pizza with Fennel Sausage, Tomato and Mozzarella Salad	15:123	Arles Sausage (gf)	3:105		
Pork Sausage Meatball Lasagne	93:62	Chicken Stuffed with Italian Sausage and Red Onions	13:100	SCALLOPS, GENERAL	
Pork Sausage, Silverbeet and Red Onion Pasta	23:97	Crisp Pork and New Potato Salad (gf)	50:68	Barbecued Scallops with Miso Dressing (gf)	94:104
Ricotta Gnocchi with Italian Sausage and Tomato Sauce	9:102	Italian Sausage, Broccoli and Pea Frittata (gf)	57:113	Barbecued Scallops with Miso Spring Onion Butter	62:119
Roasted Vegetable and Sausage Pasta	24:70	Merguez Sausage and Eggplant Kebabs with Pomegranate Dressing	22:74	Chicken and Scallop Fritters with Spicy Gazpacho Sauce	15:76
Sausage, Mushroom and Sage Pizza Bianco	18:79	Panzanella with Crispy Sausage and Bocconcini	63:129	Grilled Scallops with Miso Dressing	50:86
Spicy Sausage, Pepperdew and Silverbeet Penne	47:62	Poached Cotechino with Puy Lentil, Beetroot and Goat's Cheese Salad (gf)	18:82	Grilled Scallops with Miso Dressing (gf)	100:48
		Roast Chickens with Fennel Sausage and Prune Stuffing (gf)	87:51	Pancetta-wrapped Scallops with Saffron and Herb Risotto (gf)	14:104
Sausages: Served as a main with sides		Sausage, Spaghetti and Herb Frittata	16:93	Prawn or Scallop Tarts with Asparagus and Aioli	45:79
Bistro Chicken Sausages on Puy Lentils	97:46	Toad in the Hole with Dark Ale Roasted Onions	18:76	Scallop and Chorizo Tapas	58:86
Chicken Sausages with Lentils, Walnuts and Feta (gf)	60:95	Tuscan Chicken and Sausage Spiedini	40:82	Scallop and Rocket Dumplings	5:86
Fennel Sausages with Algerian Potatoes (gf)	18:83			Scallop and Salmon Carpaccio with Apple and Walnut Salad (gf)	14:106
Fried Eggs and Roasted Capsicums with Mozzarella and Harissa (gf)	21:110	<i>Sausages and Paris Mash with Onion and Red Wine Gravy</i>	97:50	Scallop Tostadas (gf)	63:97
Lentils with Cavolo Nero and Sausage	77:35	<i>Sausages, Sauteed Potatoes and Red Sauce</i>	10:75	Scallops and Bacon on Grilled Corn and Basil Salad (gf)	39:102
Merguez Sausage with Herbed Polenta and Roasted Tomatoes (gf)	18:76	<i>Sauteed Brussels Sprouts with Bacon and Almonds (gf)</i>	31:110	Scallops in Crispy Pancetta (gf)	106:64
Oven-baked Potato Rosti, Sausages and Onion Gravy	43:112	<i>Sauteed Cauliflower and Rocket Salad (gf, v)</i>	30:105	Scallops with Black Bean Sauce, Red Capsicum and Udon Noodles	46:107
Pork and Fennel Sausages with Rocket and Pear Salad	80:82	<i>Sauteed Chicken with Spinach and Ham and Oven Fries</i>	16:88	Scallops with Brown Butter and Hazelnuts (gf)	22:95
Puy Lentils with Sausages and Mushrooms (gf)	13:86	<i>Sauteed Fish with Two Pan Sauces</i>	40:58	Scallops with Roasted Asparagus and Tomato Dressing (gf)	27:86
Sausage Coil with Charred Broccolini and Avocado and Olive Salsa (gf)	88:46	<i>Sauteed Mixed Greens with White Wine and Lemon (gf, v)</i>	92:68	Scallops with Spaghetti and Crisp Bacon Crumbs	22:94
		<i>Sauteed Mushrooms with Red Lentils and Poached Eggs (v)</i>	25:93	SPQR's Oven-baked Scallops	99:40
		<i>Sauteed Pears, Prosciutto and</i>		Steamed Scallops with Ginger and Soy (gf)	14:104
				Warm Scallop and Fennel Tarts with Roasted Garlic and Saffron Aioli	6:100
				Zucchini, Scallop and Bacon Kebabs with Fresh Tomato Sauce (gf)	34:70

<i>Scallops and Bacon on Grilled Corn and Basil Salad (gf)</i>	39:102
<i>Scallops in Crispy Pancetta (gf)</i>	106:64
<i>Scallops with Black Bean Sauce, Red Capsicum and Udon Noodles</i>	46:107
<i>Scallops with Brown Butter and Hazelnuts (gf)</i>	22:95
<i>Scallops with Roasted Asparagus and Tomato Dressing (gf)</i>	27:86
<i>Scallops with Spaghetti and Crisp Bacon Crumbs</i>	22:94
<i>Scandinavian Fish and Prawn Sandwiches with Mustard Sauce</i>	28:60
<i>Schiacciata Alla Fiorentina</i>	3:74

SCHNITZEL, GENERAL

The Best Crispy Chicken Schnitzel (gf) 99:106	
Cheesy Herb Pork Schnitzel	50:115
Chicken Schnitzel	42:106
Chicken Schnitzel	102:68
Crumbed Pork Schnitzel with Spinach, Orange and Hazelnut Salad	28:95
Falafel Chicken Schnitzel (gf)	55:113
Polenta-crumbed Pork Schnitzel with Apple and Cabbage Coleslaw	33:117
Pork Schnitzel (gf)	79:74
Pork Schnitzel with Pickled Red Slaw	71:111
Pork Schnitzel Rolls with Apple and Fennel Slaw	76:68
Puffed Quinoa and Cashew Pork Schnitzel with Parsnip and Tahini Mash (gf)	68:97
Quinoa, Pistachio and Herb Schnitzel with Herb Slaw (gf)	80:42

SCONES, GENERAL

Apple, Allspice and Cheddar Scones	48:81
Blueberry, Lemon and Cinnamon Scones	12:68
Cheddar and Chive Scones (v)	56:111
Cheddar, Smoked Paprika and Sage Scones	68:109
Cheddar, Smoked Paprika and Sage Scones	100:148
Chorizo, Aged Cheddar and Roasted Walnut Scones	103:84
My Best Date, Orange and Custard Scones	109:56
Pumpkin Spice Coffee Scones	102:108
Quick Raspberry Swirls with Vanilla Glaze	62:95
Raspberry Streusel Scones	90:66
Three-cheese Scones	88:76

<i>Scorched Eggplant, Tuna and White Bean Dip (gf)</i>	65:91
<i>Scotch Fillet Steaks with Mozzarella and Avocado Salad (gf)</i>	57:117
<i>Scrambled Eggs with Broccolini and Sauerkraut (v)</i>	99:58
<i>Scrumptious Crumpets</i>	68:81
<i>Sea Salt and Caramel Brittle Custard Slice</i>	67:96

SEAFOOD, GENERAL - PLEASE SEE THE SPECIFIC PROTEIN, E.G., FISH, MUSSELS, PRAWNS.... ITEMS CONTAINING A MIX ARE LISTED UNDER ALL RELEVANT SECTIONS

<i>Seafood Paella (gf)</i>	64:101
<i>Seafood Paella (gf)</i>	76:61
<i>Seafood Platter(includes Oysters with Soy Dipping Sauce, Steamed Mussels with Herb and Caper Dressing, Spiced Prawns and Raw Fish Salad)</i>	69:105
<i>seafood San Choy Bao</i>	56:47
<i>Seafood Stew with Chermoula, Potatoes and Olives (gf)</i>	43:86
<i>Seafood and Tomato Saffron Broth (gf)</i>	36:92
<i>Seafood, White Bean and Chorizo Stew (gf)</i>	88:40
<i>Seared Asparagus with Crunchy Hazelnut and Citrus Crumbs (gf, v)</i>	94:54
<i>Seared Beef Carpaccio</i>	24:63
<i>Seared Beef with Wasabi and Lime Dressing</i>	39:73
<i>Seared Lamb Cutlets on Farro with Mint, Spinach and Baby Roast Vegetables</i>	73:84
<i>Seared Salmon and Prawns with a Lemongrass and Coconut Broth (gf)</i>	96:100
<i>Seared Salmon with a Soy and Mustard Drizzle</i>	27:37
<i>Seared Salmon, Tarragon Butter and Warm Potato Salad (gf)</i>	9:77
<i>Seared Steak and Chimichurri Sliders</i>	102:54
<i>Seared Tuna with Agrodolce, Lentils and Rocket (gf)</i>	103:28
<i>Seared Tuna with Ceviche Dressing (gf)</i>	36:104
<i>Seared Tuna with Salsa Verde (gf)</i>	71:62
<i>Seared Tuna with a Soy and Mustard Drizzle</i>	17:103
<i>Seared Tuna with Stimpirata Dressing (gf)</i>	9:84

<i>Seed Mix (gf, v)</i>	99:54
<i>Seeded Chicken Schnitzel</i>	107:54
<i>Seeded Crunchy Chicken with Japanese Slaw</i>	86:51
<i>Seeded Slaw (gf, v)</i>	88:52
<i>Seedy Apricot, Tahini and Carrot Bliss Balls (gf) (v)</i>	107:82
<i>Seedy Crackers with Paprika and Fennel (gf, v)</i>	66:103
<i>Seedy Nut Mix (gf, v)</i>	99:54
<i>Seedy, Nutty Chocolate Block (gf)</i>	96:94
<i>Seedy Spiced Ginger and Pumpkin Loaf (gf)</i>	103:78
<i>Selection of Cured Spanish Meats and Sausage (gf)</i>	20:81
<i>Self-saucing Banana Butterscotch Pudding</i>	30:106
<i>Self-saucing Ginger, Date and Walnut Pudding</i>	72:88
<i>Self-saucing Pear and Butterscotch Puddings</i>	78:86

SEMIFREDDO, GENERAL - SEE ICE CREAM, FROZEN YOGHURT, SHERBET AND SEMIFREDDO

SEMOLINA, GENERAL (SEE ALSO POLENTA)

Baked Semolina Gnocchi	32:95
Basbousa	84:81
Orange, Almond and Semolina Cake with Lemon, Rosemary and Fennel Seed Syrup	35:64
Orange and Semolina Syrup Cake with Fresh Orange and Date Salad	30:79
Semolina and Chocolate Pudding	56:81
Semolina Gnocchi (v)	97:54
Semolina Gnocchi with Crispy Sage, Hazelnuts and Soft Cheese (v)	93:62
Semolina Gnocchi with Crispy Sage, Hazelnuts and Soft Cheese (v)	100:202
Semolina Gnocchi with Roasted Walnut Pesto (v)	110:48
<i>Semolina and Chocolate Pudding</i>	56:81
<i>Semolina Gnocchi (v)</i>	97:54
<i>Semolina Gnocchi with Crispy Sage Hazelnuts and Soft Cheese (v)</i>	93:62
<i>Semolina Gnocchi with Crispy Sage Hazelnuts and Soft Cheese (v)</i>	100:202
<i>Semolina Gnocchi with Roasted Walnut Pesto (v)</i>	110:48
<i>Senfei (Mustard Eggs) (gf)</i>	66:121

SERRANO HAM, GENERAL (SEE ALSO PROSCIUTTO)

Manchego Cheese, Serrano Ham and Truffle Sandwiches **20:78**

Manchego Cheese, Serrano Ham and Truffle Sandwiches **100:48**

Rocket Salad with Serrano Ham, Manchego Cheese and Hazelnuts (gf) **20:86**

Serrano Ham and Asparagus Rolls (gf) **51:84**

Serrano Ham and Asparagus Rolls (gf) **51:84**

SESAME, GENERAL (note these are only recipes where it is a major ingredient!)

Banana, Citrus and Sesame Seed Loaf (gf) **91:97**

Crispy Salt, Sesame Seed and Szechuan Pepper Tofu Bites (v) **95:96**

Gochujang and Sesame Rump Steak **101:52**

Honey and Ginger Roasted Apricots, Ricotta and Sesame Crisp (gf) **40:86**

Honey, Sesame and Citrus Gluten-free Shortbread (gf) **74:100**

Korean Sesame Grilled Beef and Mushrooms **28:66**

Miso and Sesame Mayo (gf, v) **101:68**

Nougat Sesame Biscuits with Honey Roasted Peaches (gf) **33:94**

Peanut, Sesame and Chilli Noodles (v) **98:91**

Pistachio Halva Ice Cream with Caramel Tahini Sauce (gf) **64:98**

Poppy and Sesame Seed Oatcakes **33:109**

Quail Eggs with Roasted Sesame Salt (gf, v) **6:107**

Roasted Nut, Sesame Seed and Miso Caramel Tart **105:82**

Sesame Beef **26:100**

Sesame Crunch Chicken Tacos, Cos, Avocado and Zesty Crema **70:43**

Sesame and Furikake Tuna **63:97**

Sesame Lavosh and Summer Herb Spread **75:83**

Sesame Peanut Dukkah (gf, v) **2:87**

Sesame Prawn Toast, 108:106

Sesame Salmon with Green Tea Rice (gf) **50:85**

Sesame Seed, Fennel and Coriander Crisps (gf) **45:96**

Spiced Sesame and Honey Tarrone **29:88**

Sticky Date, Sesame and Ginger Caramel (gf) (pb) **107:84**

Sticky Sesame Prawns **40:78**

Toasted Coconut and Sesame Sprinkle (gf) (pb) **107:72**

Toasted Sesame Praline (gf) **106:114**

Toasted Sesame and Spring Onion Flatbreads (v) **78:57**

Toffee Bananas with Toasted Sesame Seeds **84:79**

Vanilla and Cinnamon Frozen Banana Yoghurt with Sticky Date, Sesame and Ginger Caramel (gf) **107:84**

Sesame Beef **26:100**

Sesame Crunch Chicken Tacos, Cos, Avocado and Zesty Crema **70:43**

Sesame and Furikake Tuna **63:97**

Sesame Lavosh and Summer Herb Spread **75:83**

Sesame Peanut Dukkah (gf, v) **2:87**

Sesame Prawn Toast **108:106**

Sesame Salmon with Green Tea Rice (gf) **50:85**

Sesame Seed, Fennel and Coriander Crisps (gf) **45:96**

Sformata di Ricotta - Baked Ricotta (gf) **3:89**

SHALLOTS, GENERAL

Beef and Caramelised Shallot Pies with Cauliflower Tops **30:64**

Braised Chicken with Shallots, Peas and Apples (gf) **31:77**

Brunch Salad of Roasted Shallots, Bacon, Croutons and Soft-boiled Eggs **24:75**

Caramelised Shallot Dip (gf, v) **102:50**

Carrot and Tofu Dumplings in Broth with Chilli and Shallot Oil (v) **85:83**

Chicken Braised with Red Wine Vinegar and Shallots (gf) **13:95**

Chicken with Preserved Lemon and Shallots (gf) **8:78**

Kolo Mee - Sarawak Noodles **37:118**

Oysters with Champagne and Shallot Dressing (gf) **39:68**

Parmesan Tarts with Caramelised Shallots (v) **15:75**

Pork Fillet with Apples and Shallot Sauce (gf) **30:107**

Prawn and Shallot Curry (gf) **104:72**

Roti with Salt and Pepper Tofu, Spicy Peanut Sauce and Quick Pickled Shallots (v) **83:98**

Spiced Lamb Shoulder with Dates and Shallots on Couscous **42:97**

Sweet and Sour Shallots (gf, v) **19:67**

Venison Lerb Salad with Crispy Shallots **66:107**

Warm Roasted Potato and Shallots with Mustard Dressing (gf, v) **57:70**

Shanghai-style Braised Whole Snapper **85:42**

Shaved Asparagus and Chickpea Salad with Soft Eggs (gf, v) **62:69**

Shaved Asparagus, Frisée and Walnut Salad (gf,v) **1:69**

Shaved Asparagus and Green Apple Salad with Mint Dressing (gf, v) **38:56**

Shaved Brussels Sprouts and Cracked Wheat Tabbouleh Bowl (v) **66:69**

Shaved Cabbage and Mint Slaw (gf, v) **102:98**

Shaved Cabbage Slaw with Grapefruit (gf, v) **74:66**

Shaved Cabbage with Soy and Lemon Dressing (v) **50:78**

Shaved Fennel and Stracciatella Salad **109:26**

Shaved Raw Salad (gf, v) **53:102**

Shaved White Salad with Wasabi Vinaigrette (gf, v) **52:77**

Sheet-pan Coconut and Raspberry Hotcakes (gf) **89:86**

Shell Pasta with Chicken, Olives and Tomatoes **83:48**

Shellfish Platter with Dipping Sauces (gf) **16:100**

SHERBET, GENERAL - SEE ICE CREAM, FROZEN YOGHURT, SHERBET AND SEMIFREDDO

SHERRY, GENERAL

Chicken Scallopini with Almonds, Ham and Sherry **20:111**

Duck with Green Olives and Sherry on a Saffron Paella (gf) **7:85**

Gruyere Toasts with Sherried Mushrooms and Sizzled Pancetta **35:71**

Monkfish with Clams, Sherry and White Beans **20:65**

Mushrooms with Sherry and Cream (gf) **97:86**

Pedro Ximénez and Raisin Ice Cream (gf) **20:99**

Pedro Ximénez Sherry and Raisin Tart **35:62**

Pumpkin, Sherry and Chickpea Soup (v)	7:67	<i>Sicilian-style Meatballs and Eggplant on Soft Polenta (gf)</i>	110:46	Salad (gf, v)	75:38
Roast Pork Belly with Quince Sauce (gf)	20:96	<i>Sicilian Swordfish Rolls</i>	11:62	Wilted Greens with Fried Chickpeas (gf, v)	29:104
Sherry Raisin Chocolate Brownie	55:86	<i>Sid's Saffron Chicken Kebabs with Raita (gf)</i>	107:26	<i>Simnel Loaf</i>	108:56
Vine Tomatoes Roasted with Sherry (gf, v)	20:79	<i>Silky Chocolate and Hazelnut Budino with Amaretti Crumb and Salted Caramel Gelato</i>	109:45	<i>Simple Country Terrine (gf)</i>	36:55
<i>Sherry Raisin Chocolate Brownie</i>	55:86	<i>Silky Egg and Smoked Salmon Rolls</i>	101:90	<i>Simple Fish Bouillabaisse (gf)</i>	25:88
<i>Shiitake Miso Broth with Eggplant Noodles and Market Fish</i>	80:87	<i>Silky Vanilla Bean Custard</i>	110:106	<i>Simple Pork Terrine (gf)</i>	59:63
<i>Shiitake, Miso Soup with Chicken Dumplings (gf)</i>	11:78	<i>Silverbeet, Chilli and Lemon-stuffed Flatbreads (v)</i>	107:102	<i>Simple Rhubarb Tarts</i>	62:110
<i>Shiitake Mushroom and Cabbage Gyoza (v)</i>	98:88	SILVERBEET, GENERAL (SEE ALSO KALE AND SPINACH)		<i>Simple Roman Spaghetti Carbonara</i>	91:64
SHORTBREAD, GENERAL - SEE BISCUITS: SWEET		Bacon Hock, Butter Bean and Silverbeet Soup (gf)	110:68	<i>Simple Tapas</i>	20:81
<i>Shortbread</i>	88:82	Baked Feta with White Beans and Wilted Greens (v)	79:72	<i>Siouxie's Sticky Banana, Dark Chocolate and Spiced Streusel Loaf</i>	99:30
<i>Shortcrust Pastry</i>	42:41	Baked Pasta with Mushrooms, Leeks and Silverbeet (v)	35:58	<i>Sizzled Basil Tomatoes (gf, v)</i>	70:60
<i>Shoulder of Lamb with Feta and Caper Crust (gf)</i>	106:100	Chicken and Silverbeet Kofta (gf)	80:60	<i>Sizzled Sausages and Chickpeas (gf)</i>	97:46
<i>Shredded Mixed Salad (gf, v)</i>	62:108	Garlic Mushrooms, Wilted Greens and Double Cream Brie Toastie (v)	99:76	SKEWERS, GENERAL - SEE KEBABS	
SHRIMP, GENERAL - SEE PRAWNS		Greens, Herb and Cheese Filo Pie (v)	67:114	<i>Skillet Cookie</i>	92:90
<i>Shrimp Dumplings</i>	36:125	Leek and Silverbeet Cannelloni with Tomato Sauce	21:122	<i>Skirt Steak with Jalapeno Pickle and Coriander Sauce (gf)</i>	94:84
<i>Sichuan Dan Dan Noodles</i>	93:108	Middle Eastern Yoghurt Flatbread with Silverbeet and Ricotta (v)	60:77	<i>Sliced Pastrami with Red Kraut (gf)</i>	79:54
SICHUAN PEPPER, GENERAL		Mixed Greens and Sausage Torta	65:75	SLICES, GENERAL, AND BARS - SEE ALSO BROWNIES	
Crispy Salt, Sesame Seed and Szechuan Pepper Tofu Bites (v)	95:96	Mixed Greens and Two-cheese Pie (v)	77:96	Almond Nut Slices	39:114
Prawns with Szechuan Salt and Chilli and Lime Salt (gf)	36:74	Mixed Greens and Two-cheese Tart (v)	47:109	Apple and Rhubarb Tray Bake	98:112
Rockmelon with Lemon and Sichuan Pepper Salt (gf, v)	81:68	Mushroom, Silverbeet and Feta Frittata (gf, v)	53:109	Apricot, Coconut and Almond Slice (gf)	77:98
Sichuan Dan Dan Noodles	93:108	Pork, Pearl Barley and Silverbeet Soup	25:83	Apricot and Walnut Rugelach Slice	90:70
Szechuan Pork and Mango Salad (gf)	6:96	Pork Sausage, Silverbeet and Red Onion Pasta	23:97	Blueberry Cheesecake and Oatmeal Streusel Slice	98:107
White Cooked Chicken with a Soy and Sichuan Dressing	98:50	Potato-crusting Silverbeet and Feta Tart (gf)	31:109	Cacao and Granola Rocky Road (gf)	81:80
<i>Sicilian Date, Fig and Lemon Biscuits - Cuchidahti</i>	29:93	Potato and Silverbeet Gratin (gf)	11:72	Cecilia's Chocolate Coconut Caramel Slice	109:40
<i>Sicilian Eggplant Bruschetta</i>	47:75	Potato and Silverbeet Gratin (gf, v)	61:71	Chewy Oat and Caramel Slice	88:80
<i>Sicilian Eggplant with Capers and Olives (gf, v)</i>	45:115	Provençal Lamb with Pearl Barley and Silverbeet Pilaf	19:111	Chocolate Caramel Hazelnut Slice	98:96
<i>Sicilian Fish (gf)</i>	71:111	Ricotta, Silverbeet and Pea Rollatini (gf, v)	83:71	Coconut Granola Bars	46:105
<i>Sicilian Fish Couscous</i>	29:85	Silverbeet, Chilli and Lemon-stuffed Flatbreads (v)	107:102	Custard Slice	106:120
<i>Sicilian Seafood Stew (gf)</i>	65:75	Smoked Fish, Silverbeet and Egg Gratins	50:92	Dark Chocolate Brownie (gf)	21:114
<i>Sicilian Spaghetti with Saffron, Sardines and Fennel</i>	90:61	Stromboli	65:95	Espresso Coffee Custard Slice	103:134
<i>Sicilian-style Cracked Wheat Salad with Roasted Eggplant and Pomegranate (v)</i>	100:124	Stuffed Mushrooms Baked in Silverbeet Leaves	32:104	Espresso Creme Brulee with Panforte	38:32
		Sweet and Sour Silverbeet		Ginger and Almond Rocky Road (gf)	55:94
				Granola Bars	89:128
				Lemon Curd Crumble Slice	103:84
				Marsala Almond Chocolate Slice (gf)	103:108
				Matcha and Mint Slice (gf)	82:93
				Matcha Muesli Slice with Dark Chocolate Drizzle	72:104

My Mum's Mum's Ginger Slice	55:44	<i>Slow-roast Lamb Leg with Fennel and Rosemary (gf)</i>	106:104	<i>Platter (gf)</i>	75:88
Oaty Muesli Slice	101:98	<i>Slow-roast Leg of Lamb with Lentil Tabbouleh and Eggplant (gf)</i>	77:38	<i>Smoked Fish, Egg and Caper Dip</i>	34:75
Puffed Rice and Millet Slice with Cranberries and Pistachios (gf)	72:106	<i>Slow-roasted Indian Spiced Lamb Shoulder</i>	70:122	<i>Smoked Fish and Fennel Pie</i>	91:55
Raw Salted Caramel Slice (gf)	71:102	<i>Slow-roasted Lamb Leg Flatbreads</i>	101:52	<i>Smoked Fish Frittata with Aioli and Watercress (gf)</i>	76:70
Roasted Hazelnut and Caramel Slice	56:98	<i>Slow-roasted Lamb Shoulder (gf)</i>	75:38	<i>Smoked Fish Hash Cakes with Poached Eggs</i>	100:140
Roasted Pecan and Spiced Coffee Slice	96:128	<i>Slow-roasted Pork Shoulder with Mojo Verde (gf)</i>	103:88	<i>Smoked Fish Hash Cakes with Poached Eggs and Hollandaise</i>	13:101
Rocky Road	87:107	<i>Slow-roasted Provençal Leg of Lamb (gf)</i>	103:92	<i>Smoked Fish with Horseradish and Dill (gf)</i>	45:114
Rocky Road with Goji Berries and Nuts (gf)	74:83	<i>Slow-roasted Shoulder of Lamb with Warm Tomato and Black Olive Salad (gf)</i>	35:95	<i>Smoked Fish Hummus (gf)</i>	63:109
Salty Peanut, Raisin and Dark Chocolate Bars (gf)	99:100	<i>Smashed Edamame, Pea and Avocado (gf, v)</i>	62:46	<i>Smoked Fish Mac'n'Cheese (gf)</i>	61:113
Sea Salt and Caramel Brittle Custard Slice	67:96	<i>Smoked Brisket Wraps</i>	57:38	<i>Smoked Fish, Mustard and Chive Omelette (gf)</i>	93:82
Seedy, Nutty Chocolate Block (gf)	96:94	SMOKED CHICKEN, GENERAL - SEE CHICKEN (IT IS INTEGRATED INTO THE SECTIONS THERE)			
Sticky Date, Pistachio and Seedy Dark Chocolate Slice (gf)	104:57	<i>Smoked Chicken and Brown Rice Salad with Dates and Preserved Lemon (gf)</i>	64:79	<i>Smoked Fish and Parsnip Cakes with Horseradish and Watercress Cream</i>	30:62
Sticky Lemon and Coconut Slice	91:98	<i>Smoked Chicken, Green Bean and Papaya Salad</i>	40:96	<i>Smoked Fish Platter with Salmorejo Sauce</i>	20:65
Sticky Lemon Shortbread	43:79	<i>Smoked Chicken, Mango and Avocado Salad (gf)</i>	53:72	<i>Smoked Fish and Potato Salad with Sour Cream and Horseradish Dressing (gf)</i>	46:91
Store Cupboard Slice	50:116	<i>Smoked Chicken and Mango Salad with Crispy Noodles and Peanut Dressing</i>	34:93	<i>Smoked Fish Rillettes (gf)</i>	56:64
Strawberry and Rhubarb Louise Cake	87:65	<i>Smoked Chicken and Mango Salad with Crispy Noodles and Peanut Dressing</i>	100:202	<i>Smoked Fish Salad with Soft Eggs and Pickled Fennel (gf)</i>	88:90
Super Seeded Muesli Bars (gf) (v)	107:82	<i>Smoked Chicken, Melon and Hazelnut Salad (gf)</i>	15:117	<i>Smoked Fish, Silverbeet and Egg Gratins</i>	50:92
Take Me With You Cherry, Almond and Coconut Slice	94:123	<i>Smoked Chicken and Molten Mozzarella Bagels</i>	89:71	<i>Smoked Fish Skordalia and Roasted Olives (gf)</i>	14:73
Three Citrus Slice	68:128	<i>Smoked Chicken, Nectarine and Roasted Almond Salad (gf)</i>	27:107	<i>Smoked Fish, Sweetcorn and Potato Chowder (gf)</i>	37:90
Walnut Orange Bites	5:120	<i>Smoked Chicken Rillettes (gf)</i>	12:74	<i>Smoked Ham Hock, Barley and Vegetable Soup</i>	55:78
SLIDERS, GENERAL - SEE BURGERS AND SLIDERS					
<i>Slivered Asparagus and Green Beans (gf, v)</i>	63:73	<i>Smoked Chicken Salad Tart</i>	50:92	<i>Smoked Mackerel, Beetroot, Egg, Apple and Dill Miso Mustard Dressing (gf)</i>	66:41
<i>Slow-braised Aromatic Lamb Shoulder with Green Chilli Relish (gf)</i>	105:88	<i>Smoked Chicken and Slaw Sliders</i>	40:106	<i>Smoked Mussel Pate (gf)</i>	58:69
<i>Slow-braised Pork Carnitas, Pickled Red Onions and Pico de Gallo</i>	44:75	SMOKED FISH, GENERAL - SEE FISH: SMOKED FISH			
<i>Slow-braised Shoulder of Lamb with Oregano and Lemon Salsa (gf)</i>	96:52	<i>Smoked Fish and Hummus Crostini with Lemon Dressing</i>	106:70	<i>Smoked Paprika Seeded Crackers (gf)</i>	81:90
<i>Slow-braised Star Anise and Lemongrass Beef Ribs</i>	78:76	<i>Smoked Fish Brandade (gf)</i>	33:102	<i>Smoked Paprika and Sherry Vinegar Dressing (gf, v)</i>	95:75
<i>Slow-cooked Green Beans and Tomato (gf, v)</i>	29:66	<i>Smoked Fish Bruschetta</i>	77:96	<i>Smoked Ricotta and Mushroom Toasts with Pancetta</i>	48:56
<i>Slow-cooked Italian Beef Cheek Ragù with Pappardelle</i>	91:68	<i>Smoked Fish, Cider and Celeriac Soup with Apple Salad (gf)</i>	49:75	SMOKED SALMON, GENERAL - SEE SALMON: SMOKED SALMON	
<i>Slow-cooked Lamb and Cashew Curry (gf)</i>	78:52	<i>Smoked Fish and Dill Pate</i>		<i>Smoked Paprika and Garlic Mayo (gf) (v)</i>	106:80
<i>Slow-cooked Pork Spare Ribs</i>	94:94			<i>Smoked Paprika, Maple Syrup and Mustard Baked Salmon (gf)</i>	106:78
<i>Slow-cooked Salmon with Edamame Salad (gf)</i>	5:113			<i>Smoked Salmon, Avocado and Caper Flatbreads</i>	48:95
<i>Slow-cooked Spiced Shoulder of Lamb (gf)</i>	61:70			<i>Smoked Salmon and Caper Tart</i>	17:74
				<i>Smoked Salmon Carpaccio with Shaved Fennel, Orange and</i>	

<i>Capers (gf)</i>	100:54	<i>Mandarin Oil, Mandarin Peel</i>		Apricot and Vanilla Sorbet (gf)	52:82
<i>Smoked Salmon and Herb Crêpes</i>	51:87	<i>Purée, Freeze-dried Mandarin (gf)</i>	42:55	Black Rice Pudding with Turmeric	
<i>Smoked Salmon Pate (gf)</i>	12:75	<i>Snow Pea, Edamame Bean and</i>		Lime Granita and Coconut	
<i>Smoked Salmon, Soft Egg and</i>		<i>Radish Salad (gf, v)</i>	39:73	Sorbet (gf)	86:83
<i>Anchovy Pintxo</i>	99:68			Blueberry, Orange and and	
<i>Smoked Salmon, Warm Roasted</i>		SNOW PEAS, GENERAL (SEE ALSO		<i>Creme de Cassis Sorbet (gf)</i>	58:105
<i>Gremolata Potatoes and</i>		EDAMAME BEANS AND SUGAR		Chocolate Sorbet (gf)	25:78
<i>Asparagus (gf)</i>	44:88	SNAP PEAS)		Frozen Mango Margarita Sorbet (gf)	89:92
<i>Smoked Tomato Soup (v)</i>	14:98	<i>Asparagus, Snow Pea and Zucchini</i>		Mixed Berry Sorbet (gf)	16:107
<i>Smoky Baked Chicken with</i>		<i>Salad with Tarragon</i>		Raspberry and Wild Rosehip	
<i>Chorizo and Pumpkin</i>	108:30	<i>Dressing (gf, v)</i>	69:75	Sorbet (gf) (v)	107:84
<i>Smoky Baked Chicken Meatballs</i>	80:55	<i>Butterflied Lamb Leg with</i>		Rockmelon and Gin Slushies (gf)	95:62
<i>Smoky Beans, Bacon and Sausage</i>		<i>Vietnamese Salad</i>	80:46	Rockmelon and Tarragon	
<i>Tray Bake</i>	97:46	<i>Green Bean and Two-pea Salad</i>		Yoghurt Sorbet (gf)	58:105
<i>Smoky Beer-braised Brisket</i>	72:69	<i>with Tarragon Dressing (gf, v)</i>	38:81		
<i>Smoky Brisket Sheet Pan Nachos</i>	108:102	<i>Green Vegetable Salad with Hazelnuts</i>		SORGHUM, GENERAL	
<i>Smoky Chicken and Chorizo</i>		<i>and Cranberries (gf, v)</i>	40:70	Winter Slaw of Shaved Brussels	
<i>Pasta Bake</i>	110:46	<i>Hoisin Beef with Lime and Snowpeas</i>	44:108	Sprouts, Persimmon and	
<i>Smoky Chilli Beans (gf, v)</i>	79:54	<i>Mixed Green Vegetable Salad with</i>		Sorghum (gf, v)	73:78
<i>Smoky Chilli Beef Mince and</i>		<i>Sesame Yoghurt Dressing (gf, v)</i>	51:70		
<i>Cheese Toasties</i>	66:90	<i>Snow Pea, Edamame Bean and</i>		SOUFFLES, GENERAL	
<i>Smoky Chipotle Braised Venison</i>	103:34	<i>Radish Salad (gf, v)</i>	39:73	Antonia's Double-baked Smoked	
<i>Smoky Chipotle Pork Ribs</i>	81:97	<i>Summer Green Salad (gf, v)</i>	6:102	Salmon Souffle with Rocket,	
<i>Smoky Chipotle Pumpkin Soup</i>				Fennel and Caper Salad	95:36
<i>with Sizzled Sausages and</i>		<i>Soba Noodle Salad</i>	86:56	Caramelised Onion and Cheese	
<i>Chickpeas</i>	97:46	<i>Soba Noodles with Hot Smoked</i>		Souffle (v)	1:83
<i>Smoky Eel, Mussel and Gurnard</i>		<i>Salmon and Soy Dressing</i>	69:126	Cheat's Baked Cheese Souffles (gf, v)	41:99
<i>Risotto (gf)</i>	32:49	<i>Soba Noodles with Leek and</i>		Chilled Raspberry Souffles (gf)	6:104
<i>Smoky Garlic, Chilli and Tomato</i>		<i>Miso Sauce and Black Pepper</i>		Double-baked Chocolate Souffles	
<i>Prawns</i>	99:64	<i>Tofu (gf, v)</i>	84:66	with Whisky Chocolate Sauce	61:91
<i>Smoky Mustard and Pineapple</i>		<i>Soba Noodle Salad with Miso</i>		Double-baked Onion Soufflés	110:80
<i>Glazed Ham (gf)</i>	57:67	<i>and Sesame Dressing</i>	60:102	Gruyere Cheese Souffles	85:68
<i>Smoky Paprika and Sherry</i>		<i>Socca (gf, v)</i>	9:80	Passionfruit Soufflé with Goat	
<i>Vinegar Mayo (gf, v)</i>	101:68	<i>Soda Bread (v)</i>	55:81	Fromage Frais	110:35
<i>Smoky Pork, Avocado and Slaw</i>		<i>Soda Bread (v)</i>	67:70	Sweet Souffle Omelette with	
<i>Burgers with Chilli Jam</i>	82:46	<i>Soft-boiled Eggs, Bresaola,</i>		Rhubarb and Strawberry	
<i>Smoky Saffron Baked Beans</i>		<i>Artichokes and Dukkah</i>	21:106	Compote (gf)	21:110
<i>with Greens and Haloumi (gf, v)</i>	79:104	<i>Soft Eggs and Hot Smoked</i>		Twice-baked Cauliflower Souffles (v)	54:104
<i>Smoky Sweet Corn, Bacon and</i>		<i>Salmon on Rye Crackers</i>	95:95	Twice-baked Cauliflower Souffles (v)	100:120
<i>Potato Soup (gf)</i>	47:80	<i>Soft Fish Tacos with Tomatillo</i>		Twice-baked Cheese and Garlic	
<i>Smoky Sweetcorn Chowder</i>		<i>and Avocado Salsa and Red</i>		Souffles (v)	9:62
<i>with Cheddar Croûtes (gf)</i>	108:66	<i>Cabbage Salad</i>	44:72	Twice-baked Raspberry and	
<i>Smoky Tomato and Black Bean</i>		<i>Soft Polenta (gf, v)</i>	55:68	Lime Souffles	19:84
<i>Soup with Aged Cheddar and</i>		<i>Soft Polenta with Fresh Corn</i>			
<i>Sauerkraut Toasties</i>	85:50	<i>and Ossobucco</i>	11:87		
		<i>Soft Polenta with Garlic and</i>		SOUP, GENERAL (note these are	
SMOOTHIES, GENERAL - SEE		<i>Parmesan (gf, v)</i>	104:82	organised under their MAIN	
DRINKS		<i>Soft Polenta with Sautéed Brussels</i>		ingredient only - each soup	
<i>S'mores</i>	89:92	<i>Sprouts, Toasted Walnuts</i>		on-ly appears once. If you can't	
<i>Snapper, Preserved Lemon and</i>		<i>and Mint (gf) (v)</i>	110:92	find it under the first	
<i>Green Chilli Ceviche (gf)</i>	95:103	<i>Sopressa Salami, Tomato and</i>		ingredient you think of, check	
<i>Snapper Salad with Fried Basil (gf)</i>	2:32	<i>Black Olive Pizza</i>	47:68	another. The sections here are:	
<i>Snapper Steaks with Butter</i>				Beef and lamb; Chicken; Fish	
<i>Beans and Bacon (gf)</i>	16:90	SORBET, GENERAL (SEE ALSO		and seafood; Gazpacho and	
<i>Snapper Tartare, Salmon Caviar,</i>		GRANITA; ICE BLOCKS; AND ICE		other chilled soups; Green	
		CREAM, FROZEN YOGHURT,		soups; Laksa and ramen;	
		SHERBET AND SEMIFREDDO)		Lentils, beans, split peas and	
				chickpeas; Miso; Mushrooms;	
				Pork and pork products; Potato	

**and sweet potato/kumara;
Pumpkin and butternut; Stock;
Tomato; and Other)**

Soup: Beef and lamb

Hearty Lamb and Barley Soup with Ras el Hanout	103:52
Hearty Lamb Shank and Butterbean Soup (gf)	36:95
Hot and Sour Broth with Chilli Beef	85:50
Lemongrass Beef and Noodle Soup	38:65
Middle Eastern Beef and Mixed Grains Soup	98:17
Middle Eastern Lamb and Chickpea Soup	18:118
Moroccan Lamb Shank and Barley Soup	54:69
Pho – Vietnamese Beef Soup	60:64
Vietnamese Beef Soup (gf)	9:72

Soup: Chicken

Chicken, Cashew and Coconut Soup (gf)	68:63
Chicken, Chickpea and Thyme Soup	36:96
Chicken, Coriander and Coconut Soup (gf)	4:60
Chicken, Ginger and Chive Wonton Soup	86:51
Chicken, Kale and Kelp Noodle Soup (gf)	66:104
Chicken Noodle Soup	21:118
Chicken, Spinach and Leek Soup with Shaved Parmesan (gf)	41:92
Chicken Tortilla Soup (gf)	9:72
Chicken Wonton Noodle Soup	91:42
Hot and Sour Chicken Soup (gf)	7:100
Mexican Chicken Soup (gf)	54:69
Roast Chicken, Vegetable and Orzo Soup	110:68
Sarah Tuck’s Old-fashioned Chicken Noodle Soup	98:64
Spicy Coconut and Chicken Soup (gf)	13:63
Thai Coconut Chicken Noodle Soup	96:82
Vietnamese-style Chicken and Coriander Soup	109:80
Zesty Lime, Smoked Chicken and Tortilla Soup (gf)	80:50

Soup: Fish and seafood

Aljotta – My Grandmother’s Fish Soup (gf)	77:36
Clam Chowder	62:76
Fish, Fennel and Mussel Soup (gf)	60:71
Fish, Prawn and Coconut Soup with Vermicelli Noodles	72:70

Fish Soup with Roasted Tomatoes, Paprika and Oregano (gf)	41:90
Fish and Vegetable Chowder	72:113
Lemongrass and Seafood Soup (gf)	30:81
Monkfish and Mussel Chowder	14:108
Mussel, Fish and Saffron Soup (gf)	48:70
Mussel, Riesling and Curry Broth (gf)	9:74
North Beach Cioppino (gf)	13:64
North Beach Cioppino (gf)	19:125
Portuguese Seafood Soup with Saffron Potatoes (gf)	54:74
Prawn and Tofu Tom Yum Soup	98:91
Seafood and Tomato Saffron Broth (gf)	36:92
Simple Fish Bouillabaisse (gf)	25:88
Smoked Fish, Cider and Celeriac Soup with Apple Salad (gf)	49:75
Smoked Fish, Sweetcorn and Potato Chowder (gf)	37:90
Spicy Fish Soup with Tomatoes and Orange Zest	108:120
Thai Fish, Coconut and Noodle Soup	24:71
Thai Seafood Noodle Soup	37:36

**Soup: Gazpacho and other chilled
soups**

Ajo Blanco – Almond Gazpacho (v)	21:90
Chilled Avocado, Cucumber and Melon Soup (gf, v)	58:69
Chilled Cucumber, Mint and Yoghurt Soup (gf, v)	2:89
Chilled Rockmelon, Chilli and Lime Soup (gf, v)	76:48
Green Gazpacho (gf, v)	76:48
Heilala Vanilla Seed Panna Cotta with Rhubarb, Ginger and Pineapple Gazpacho (gf)	32:46
Spicy Tomato Gazpacho with Parsley Oil (v)	6:107

Soup: Green soups

Caldo Verde (gf)	11:100
Eat Your Greens Soup with Puffed Quinoa and Parmesan Crisps (gf, v)	85:54
Fix-Me-Up Soup (gf)	74:40
Fix-me-up Soup (gf) (v)	109:101
Fresh Minty Pea Soup with Crispy Prosciutto (gf)	56:111
Garlic and Greens Soup with Brazil Nut and Coriander Pesto (v)	73:100
Green Borscht (gf, v)	79:83
Green Pea and Mint Soup with Crispy Bacon (gf)	41:92
Green Pea and Mint Soup with Sticky Pork Hock (gf)	103:50

Leek and Pea Soup with Crispy Tofu (gf, v)	84:102
Minted Pea and Rocket Soup (gf, v)	54:70
Mixed Greens Soup with Edamame Beans and Feta Croutes	49:80
Parsley Soup with Garlic and Feta Bagel Croutons	36:92
Pea, Bacon and Mint Soup (gf)	68:112
Pea, Ham and Celeriac Soup (gf)	60:67
Pea and Herb Soup with Mozzarella Butter Rolls (v)	72:66
Pea and Rice Soup with Brown Butter and Mint	20:118
Spinach, Pea and Pesto Soup (gf, v)	59:113
Spring Herb Broth (gf)	50:74
Spring Pea Soup (gf)	9:73
Spring Vegetables with Green Curry Broth (gf, v)	62:71
Watercress, Spinach and Apple Soup (gf, v)	60:72
Zucchini and Basil Soup (gf, v)	51:127
Zucchini and Herb Soup (gf)	26:86
Zucchini, Spinach and Mint Soup with Goat’s Cheese Croutes	17:88

Soup: Laksa and ramen

Tempeh Curry Laksa with Coconut Milk and Kelp Noodles (v)	67:107
Thai Fish and Prawn Laksa (gf)	85:63
Toasted Chilli Tan Tan Ramen	84:70
Vegetarian Ramen (v)	90:98

**Soup: Lentils, beans, split peas
and chickpeas**

Bean, Kale and Bacon Soup (gf)	53:112
Cauliflower, Garlic and Butter Bean Soup with Crispy Butter Beans (gf, v)	79:84
Chickpea and Rosemary Soup with Sizzled Chorizo (gf)	41:90
Chorizo, Red Lentil and Tomato Soup with Sizzled Haloumi	96:50
Cuban Black Bean and Smoked Sausage Soup	23:107
Erwtensoop (Dutch Split Pea Soup with Sausage) (gf)	66:123
Fennel and White Bean Soup (gf)	71:64
Fragrant Spiced Indian Lentil and Vegetable Soup (gf, v)	97:108
Harira (gf, v)	60:67
Harissa and Lentil Soup with Crispy Onions and Herbs (gf) (v)	110: 66
Hearty Spiced Red Lentil and Meatball Soup (gf)	102:68
Indian Red Lentil, Tomato and Coconut Soup (gf)	49:76

Lentil and Spicy Sausage Soup (gf)	41:112	Bread and Soft Egg Soup	98:66	Tomato and Chickpea Soup (gf, v)	72:69
Mexican Bean and Chipotle Soup (gf, v)	73:110	Greens and Stelline Soup with Pork and Thyme Meatballs	67:79	Roasted Butternut and Chorizo Soup (gf)	19:109
Puy Lentil, Porcini Mushroom and Chorizo Soup (gf)	49:79	Ham Hock and Chipotle Peppers in Adobo Sauce Soup with Red Beans (gf)	72:72	Smoky Chipotle Pumpkin Soup with Sizzled Sausages and Chickpeas	97:46
Roasted Eggplant and Puy Lentil Soup (gf)	35:99	Ham Hock and Vegetable Soup (gf)	49:75	Spiced Butternut and Cracked Wheat Soup	26:81
Smoky Tomato and Black Bean Soup with Aged Cheddar and Sauerkraut Toasties	85:50	Pork Meatball, White Bean and Greens Soup	98:64	Spiced Pumpkin Soup with Pumpkin Fritters and Coconut Yoghurt (gf, v)	67:82
Spiced Lentil and Rice Soup with Crispy Curry Leaves (gf, v)	79:83	Pork, Pearl Barley and Silverbeet Soup	25:83	Thai Roasted Pumpkin Soup (gf)	54:74
Spicy Chorizo Lentil Soup	91:46	Pork and Prawn Wonton Soup	49:79		
Spicy Red Lentil and Carrot Soup with Chickpea Falafel (v)	62:105	Prawn and Pork Cakes with Noodles and Broth	31:109	Soup: Stock	
Stelline, Borlotti Bean and Rocket Soup	23:91	Smoked Ham Hock, Barley and Vegetable Soup	55:78	Beef Stock (gf)	13:68
Stormy Night Carrot, Cumin and Coriander Soup with Red Lentils and Dukkah (gf, v)	90:18	Vegetable and Meatball Soup (gf)	61:114	Bone Broth (gf)	66:101
Yellow Curry Lentil Soup	103:50			Chicken Stock (gf)	13:68
Yellow Kūmara, Cauliflower and Lentil Soup Curry (v)	110:78			Fish Stock (gf)	13:69
		Soup: Potato and sweet potato/kumara		Vegetable Stock (gf, v)	66:101
Soup: Miso		Curried Kumara and Apple Soup (gf)	13:66		
Miso Shiitake Soup with Prawns and Somen Noodles	25:83	Hearty Spiced Potato, Greens and Chickpea Soup (gf)	72:90	Soup: Tomato	
Miso Soup with Prawns and Wakame	60:69	Jerusalem Artichoke and Potato Soup with Mustard Croutons (v)	31:88	Fennel and Tomato Soup (gf, v)	19:94
Shiitake Miso Broth with Eggplant Noodles and Market Fish	80:87	Leek, Pea and Potato Soup (gf)	25:86	Grilled Eggplant, Tomato and Basil Soup (gf)	3:65
Shiitake, Miso Soup with Chicken Dumplings (gf)	11:78	Leek and Potato Soup with Spinach and Hazelnut Salsa (gf, v)	67:80	Mixed Grains, Tomato and Chorizo Soup	77:82
		Potato and Chorizo Soup (gf)	25:88	Old-school Tomato Soup (gf)	103:60
Soup: Mushrooms		Potato, Leek and Walnut Soup (gf)	19:78	Pappa Col Pomodoro	3:73
Caramelised Onion and Mushroom Soup with Cheesy Mushroom Toasties (v)	67:79	Smoky Sweet Corn, Bacon and Potato Soup (gf)	47:80	Rasam (gf, v)	78:69
Hot and Sour Soup with Mushrooms and Tofu	31:86	Sweet Potato, Miso and Ginger Soup with Soy and Lime Cream	66:76	Red Hilopites Soup (v)	90:57
Mixed Mushroom Soup with Cheesy Toasts	41:95	Sweet Potato and Yellow Curry Soup with Udon Noodles (v)	83:54	Roasted Tomato and Basil Soup with Parmesan Croutons	29:61
Mushroom and Lentil Soup with Gorgonzola Polenta Croutons	30:59			Roasted Tomato and Fennel Soup (v)	90:86
Mushroom Soup with Garlic Sourdough Croutons	91:42	Soup: Pumpkin and butternut		Roasted Tomato, Pumpkin and Bread Soup	4:61
Mushroom, White Bean and Rosemary Soup (gf, v)	66:103	Brown Rice, Coconut and Chilli Pumpkin Soup (gf)	36:95	Roasted Tomato, Pumpkin and Capsicum Soup (v)	59:76
Punchy Vegan Pho (v)	86:76	Butternut, Carrot and Coriander Soup (gf)	13:63	Smoked Tomato Soup (v)	14:98
Roasted Mushroom, Caramelised Onion and Potato Gnocchi Soup	85:54	Miso, Ginger and Pumpkin Soup with Mushrooms and Barley (v)	98:66	Spicy Tomato, Pumpkin and Dahl Soup (gf)	25:86
		Moroccan Pumpkin Soup with Prawns and Chickpeas (gf)	49:82	Tomato and Gnocchi Soup with Chorizo Crumb	110:62
Soup: Pork and pork products		Pumpkin, Ginger and Coriander Soup (gf, v)	55:101	Tomato Soup with Cheese Ravioli	91:46
Asian Pork Dumpling Soup	36:92	Pumpkin, Lentils and Greens Soup (gf, v)	66:111	Tomato and Tiny Meatball Soup with Pesto	8:101
Bacon Hock, Butter Bean and Silverbeet Soup (gf)	110:68	Pumpkin, Sherry and Chickpea Soup (v)	7:67		
Calabrian Nduja, Fried Garlic		Pumpkin Soup (gf, v)	92:98	SOUP: OTHER	
		Pumpkin and White Bean Soup with Ricotta and Sage Fritters (v)	60:64	Agedashi Tofu	78:82
		Roast Pumpkin, Berber Spiced		Borscht (gf)	98:64
				Borscht – Beef and Beetroot Soup (gf)	60:69
				Carrot and Tofu Dumplings in Broth with Chilli and Shallot Oil (v)	85:83
				Cauliflower and Coconut Soup	

with Honey and Spices (gf, v)	67:80	Walnuts and Goat's Cheese (gf, v)	54:71	Five-spice and Soy Chicken with Wok-fried Beans (gf)	5:78
Cauliflower Soup with Blue Cheese Toasts (v)	54:101	Whole Roasted Cauliflower and Potato Soup with Crisp Garlic and Parsley Crumbs (v)	85:53	Ginger and Soy Baked Snapper Parcels	81:97
Cauliflower, Watercress and Blue Cheese Soup (gf)	31:90	Winter Vegetable, Orzo and Porcini Minestrone	36:97	Mixed Tomato Salad with Soy and Sesame Dressing (v)	52:77
Celeriac and Ricotta Soup with Chilli Oil and Sourdough Croutons (v)	79:88	Winter Vegetable and Pearl Barley Soup	42:102	Sashimi with Tamari and Wasabi Dipping Sauce (gf)	87:44
Celery and Parsnip Soup with Roasted Brussels Sprouts (gf) (v)	110:66	Winter Vegetable Soup with Sizzled Sausages	55:111	Shaved Cabbage with Soy and Lemon Dressing (v)	50:78
Disco Soup with Paprika Fried Onions (v)	79:88	Zucchini, Sweetcorn and Basil Soup (gf)	41:92	Soy and Chinese Five-spice Pork on Bok Choy	54:60
French Onion Soup	12:92	<i>Sour Cherry, Chocolate and Hazelnut Cakes</i>	1:72	Soy and Five-spice Fried Chicken (gf)	63:125
French Onion Soup	104:49	<i>Sour Cherry and Chocolate Meringue Cookies (gf)</i>	16:76	Soy and Ginger Fish with Mushrooms and Greens	61:109
French Vegetable Soup with Tarragon and Gnocchi	38:101	<i>Sour Cherry Duck (gf)</i>	69:47	Soy and Sake Braised Pork Belly	50:82
Grilled Cheese, Onion and Ale Soup	49:76	<i>Sour Cherry and Five Spice Amaretti (gf)</i>	80:79	Soy Steamed Chicken with Roasted Peanut and Cucumber Salad	44:45
Jerusalem Artichoke Soup with Artichoke Chips (gf)	37:105	<i>Sour Cherry and Pear Relish (gf, v)</i>	3:84	Soy Steamed Chicken with Roasted Peanut and Cucumber Salad	45:35
Minestrone Soup with Italian Sausage	91:46	SOUR CREAM, GENERAL		Spicy Fried Grains with Eggs and Soy (v)	56:77
Parsnip Soup with Caramelised Bacon Hock and Mustard Cream (gf)	13:65	Blueberry, Lemon and Sour Cream Tart	99:128	Seared Salmon with a Soy and Mustard Drizzle	27:37
Pear, Gorgonzola and Spinach Soup (gf)	4:59	Raspberry, Almond and Sour Cream Tart with Sugared Almonds	38:95	Seared Tuna with a Soy and Mustard Drizzle	17:103
Pearl Barley and Vegetable Soup (v)	31:88	Spelt and Sour Cream Pastry (v)	66:67	Steak with Soy and Wasabi Braised Mushrooms	55:111
Ribollita (gf)	8:71	Strawberries, Macadamia Crunch and Sour Cream	51:100	Steamed Scallops with Ginger and Soy (gf)	14:104
Roasted Beetroot, Parsnip and Apple Soup (gf, v)	31:86	Sweet Cinnamon Roti with Sour Cream and Roasted Rhubarb	83:100	Sticky Soy and Spiced Braised Pork Belly	98:51
Roasted Carrot and Parsnip Soup (gf)	30:101	<i>Sourdough Pizza with Broccoli Pesto (v)</i>	77:86	Tea-smoked Oysters with Soy and Ginger Dressing	5:79
Roasted Cauliflower Soup with Red Capsicum Purée (gf)	36:89	<i>Sous Vide and Barbecued Skirt steak with Green Harissa (gf)</i>	76:22	Venison Medallions with Soy and Wasabi and Edamame Salad	69:87
Roasted Parsnip and Pear Soup (gf) (v)	110:26	<i>South Indian Seafood Pies</i>	49:64	White Cooked Chicken with a Soy and Sichuan Dressing	98:50
Roasted Parsnip Soup with Mixed Mushrooms (gf)	4:59	SOUVLAKI, GENERAL - SEE KEBABS		Soy and Chinese Five-spice Pork on Bok Choy	54:60
Root Veg and Thai Yellow Curry Soup (gf, v)	78:98			Soy and Five-spice Fried Chicken (gf)	63:125
Smoky Sweetcorn Chowder with Cheddar Croûtes (gf)	108:66			<i>Soy and Ginger Fish with Mushrooms and Greens</i>	61:109
Spiced Carrot Soup with Chaat Chickpea Crumb and Coriander Salsa (gf) (v)	110:62			<i>Soy and Sake Braised Pork Belly</i>	50:82
Summer Minestrone with Garlic Prawns (gf)	34:94			<i>Soy Steamed Chicken with Roasted Peanut and Cucumber Salad</i>	44:45
Sweet and Sour Roasted Cabbage Broth (gf)	79:84	SOY, GENERAL (Note these are just recipes where it's a key ingredient/in the recipe title)		<i>Soy Steamed Chicken with Roasted Peanut and Cucumber Salad</i>	45:35
Sweetcorn Soup with Prawn, Avocado and Macadamia Salsa (gf)	11:85	Barbecued Soy and Ginger Salmon	52:57	<i>Spag Bol Mince and Cheese Pie</i>	104:102
Tortellini Soup	103:52	Beetroot, Orange and Soy-cured White Fish	64:81	<i>Spaghetti with Almonds, Peas and Salmon</i>	38:89
Tourin D'Ail (Garlic Soup)	1:48	Braised Beef Spare Ribs with Ale, Soy and Ginger	42:85	<i>Spaghetti with Clams, Garlic and Chilli</i>	3:57
Vegan Borscht with Cashew and Horseradish Cream (gf, v)	66:103	Brussels Sprouts with Lime, Chilli and Soy (v)	60:75	<i>Spaghetti al Forno</i>	3:58
Vegetable Soup (gf, v)	43:110	Crispy Fried Soy and Ginger Chicken Bao	102:27		
White Root Vegetable Soup with					

<i>Spaghetti with Leeks, Bacon and Chilli Crumbs</i>	41:109	Tart with Spelt and Sour Cream Pastry (v)	66:67	<i>Spice-roasted Salmon with Fennel, Green Olives and Orange (gf)</i>	73:68
<i>Spaghetti with Lemon, Prawns and Parmesan</i>	62:103	Cauliflower and Spelt Pizza with Artichokes (v)	71:74	SPICE RUBS, GENERAL - SEE RUBS	
<i>Spaghetti with Prawns, Chorizo, Lemon and Chilli</i>	79:75	Cherry Tomato and Goat's Cheese Galette with Spelt Pastry (v)	58:93	<i>Spice-rubbed Bavette Steak with Three Mayos (gf)</i>	58:75
<i>Spaghetti and Prawns with Roasted Almonds, Parsley and Capers</i>	82:59	Herbed Yoghurt and Spelt Flatbreads (v)	70:61	<i>Spice-rubbed Chicken with Mango Salad (gf)</i>	64:67
<i>Spaghetti with Roasted Cauliflower, Capers and Parmesan (v)</i>	85:106	Roast Broccoli with Spelt, Kale and Ricotta (v)	66:72	<i>Spice-rubbed Lamb Rumps</i>	62:108
<i>Spaghetti with Rocket, Almonds and Tomatoes (v)</i>	59:109	Wholemeal Spelt Gozleme with Haloumi (v),	77:86	<i>Spice-rubbed Rump Steak with Herb and Mustard Sauce (gf)</i>	33:116
<i>Spaghetti with Salsa Cruda (v)</i>	7:99	Xmas Cake with Spelt Flour and Molasses	75:83	<i>Spice-rubbed Salmon with Radicchio, Blood Oranges and Roasted Hazelnuts (gf)</i>	94:66
<i>Spaghetti allo Scoglio</i>	59:103	<i>Spice-cruste d Lamb Rack with Spinach and Baby Beet Salad (gf)</i>	56:107	<i>Spice-rubbed, Slow-roasted Leg of Lamb (gf)</i>	8:86
<i>Spaghetti with Wilted Greens, Lemon and Parmesan (v)</i>	89:55	<i>Spice-grilled Chicken Thigh Kebabs</i>	77:46	<i>Spiced Apple and Ginger Lumberjack Cake</i>	106:118
<i>Spaghetti with Zucchini, Peas and Spinach (v)</i>	40:96	<i>Spice-infused Honey (gf)</i>	55:97	<i>Spiced Apple Cake (gf)</i>	72:76
<i>Spanish Butter Bean Stew with Mussels (gf)</i>	68:114	<i>Spice-infused Honey (v)</i>	108:53	<i>Spiced Apple Hand Pies</i>	105:102
<i>Spanish Chocolate with Spiced Doughnuts - Chocolate con Rosquillas</i>	20:104	SPICE MIXES, GENERAL - SEE RUBS, GENERAL, AND SPICE MIXES		<i>Spiced Apple and Hazelnut Cake with Baklava Crumble</i>	85:93
<i>Spanish Flatbreads - Coca Mallorquina</i>	20:102	<i>Spice-roasted Butter Beans, Mozzarella and Eggplant Salad (gf, v)</i>	88:56	<i>Spiced Apple and Oaty Crumble Cake</i>	104:142
<i>Spanish Potato and Caramelised Onion Omelette (gf, v)</i>	80:100	<i>Spice-roasted Carrot and Avocado Salad (gf, v)</i>	101:62	<i>Spiced Apple and Sultana Cake</i>	66:123
<i>Spanish Prawns and Chorizo (gf)</i>	76:51	<i>Spice-roasted Cauliflower, Puy Lentils and Tahini Basil Dressing (gf, v)</i>	66:69	<i>Spiced Apricot, Almond and Nougat Cake</i>	10:104
<i>Spanish Rice with Chorizo and Prawns (gf)</i>	54:112	<i>Spice-roasted Chicken (gf)</i>	92:54	<i>Spiced Beef and Bulgur Hand Pies</i>	108:114
<i>Spanish-style Dressing (gf)</i>	106:66	<i>Spice-roasted Chicken with Cashew Nuts (gf)</i>	37:37	<i>Spiced Beef with Melon, Barley and Mint Salad</i>	21:98
<i>Spanish-style Oxtail Braised with Chorizo, Red Wine and Smoked Paprika (gf)</i>	42:85	<i>Spice-roasted Chicken with Cucumber Salad (gf)</i>	56:119	<i>Spiced Beef with Potato and Parsley Salad (gf)</i>	22:114
<i>Spanish Tapas Platter (gf) (includes Roasted Garlic, Rockmelon with Lime and Chilli, Chicken Skewers and Grilled Asparagus)</i>	69:106	<i>Spice Roasted Chicken with Mango Salsa</i>	21:39	<i>Spiced Beef with Two Sauces (gf)</i>	5:69
<i>Spare Ribs with Cucumber and Herb Salad</i>	18:122	<i>Spice Roasted Chicken with Mango Salsa</i>	28:33	<i>Spiced Bread and Butter Pudding with Saffron and Dates</i>	102:110
<i>Sparkling Tangelo and Thyme Jellies (gf)</i>	50:44	<i>Spice-roasted Chicken with Pumpkin and Pomegranate Molasses (gf)</i>	49:107	<i>Spiced Brown Sugar, Almond and Chocolate Ganache Meringues (gf)</i>	41:104
<i>Special Occasion Chocolate Mousse Cake</i>	106:112	<i>Spice-roasted Chickpeas (gf, v)</i>	66:76	<i>Spiced Butternut and Cracked Wheat Soup</i>	26:81
SPECK, GENERAL		<i>Spice-roasted Coconut Peanuts (gf, v)</i>	51:88	<i>Spiced Caramel Doughnuts with Salted Caramel Filling</i>	79:60
<i>Beetroot and Speck (pasta filling)</i>	41:71	<i>Spice-roasted Duck</i>	43:66	<i>Spiced Carrot and Chickpea Falafels (v)</i>	75:92
<i>Speculoos Spice Mix</i>	109:58	<i>Spice-roasted Lamb Ribs with S moky Salt (gf)</i>	67:68	<i>Spiced Carrot and Chickpea Hummus (gf,v)</i>	34:73
<i>Speedy Pita Zucchini Pizzas (v)</i>	89:78	<i>Spice-roasted Lamb Shanks with Herb, Date and Preserved Lemon Salad (gf)</i>	79:93	<i>Spiced Carrot Soup with Chaat Chickpea Crumb and Coriander Salsa (gf) (v)</i>	110:62
<i>Spekulatius (Spiced German Biscuits)</i>	45:94	<i>Spice-roasted Mandarins (gf, v)</i>	63:113	<i>Spiced Carrot, Zucchini and Chickpea Burgers (v)</i>	101:54
SPELT, GENERAL				<i>Spiced Cauliflower Rice Bowls with Soft Eggs and Chutney (gf, v)</i>	93:91
<i>Beetroot, Feta and Sweet Potato</i>				<i>Spiced Chicken Breasts with Chickpea and Yoghurt Salad (gf)</i>	35:105

<i>Spiced Chicken and Caramelised Onion Tarts</i>	48:70	<i>Spiced Lamb Sausage Rolls</i>	102:110	<i>Spiced Smoked Beef with Potato Salad (gf)</i>	14:100
<i>Spiced Chicken Drumsticks with Crispy Onions and Cashew Nuts (gf)</i>	46:35	<i>Spiced Lamb Shortloins with Fennel and Olive Salsa (gf)</i>	81:105	<i>Spiced Strawberries, Ice Cream and Coconut Shortbread</i>	21:75
<i>Spiced Chicken Skewers</i>	50:116	<i>Spiced Lamb Shoulder with Dates and Shallots on Couscous</i>	42:97	<i>Spiced Sugar Palmiers with Lemon Ricotta and Berries</i>	45:64
<i>Spiced Chocolate, Almond and Cranberry Rolls</i>	38:84	<i>Spiced Leek and Greens Frittata (gf, v)</i>	88:106	<i>Spiced Vanilla and White Wine-poached Pears (gf)</i>	103:92
<i>Spiced Chocolate Sticky Scrolls</i>	96:90	<i>Spiced Lentil and Rice Soup with Crispy Curry Leaves (gf, v)</i>	79:83	<i>Spiced Venison Medallions on Creamy Cauliflower Mash (gf)</i>	79:76
<i>Spiced Christmas Cake</i>	45:93	<i>Spiced Meringue and Chocolate Shortbread Swirls</i>	66:128	<i>Spicy 'Nduja Arancini</i>	106:66
<i>Spiced Cinnamon Sugar Popcorn (gf)</i>	51:112	<i>Spiced Nuts (gf, v)</i>	18:96	<i>Spicy Baked Basmati Rice and Prawn Pilaf (gf)</i>	78:100
<i>Spiced Coconut Crumbed Eggs with Dukkah (v)</i>	58:66	<i>Spiced Orange Frangipane Mince Tarts</i>	75:74	<i>Spicy Baked Lentils with Eggs (gf, v)</i>	3:95
<i>Spiced Coconut Rice and Chicken (gf)</i>	97:102	<i>Spiced Orange and Hoisin-glazed Ham</i>	51:69	<i>Spicy Barbecued Chicken and Pineapple Salsa (gf)</i>	105:55
<i>Spiced Date and Pine Nut Lamb Meatballs</i>	109:77	<i>Spiced Orange and Hoisin-glazed Ham (gf)</i>	100:64	<i>Spicy Beef and Chorizo Ragù and Zoodles (gf)</i>	71:108
<i>Spiced Duck Breast with Hazelnuts (gf)</i>	56:67	<i>Spiced Oven-baked Oats with Blueberries and Peaches</i>	85:76	<i>Spicy Beef Kebabs with Hummus and Green Beans (gf)</i>	48:98
<i>Spiced Eggplant and Chickpeas with Soft Eggs (gf, v)</i>	71:112	<i>Spiced Oven Wedges (gf, v)</i>	39:124	<i>Spicy Beef and Mushroom Pie</i>	97:80
<i>Spiced Eggplant, Hummus and Mint Burgers (v)</i>	82:54	<i>Spiced Oysters Kilpatrick (gf)</i>	57:37	<i>Spicy Black Bean Baked Eggs and Rice with Coriander Salsa (gf, v)</i>	89:95
<i>Spiced Fish on Lentil and Herb Salad (gf)</i>	51:127	<i>Spiced Paneer, Tomatoes and Asparagus (gf, v)</i>	94:102	<i>Spicy Braised Cauliflower with Lamb Cutlets and Herb Chutney (gf)</i>	12:82
<i>Spiced Fruit Bruschetta</i>	16:68	<i>Spiced Pineapple Rum Cake</i>	106:120	<i>Spicy Brown Butter Eggs (v)</i>	9:59
<i>Spiced Ginger Beer, Mustard and Orange Glazed Ham (gf)</i>	87:34	<i>Spiced Plum Loaf</i>	65:128	<i>Spicy Cashew Nut, Pumpkin and Ginger Chicken (gf)</i>	109:62
<i>Spiced Ginger and Guinness Cake</i>	15:91	<i>Spiced Pork Kebabs with Sweetcorn and Green Bean Salad (gf)</i>	34:97	<i>Spicy Cauliflower Bites with Lime Salt (v)</i>	93:104
<i>Spiced Gingerbread with Dried Fruit Compote, Salted Caramel Sauce and Mascarpone</i>	72:88	<i>Spiced Prawns with Cashew Nut and Coconut Dukkah (gf)</i>	39:99	<i>Spicy Chicken and Onion Tart</i>	15:106
<i>Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa (v)</i>	58:65	<i>Spiced Prawns with Mango Salad (gf)</i>	21:98	<i>Spicy Chorizo Lentil Soup</i>	91:46
<i>Spiced Lamb and Barley Stew</i>	67:116	<i>Spiced Pumpkin Cheesecake</i>	60:87	<i>Spicy Coconut and Chicken Soup (gf)</i>	13:63
<i>Spiced Lamb and Broad Bean Salad with Whipped Feta</i>	93:14	<i>Spiced Pumpkin Cheesecake Tart</i>	93:76	<i>Spicy Coconut and Ginger Broth with Dumplings</i>	109:90
<i>Spiced Lamb Burgers</i>	75:100	<i>Spiced Pumpkin and Pecan Cake with Caramel and Cinnamon Cream Cheese Icing</i>	109:56	<i>Spicy Cornflake-crumbed Chicken Burgers</i>	95:42
<i>Spiced Lamb and Chickpea Shawarma</i>	63:127	<i>Spiced Pumpkin Soup with Pumpkin Fritters and Coconut Yoghurt (gf, v)</i>	67:82	<i>Spicy Crumbed Fish with Coleslaw and Warm Tortillas</i>	46:77
<i>Spiced Lamb Flatbreads with a Mint Salad</i>	5:103	<i>Spiced Pumpkin and Walnut Pudding</i>	110:106	<i>Spicy Dahl and Eggplant with Coriander and Ginger Dosa (v)</i>	12:98
<i>Spiced Lamb Kofta with Smashed Cucumber, Almonds and Yoghurt</i>	86:61	<i>Spiced Raisin Pilaf (gf)</i>	48:97	<i>Spicy Eggplant, Chickpea and Lamb Salad (gf)</i>	41:112
<i>Spiced Lamb Meatball and Salad Flatbreads</i>	99:104	<i>Spiced Raw Almond Cream (gf, v)</i>	69:103	<i>Spicy Fish Soup with Tomatoes and Orange Zest</i>	108:120
<i>Spiced Lamb Pide Pockets with Mango Chutney</i>	28:97	<i>Spiced Red Wine-braised Duck Legs (gf)</i>	92:59	<i>Spicy Fish Tacos</i>	64:101
<i>Spiced Lamb Pie with Currants and Pine Nuts</i>	110:92	<i>Spiced Roast Chicken with Fragrant Jasmine Rice (gf)</i>	9:96	<i>Spicy Fried Grains with Eggs and Soy (v)</i>	56:77
<i>Spiced Lamb Pie with Kumara Mash (gf)</i>	43:112	<i>Spiced Roasted Carrot, Almond and Yoghurt Dip (gf, v)</i>	38:89	<i>Spicy Fried Prawns with Fattoush Salad</i>	22:92
<i>Spiced Lamb with Rosti, Pea, Mint and Feta (gf)</i>	40:106	<i>Spiced Salmon (gf)</i>	83:74	<i>Spicy Gochujang Chicken Wings</i>	102:58
		<i>Spiced Salmon with Salad Plate (gf)</i>	16:92	<i>Spicy Harissa Prawns with Lemon and Garlic Aioli (gf)</i>	82:72
		<i>Spiced Salmon and Zucchini Skewers with Chimichurri (gf)</i>	105:97	<i>Spicy Kumara Fries (gf, v)</i>	49:85
		<i>Spiced Sesame and Honey Tarrone</i>	29:88	<i>Spicy Lamb and Eggplant Pies</i>	104:106

<i>Spicy Lamb Sausages with White Bean Hummus</i>	32:114	Fettuccine with Zucchini and Spinach (v)	8:99	Salad with Roasted Almonds and Parmesan Dressing (gf, v)	41:63
<i>Spicy Pork Belly with Egg Fried Rice</i>	78:69	Italian Sausage and Spinach Filled Pasta	60:97	Spinach and Mushroom Salad (gf, v)	26:105
<i>Spicy Pork Empanadas</i>	33:100	Lots of Winter Greens and Almond Pesto with Pasta (v)	104:118	Spinach: Soups, curries and braises	
<i>Spicy Pork Meatball and Salad Wraps</i>	89:71	Ricotta and Spinach Filling (pasta filling) (v)	41:71	Braised Rabbit with Spinach and Pine Nuts	29:86
<i>Spicy Pork, Rice and Vege Bowls</i>	90:89	Spaghetti with Zucchini, Peas and Spinach (v)	40:96	Chicken Curry with Wilted Spinach and Tomato Salad (gf)	15:118
<i>Spicy Pork Samosas with Dipping Sauce</i>	78:72	Spinach, Feta and Ricotta Lasagne (v)	59:99	Chicken, Spinach and Leek Soup with Shaved Parmesan (gf)	41:92
<i>Spicy Pork Udon Noodle Fritters with Quick Cucumber Pickle</i>	96:106	Spinach Gnocchi	13:104	Green Borscht (gf, v)	79:83
<i>Spicy Red Lentil and Carrot Soup with Chickpea Falafel (v)</i>	62:105	Spinach and Ricotta Dumplings – Gnudi (v)	65:41	Mixed Greens Soup with Edamame Beans and Feta Croutes	49:80
<i>Spicy Roasted Potatoes (gf, v)</i>	1:64	Spinach and Ricotta Gnocchi Baked with Cherry Tomatoes (v)	42:105	Paneer with Spinach, Chickpeas and Tomatoes (gf, v)	37:78
<i>Spicy Salami, Prosciutto and Mozzarella Pizza</i>	99:88	Spinach: Pies, tarts and sandwiches		Pear, Gorgonzola and Spinach Soup (gf)	4:59
<i>Spicy Satay Chicken Bites Spiked with Lemongrass</i>	34:59	Asparagus and Spinach Tarts	26:70	Saag Paneer (gf, v)	92:82
<i>Spicy Sausage, Pepperdew and Silverbeet Penne</i>	47:62	Beef, Haloumi and Spinach Gozleme	83:54	Spinach, Pea and Pesto Soup (gf, v)	59:113
<i>Spicy Tofu, Red Cabbage and Mint Fresh Spring Rolls (v)</i>	73:98	Beef and Spinach Filo Triangles with Tahini Sauce and Sumac	42:93	Zucchini, Spinach and Mint Soup with Goat's Cheese Croutes	17:88
<i>Spicy Tofu Rice Paper Rolls (gf, v)</i>	90:113	Beetroot, Spinach and Feta Parcels (v)	42:61	Spinach: With eggs	
<i>Spicy Tomato Gazpacho with Parsley Oil (v)</i>	6:107	Caramelised Onion, Bacon and Spinach Tarts	14:108	Baked Eggs with Potatoes and Spinach (gf, v)	90:91
<i>Spicy Tomato, Pumpkin and Dahl Soup (gf)</i>	25:86	Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry (v)	61:99	Baked Eggs with Spinach and Soubise Sauce (v)	19:70
<i>Spicy Tuna, Avocado and Kimchi Taco</i>	58:46	Chicken and Spinach Pie	12:85	Eggs en Cocotte (gf)	5:61
<i>Spiedini alla Romana</i>	90:108	Feta and Spinach Torta	8:59	Greek Omelette with Spinach, Feta and Dill (gf, v)	7:104
<i>Spiked Corn with Chipotle Mayo, Lime, Mint and Parmesan (gf, v)</i>	95:95	Gozleme with Lotsa Greens, Cheese and Toasty Walnuts (v)	103:100	Poached Eggs and Spinach on Cheesy Sourdough Toast	45:122
<i>Spiked Watermelon Granita (gf)</i>	22:80	Hot Smoked Salmon, Spinach and Tarragon Pie (gf)	62:69	Roasted Cauliflower, Spinach and Basil Frittata (gf, v)	72:110
SPINACH, GENERAL (Note these are only recipes where it's a main ingredient!)		Mixed Greens and Two-cheese Tart (v)	47:109	Spinach and Haloumi Omelette with Crispy Aromatic Topping (gf, v)	80:100
Spinach: Meatballs and burgers		Roasted Mushroom and Spinach Toastie with Gorgonzola Cheese (v)	66:91	Sweet Potato and Spinach Tortilla with Feta Yoghurt (gf, v)	33:99
Chicken and Spinach Meatballs on Tomato and Beans	53:69	Spinach, Feta, Ricotta, Olive and Currant Pie (v)	91:51	Spinach: Other	
Indian-spiced Salmon and Spinach Burgers	33:119	Spinach, Herb and Cheese Pie (v)	80:44	Avocado, Miso and Baby Spinach Dip (v)	69:107
Zucchini, Spinach and Herb Polpette (v)	65:92	Spinach: Salads		Baked Spinach and Feta Loaf (v)	58:62
Spinach: Pasta		Eggplant, Spinach and Couscous Salad with Lemony Yoghurt Dressing (v)	101:58	Balsamic Chicken with Parmesan and Spinach Mashed Potatoes (gf)	7:75
Baked Chicken Pasta with Capers, Lemon and Spinach	68:66	Lemony Sumac Chicken and Chickpea Salad with Dates, Feta and Baby Spinach	95:68	Garlicky Lemon Spinach (gf, v)	102:36
Baked Penne with Sausages and Spinach	29:100	Pumpkin, Spinach and Chickpea Salad with Tahini and Lemon Dressing (gf, v)	24:77	Green Beans with Spinach, Lemon and Garlic (gf, v)	37:107
Baked Rigatoni with Greens and Ricotta (v)	97:65	Raw Zucchini, Mushroom and Spinach		Green Pea, Avocado and Spinach with Lime and Harissa	45:112
Baked Spinach and Ricotta Gnocchi with Cherry Tomatoes (v)	93:58			Lamb Cutlets with Indian Spinach and Chickpeas (gf)	11:94
Chicken, Spinach and Pasta Gratin	23:97				

L'Arista - Italian Roast Pork with Spinach Tossed in Garlic (gf)	3:74			<i>Spring Vegetable Stew (gf)</i>	1:68
Pan-fried Fish with Spinach and Zucchini Noodles (gf)	70:110	SPLIT PEAS, GENERAL		<i>Spring Vegetables with Green Curry Broth (gf, v)</i>	62:71
Pea, Spinach and Mint Hummus (gf, v)	93:82	Beef and Yellow Split Pea Salad with Pumpkin Seed Dressing (gf)	28:101	<i>Sprogs' Chokkie Bark</i>	108:92
Potato, Kūmara and Spinach Gratin (gf) (v)	108:57	Erwtensoep (Dutch Split Pea Soup with Sausage) (gf)	66:123	SQUID, GENERAL (SEE ALSO CALAMARI)	
Pork Involtini with Blue Cheese and Spinach (gf)	4:92	Split Pea Dip with Lemon and Feta (gf)	2:88	Balinese Seafood Curry (gf)	92:80
Potato Rosti with Wilted Spinach, Bacon and Avocado (gf)	23:81	<i>SPQR's Oven-baked Scallops</i>	99:40	Braised Squid with Chickpeas and Chorizo (gf)	55:73
Roast Spiced Chicken with Spinach and Chickpea Raita (gf)	25:69	<i>Spring Buckwheat Risotto with Zucchini and Baby Peas Topped with Buffalo Mozzarella and Lemon Oil (gf, v)</i>	80:68	Chargrilled Calamari and Squid Salad (gf)	5:88
Salmon with a Herb Crust and Spinach Risotto	12:106	<i>Spring Greens Hummus (gf, v)</i>	44:62	Chilli Grilled Squid on Rocket with Lime and Coriander	14:82
Smoky Saffron Baked Beans with Greens and Haloumi (gf, v)	79:104	<i>Spring Greens with Roasted Mustard Haloumi (gf, v)</i>	32:71	Chipotle, Lime and Garlic Squid	105:60
Spinach and Hot Smoked Salmon Roulade, 5:111		<i>Spring Herb Broth (gf)</i>	50:74	Chorizo and Squid Skewers on Crushed White Beans and Chilli Tomato Sauce (gf)	35:56
Spinach Rotolo with a Fresh Tomato Sauce (v)	3:56	<i>Spring Lamb with Green Olives (gf)</i>	26:91	Monkfish and Squid Souvlaki with Herb Dressing (gf)	28:68
Spinach and Zucchini Fritters (v)	8:72	<i>Spring Onion Oil Noodles (v)</i>	96:80	Pan-fried Calamari with Garlic and Herbs (gf)	11:64
Turkey Breast with Spinach and Tarragon Stuffing (gf)	21:80	SPRING ONIONS, GENERAL (Note these are only recipes where they are a major ingredient!)		Pan-fried Smoky Chorizo, Squid and White Beans (gf)	102:98
Venison and Spinach Pizza with Harissa	68:116	Champ (gf, v)	13:95	Piri Piri Prawns with Chorizo and Squid (gf)	83:90
Wild Mushroom and Spinach Risotto (gf, v)	1:109	Charred Spring Onion and Chorizo Tacos (gf)	82:84	Popcorn Squid with Chilli and Lime	76:58
<i>Wilted Greens with Fried Chickpeas (gf, v)</i>	29:104	Cheesy, Mushroom, Spring Onion and Garlic Bread (v)	48:58	Salt and Pepper Squid	86:103
<i>Spinach, Feta and Ricotta Lasagne (v)</i>	59:99	Clams with Chinese Sausage and Spring Onions	30:90	Salt and Pepper Squid on a Crunchy Thai Salad (gf)	2:36
<i>Spinach, Feta, Ricotta, Olive and Currant Pie (v)</i>	91:51	Coriander and Spring Onion Flatbreads (v)	46:100	Spaghetti allo Scoglio	59:103
<i>Spinach Gnocchi</i>	13:104	Crayfish with Miso and Spring Onion Butter (gf)	88:59	Squid Ink Pasta with Cloudy Bay Clams	45:32
<i>Spinach and Haloumi Omelette with Crispy Aromatic Topping (gf, v) 80:100</i>		Korean Chicken with Spring Onions and Broccolini	83:87	Squid Ink Pasta with Olive Oil, Garlic and Chilli	93:66
<i>Spinach, Herb and Cheese Pie (v)</i>	80:44	Mangia e Bevi (gf)	90:113	Squid Ink Spaghetti with Clams, Lemongrass, Lime and Mint	23:91
<i>Spinach and Hot Smoked Salmon Roulade</i>	5:111	Mushroom Congee with Charred Spring Onions (v)	85:87	Squid with Pistachio, Pork and Prawn Stuffing	24:91
<i>Spinach and Mushroom Salad (gf, v)</i>	26:105	Mussel and Spring Onion Omelette	38:73	<i>Squid Ink Pasta with Cloudy Bay Clams</i>	45:32
<i>Spinach, Pea and Pesto Soup (gf, v)</i>	59:113	Prawn and Spring Onion Omelette	40:96	<i>Squid Ink Pasta with Olive Oil, Garlic and Chilli</i>	93:66
<i>Spinach and Ricotta Dumplings - Gnudi (v)</i>	65:41	Radish and Spring Onion Remoulade on Tuna (gf)	50:72	<i>Squid Ink Spaghetti with Clams, Lemongrass, Lime and Mint</i>	23:91
<i>Spinach and Ricotta Gnocchi Baked with Cherry Tomatoes (v)</i>	42:105	Spring Onion Oil Noodles (v)	96:80	<i>Squid with Pistachio, Pork and Prawn Stuffing</i>	24:91
<i>Spinach Rotolo with a Fresh Tomato Sauce (v)</i>	3:56	<i>Spring Pea Soup (gf)</i>	9:73	<i>Sri Lankan Chicken Curry (gf)</i>	92:83
<i>Spinach and Zucchini Fritters (v)</i>	8:72	SPRING ROLLS, GENERAL - SEE RICE PAPER ROLLS AND SPRING ROLLS		<i>Sri Lankan-ish Prawn Curry (gf)</i>	84:47
<i>Spit-roasted Duck with Orange and Pomegranate Molasses Glaze (gf)</i>	22:67	<i>Spring Vegetable and Prawn Fritters with Lemon Yoghurt Sauce</i>	32:111	SRIRACHA, GENERAL	
<i>Split Pea Dip with Lemon and Feta (gf)</i>	2:88	<i>Spring Vegetable Salad with Mint and Walnut Oil (gf, v)</i>	14:69	Lime, Honey and Sriracha Roasted Salmon	79:96
				Sriracha Honey Tofu (v)	93:111

Sweet Potato Shakshuka with
Sriracha Butter and Pickled
Onions (gf, v) **101:106**

Sriracha Honey Tofu (v) **93:111**

STAR ANISE, GENERAL

Braised Chicken with Star Anise,
Ginger and Chilli **92:48**

Grilled Star Anise Chicken on
Wilted Greens (gf) **6:82**

Pulled Brisket with Cherries, Star
Anise and Hoisin Sauce **92:58**

Saffron and Star Anise Roasted
Pears (gf) **48:81**

Slow-braised Star Anise and
Lemongrass Beef Ribs **78:76**

Summer Fruit Salad with
Lemongrass and Star Anise
Syrup (gf) **40:88**

**STEAK, GENERAL - SEE THE
SPECIFIC MEAT**

Steak Bruschetta with Eggplant
and Tomato Salad **53:109**

Steak with Burrata, Tomatoes
and Mustard Dressing (gf) **76:90**

Steak with Cheesy Polenta and
Roasted Hazelnut
Gremolata (gf) **96:109**

Steak Fajitas and Avocado Salsa **9:102**

Steak and Green Salsa Tacos **60:105**

Steak and Kidney Pie with
Guinness Gravy **24:57**

Steak au Poivre - Pepper
Steak (gf) **36:59**

Steak and Rocket Sandwiches **52:92**

Steak Rolls with Horseradish
Cream and Caramelised Onions **95:46**

Steak Salad with Blue Cheese
Dressing and Candied
Pecans (gf) **40:70**

Steak Sandwiches with Slaw and
Spicy Mayo **64:115**

Steak and Smoky Harissa
Butter (gf) **109:84**

Steak with Soy and Wasabi
Braised Mushrooms **55:111**

Steak Tacos (gf) **81:101**

Steak Tacos with Charred
Pineapple Salsa (gf) **89:36**

Steak Tacos with Mexican Green
Salsa **75:106**

Steak with Three Sauces (Three
Herb and Caper, Red Chimichurri,
Horseradish Cream) (gf) **61:81**

Steamed Candied Orange
Puddings **31:100**

Steamed Caramel and Ginger
Pudding with Ginger Salted
Caramel Sauce **79:68**

Steamed Char Siu Pork Buns **98:88**

Steamed Chicken and Water
Chestnut Dumplings **32:87**

Steamed Chocolate Pudding **55:91**

Steamed Chocolate Pudding with
Chocolate Fudge Sauce **91:84**

Steamed Fish and Couscous
Parcels **60:107**

Steamed Moroccan Chicken
with Couscous and Preserved
Lemon **23:107**

Steamed Mussels with Caper and
Herb Vinaigrette (gf) **56:64**

Steamed Mussels with Gremolata
and Olive Toasts **12:79**

Steamed Mussels with Orange
and Cumin Dressing (gf) **75:90**

Steamed Orange, Cardamom
and Grand Marnier Pudding **43:96**

Steamed Pork Spare Ribs in
Lotus Leaves **32:106**

Steamed Scallops with Ginger
and Soy (gf) **14:104**

Steamed Sweet Potato and
Coconut Custards (gf) **38:72**

Stelline, Borlotti Bean and
Rocket Soup **23:91**

**STEWES, GENERAL (SEE ALSO
BRAISES, RAGU AND TAGINES)**

Stews: Beans and vegetables

Boston Baked Beans (gf) **13:89**

Guiso de Porotos (gf) **90:38**

Mushroom Bourguignon (v) **79:98**

Roasted Mushroom and White Bean
Puttanesca (gf, v) **104:114**

Sausage and White Bean
'Cassoulet' (gf) **49:111**

Spanish Butter Bean Stew with
Mussels (gf) **68:114**

Spring Vegetable Stew (gf) **1:68**

Stews: Beef and veal

Beef Cheek Bourguignon with Crispy
Gremolata **98:57**

Beef Cheek Bourguignon with
Yorkshire Puddings **79:38**

Beef Goulash with Parsley
Dumplings **18:109**

Beef, Mushroom and Oyster
Stew (gf) **61:73**

Osso Bucco with White Wine
and Olives (gf) **65:76**

Oxtail Stew with Sliced
Potatoes (gf) **97:90**

Soft Polenta with Fresh Corn
and Ossobucco **11:87**

Stews: Chicken

Bouillabaisse de Poulet **5:102**

Coq au Vin (gf) **97:86**

Make at Home Chicken Lap
Lap - Vanuatu **30:48**

Stews: Lamb

Braised Lamb "Pie" with Red Wine
and Colcannon **26:60**

Lamb Hotpot **18:106**

Navarin of Lamb with White Beans
and Green Olives **36:62**

Navarin of Spring Lamb **32:95**

Spiced Lamb and Barley Stew **67:116**

Stews: Pork

Cheat's Cassoulet with Pork, Duck
and Sausage **85:41**

Cheat's Cassoulet with Pork, Duck
and Sausage **100:76**

Sausage and White Bean
'Cassoulet' (gf) **49:111**

Stews: Seafood and fish

Cioppino - Italian Seafood
Stew (gf) **39:102**

Market Fish Bouillabaisse (gf) **91:36**

Moroccan Seafood Stew (gf) **15:123**

North Beach Cioppino (gf) **13:64**

North Beach Cioppino (gf) **19:125**

Prawn, Chorizo and Fish Stew **92:102**

Quick Seafood, Fennel and White
Bean Stew (gf) **79:50**

Seafood Stew with Chermoula,
Potatoes and Olives (gf) **43:86**

Seafood, White Bean and Chorizo
Stew (gf) **88:40**

Sicilian Seafood Stew (gf) **65:75**

Simple Fish Bouillabaisse (gf) **25:88**

Spanish Butter Bean Stew with
Mussels (gf) **68:114**

Sticky 'Apple Pie' Brioche Pull-aparts
109:126

Sticky Asian Beef Short Ribs **55:64**

Sticky Asian Beef Short Ribs **91:71**

Sticky Banana and Almond
Cakes (gf) **58:70**

<i>Sticky Banana and Almond Loaves (gf)</i>	74:49	<i>Sticky Rice in a Lotus Leaf (gf)</i>	7:91	<i>Store Cupboard Sauce and Pasta</i>	13:99
<i>Sticky Black Rice Bowl (gf)</i>	72:97	<i>Sticky Roast Chicken and Potatoes</i>	83:78	<i>Store Cupboard Slice</i>	50:116
<i>Sticky Bran and Raisin Muffins</i>	109:60	<i>Sticky Sesame Prawns</i>	40:78	<i>Store Cupboard Tomato Sauce (gf, v)</i>	90:14
<i>Sticky Caramel, Black Pepper and Ginger Chicken (gf)</i>	95:92	<i>Sticky Soy and Spiced Braised Pork Belly</i>	98:51	<i>Stormy Night Carrot, Cumin and Coriander Soup with Red Lentils and Dukkah (gf, v)</i>	90:18
<i>Sticky Cardamom Pudding with Brown Butter Caramel and Pistachio Dust</i>	109:45	<i>Sticky Stir-fried Beef with Greens and Noodles</i>	97:102		
<i>Sticky Chicken Bao Buns</i>	105:100	<i>Sticky Tamarind and Maple Syrup Glazed Pork Ribs</i>	88:40	STRACCIATELLA, GENERAL - SEE BURRATA, GENERAL, AND STRACCIATELLA	
<i>Sticky Chicken Wings</i>	22:69	<i>Sticky Toffee and Chocolate Pudding Tarts</i>	42:66	<i>Asparagus and Stracciatella with Dill and Lemon Dressing (gf) (v)</i>	106:100
<i>Sticky Chicken Wings with Orange and Maple Syrup (gf)</i>	39:124	<i>Sticky Toffee Ginger Cake with Caramel Icing</i>	17:75	<i>Fresh Figs with Stracciatella and Prosciutto (gf)</i>	108:76
<i>Sticky Chocolate and Fruit Mince Scrolls</i>	106:39	<i>Stilton, Spiced Walnut and Celery Pate with Toasted Walnut Bread (v)</i>	16:72	<i>Shaved Fennel and Stracciatella Salad</i>	109:26
<i>Sticky Chocolate Cakes with Chocolate Sauce</i>	47:100	<i>Stir-fried Beef and Asparagus</i>	32:111		
<i>Sticky Date and Apple Crumble</i>	109:96	<i>Stir-fried Beef with Green Beans, Gochujang and Kimchi</i>	104:116	STRAWBERRIES, GENERAL	
<i>Sticky Date, Chocolate and Ginger Pudding</i>	104:96	<i>Stir-fried Chilli Beef with Coriander Noodles</i>	36:103	Strawberries: Biscuits	
<i>Sticky Date, Espresso and Whiskey Croissant Pudding</i>	91:80	<i>Stir-fried Duck with Chilli and Choy Sum (gf)</i>	7:84	<i>Pecan Shortbreads with Mascarpone and Strawberries</i>	69:114
<i>Sticky Date, Pistachio and Seedy Dark Chocolate Slice (gf)</i>	104:57	<i>Stir-fried Lamb with Coriander and Cashew Sauce (gf)</i>	3:94	<i>Spiced Strawberries, Ice Cream and Coconut Shortbread</i>	21:75
<i>Sticky Date, Sesame and Ginger Caramel (gf) (v)</i>	107:84	<i>Stir-fried Lamb, Veges and Mixed Rice</i>	74:106	<i>Vanilla and Strawberry Swirls</i>	49:100
<i>Sticky Fingers Ginger Loaf with Butterscotch Glaze</i>	94:120	<i>Stir-fried Pork with Peanuts and Mushrooms</i>	46:108	Strawberries: Cakes and slices	
<i>Sticky Garlic and Chilli Eggplant (v)</i>	81:99	<i>Stir-fried Satay Beef</i>	82:63	<i>Baked Lemon Cake with Glazed Lemons and Strawberries (gf)</i>	10:93
<i>Sticky Ginger and Chocolate Loaf</i>	79:56	<i>Stir-fried Turkey with Chilli and Bok Choy (gf)</i>	100:142	<i>Balsamic Strawberries and Cream Sponge</i>	56:95
<i>Sticky Ginger, Chocolate and Turkish Delight Christmas Bombe</i>	45:85	<i>Stir-fried Venison, Chilli and Mixed Peas</i>	80:85	<i>Passionfruit Savarin and Strawberries</i>	5:104
<i>Sticky Ginger Loaf with Salted Caramel Icing</i>	66:79			<i>Strawberry, Orange and Coconut Cake with Strawberry Cream Cheese Icing</i>	69:113
<i>Sticky Glazed Orange Loaves</i>	56:92	STONEFRUIT, GENERAL (SEE ALSO, NECTARINES, PEACHES AND PLUMS)		<i>Strawberry and Rhubarb Louise Cake</i>	87:65
<i>Sticky Glazed Pork Belly with Puy Lentils (gf)</i>	79:98	<i>Boozy Barbecued Stonefruit Parcels</i>	95:58	<i>Summer Strawberry Pimm's Cake</i>	58:101
<i>Sticky Honey and Mandarin-glazed Duck Breasts</i>	104:116	<i>Honey-grilled Stonefruit with Whipped Ricotta (gf)</i>	65:96	<i>Victoria Sponge with Cream and Strawberries</i>	86:128
<i>Sticky Lemon and Coconut Slice</i>	91:98	<i>Honey and Thyme Roasted Stonefruit (gf)</i>	76:54	<i>White Chocolate, Rhubarb and Strawberry Cheesecake</i>	106:112
<i>Sticky Lemon Shortbread</i>	43:79	<i>Late Summer Crumble</i>	101:98		
<i>Sticky Orange and Rum Syrup Loaf</i>	85:96	<i>Moroccan Breakfast Couscous with Saffron Fruits and Yoghurt</i>	1:59	Strawberries: Frozen and chilled desserts	
<i>Sticky Pear and Ginger Pudding with Toffee Sauce</i>	31:96	<i>Nectarines and Peaches in Brandy Syrup (gf)</i>	34:83	<i>Balsamic Strawberries and Ginger Semifreddo</i>	69:112
<i>Sticky Pear and Ginger Pudding with Toffee Sauce</i>	100:158	<i>Poached Fruit with Thick Yoghurt, Honey and Toasted Fruit Bread</i>	10:75	<i>Elderflower-marinated Strawberries with Lychee Granita (gf)</i>	39:88
<i>Sticky Pomegranate Molasses Braised Beef Short Ribs</i>	73:64	<i>Roast Stonefruit with Ricotta and Pistachios (gf)</i>	28:86	<i>Old-fashioned Strawberry Ice Cream Sundaes (gf)</i>	45:66
<i>Sticky Pork Bao Buns</i>	110:90	<i>Spiced Fruit Bruschetta</i>	16:68	<i>Ricotta Chocolate Mousse with Strawberry and Mint Salad (gf)</i>	70:104
<i>Sticky Prune, Rum and Chocolate Self-saucing Pudding (gf)</i>	110:104	<i>Summer Fruits in a Lemongrass and Citrus Syrup (gf)</i>	95:54	<i>Spiced Strawberries, Ice Cream and Coconut Shortbread</i>	21:75
<i>Sticky Rice in Banana Leaves with Roasted Banana and Pawpaw (gf)</i>	14:85				
<i>Sticky Rice and Coconut Puddings with Papaya (gf)</i>	28:90				

Strawberry, Cherry and Gin Shortcake Trifle	87:56	Pistachios and Mint (gf)	69:112	Street Corn Fritter Burgers, Crispy Bacon and Smashed Avocado	70:97
Strawberry and Lemon Buttermilk Panna Cotta (gf)	21:73	Macerated Strawberries (gf)	106:47	Stromboli	65:95
Strawberry and Meringue Fool (gf)	57:118	Maple Syrup and Balsamic Roasted Strawberries (gf)	101:80	Stuff-This-Shit Chocolate Mousse (gf)	74:41
Strawberry, Plum and Salted Coconut Ice Cream Cake	81:102	Marinated Strawberries (gf)	21:71	Stuffed and Baked Eggplants (gf, v)	12:100
Strawberry and Prosecco Granita (gf)	69:114	Roasted Rhubarb and Strawberries with Orange and Balsamic Vinegar (gf)	45:122	Stuffed Baked Onions	19:67
Strawberry, Redcurrant and Juniper Granita (gf)	75:39	Roasted Strawberries (gf)	87:38	Stuffed Baked Potatoes with Prawns and Smoked Fish (gf)	36:104
Strawberry and Rosé Wine Granita (gf)	58:103	Roasted Strawberries and Rhubarb (gf)	63:116	Stuffed Clams	29:78
Strawberry Tiramisu	6:110	Roasted Strawberry and Rhubarb Crumble Bowl	74:70	Stuffed Green Olive 'Burgers' (gf, v)	57:92
Strawberry Tortoni	21:72	Strawberries, Macadamia Crunch and Sour Cream	51:100	Stuffed Lamb Hearts	92:36
Strawberries: Meringue		Strawberry, Mascarpone and Pistachio Bruschetta	27:77	Stuffed Leg of Lamb with Feta, Basil and Sundried Tomatoes (gf)	43:64
Meringue Roulade with Strawberries in Red Wine Syrup (gf)	10:84	Strawberry and Vanilla Brioche	33:69	Stuffed Mushrooms Baked in Silverbeet Leaves	32:104
Muscovado Sugar Meringues with Vanilla Mascarpone and Strawberries (gf)	63:119	Sweet Souffle Omelette with Rhubarb and Strawberry Compote (gf)	21:110	Stuffed and Rolled Roast Pork (gf)	11:71
Peter's Mini Pavlovas with Banana Caramel Mascarpone, Strawberries and Basil (gf)	106:47	Whole Strawberry Preserves (gf)	3:104	Stuffed Salmon in Vine Leaves (gf)	28:72
Strawberry and Hazelnut Meringues with Crushed Strawberry Cream (gf)	33:69	<i>Strawberries, Macadamia Crunch and Sour Cream</i>	51:100	Stuffed Tomato Tarts	23:65
Strawberries: Pies and tarts		<i>Strawberry and Almond Tarts</i>	2:63	Stuffed Vine Leaves with Dill Yoghurt Sauce (gf, v)	42:93
Baklava Tarts with Strawberries and Apricots	107:88	<i>Strawberry, Cherry and Gin Shortcake Trifle</i>	87:56	Stuffed Zucchini Flowers (v)	34:64
Free-form Fresh Strawberry Tarts	57:77	<i>Strawberry and Hazelnut Meringues with Crushed Strawberry Cream (gf)</i>	33:69	STRUDEL, GENERAL (SEE ALSO PASTRIES)	
Fresh Strawberry and Rhubarb Pie	70:114	<i>Strawberry and Lemon Buttermilk Panna Cotta (gf)</i>	21:73	Banana and Macadamia Strudels	5:105
Fresh Strawberry and Ricotta Tart	94:60	<i>Strawberry and Lemon Tart</i>	33:73	Cherry, Lemon and Ricotta Strudel	67:103
Raw Strawberry Tart with Whipped Coconut Cream (gf)	75:72	<i>Strawberry and Lemon Tart</i>	56:109	Date, Rum and Ricotta Strudels	32:104
Rhubarb and Strawberry F rangipane Tarts	93:79	<i>Strawberry, Mascarpone and Pistachio Bruschetta</i>	27:77	Successful Pâte Brisée	54:46
Strawberry and Almond Tarts	2:63	<i>Strawberry and Meringue Fool (gf)</i>	57:118	Sugar-glazed Bananas (gf)	85:76
Strawberry and Lemon Tart	33:73	<i>Strawberry, Orange and Coconut Cake with Strawberry Cream Cheese Icing</i>	69:113	SUGAR SNAP PEAS, GENERAL (SEE ALSO SNOW PEAS)	
Strawberry and Lemon Tart	56:109	<i>Strawberry, Plum and Salted Coconut Ice Cream Cake</i>	81:102	Green Bean and Two-pea Salad with Tarragon Dressing (gf, v)	38:81
Strawberry Tart	21:71	<i>Strawberry and Prosecco Granita (gf)</i>	69:114	Green Vegetable Salad with Hazelnuts and Cranberries (gf, v)	40:70
Strawberries: Other		<i>Strawberry, Plum and Salted Coconut Ice Cream Cake</i>	81:102	Mixed Green Vegetable Salad with Sesame Yoghurt Dressing (gf, v)	51:70
Fraises Gratinée – Gratin of Strawberries (gf)	5:96	<i>Strawberry and Prosecco Granita (gf)</i>	69:114	Spring Greens with Roasted Mustard Haloumi (gf, v)	32:71
Gluten-free Vanilla Doughnuts with Natural Strawberry Frosting (gf)	74:99	<i>Strawberry, Redcurrant and Juniper Granita (gf)</i>	75:39	Summer Green Salad (gf, v)	6:102
Grilled Brioche with Rhubarb and Strawberries	82:86	<i>Strawberry and Rhubarb Louise Cake</i>	87:65	SULTANAS, GENERAL (SEE ALSO RAISINS)	
Honeyed Strawberries and Cherries with Hazelnut and Rosemary Crumble (gf)	70:86	<i>Strawberry and Rosé Wine Granita (gf)</i>	58:103	The Devil's Sultana and Orange Loaf	92:128
Labneh with Strawberries,		<i>Strawberry Tart</i>	21:71	Olie Bollen – Apple and Sultana Doughnut Balls	60:87
		<i>Strawberry Tiramisu</i>	6:110	Roasted Carrot and Israeli Couscous Salad with a Sultana and Caper Dressing (v)	46:95
		<i>Strawberry Tortoni</i>	21:72		
		<i>Strawberry and Vanilla Brioche</i>	33:69		

Spiced Apple and Sultana Cake	66:123	<i>Super Soul Food Guacamole (gf, v)</i>	70:42	<i>Rhubarb and Strawberry Compote (gf)</i>	21:110
Tarakhi with Pine Nuts, Caramelised Onions and Sultanas	19:71	<i>Super Seeded Muesli Bars (gf) (v)</i>	107:82	<i>Sweet and Sour Carrots (gf, v)</i>	11:64
SUMAC, GENERAL		<i>Superseed Loaf (v)</i>	61:106	<i>Sweet and Sour Fennel with Currants and Almonds (gf, v)</i>	35:54
Beef and Spinach Filo Triangles with Tahini Sauce and Sumac	42:93	<i>Suquet (gf)</i>	7:67	<i>Sweet and Sour Roasted Cabbage Broth (gf)</i>	79:84
Boysenberry, Sumac and Honey Popsicles (gf)	70:69	<i>Surf'n'Turf: Crayfish and Flat Iron Steak with Bisque Béarnaise (gf)</i>	87:32	<i>Sweet and Sour Roasted Eggplant Skewers (v)</i>	81:68
Falafel with Winter Tabbouleh and Sumac Yoghurt (v)	85:82	SUSHI, GENERAL		<i>Sweet and Sour Shallots (gf, v)</i>	19:67
Lemony Sumac Chicken and Chickpea Salad with Dates, Feta and Baby Spinach	95:68	Chirashi – Scattered Sushi Rice and Raw Fish	72:94	<i>Sweet and Sour Silverbeet Salad (gf, v)</i>	75:38
Pork Belly on Mountain Bread with Shaved Fennel, Radish and Sumac Salad	35:67	Melanie's Regal Smoked Salmon Sushi (gf)	22:41	<i>Sweet and Spicy Caramel Corn (gf)</i>	54:82
Roasted Leg of Lamb with Sumac and Red Onion Salad (gf)	48:73	Prawn and Avocado Sushi Salad (gf)	95:80	SWEETCORN, GENERAL - SEE CORN	
Roasted Potato Salad with Sumac Onions and Mustard Dressing (gf, v)	88:61	Salmon Crudo and Sushi Rice	26:98	<i>Sweetcorn and Avocado Hotcakes (v)</i>	51:88
Sumac Fried Mussels with Tzatziki (gf)	84:57	Sushi Rice Salad (gf)	90:94	<i>Sweetcorn Fritter, Bacon and Avocado Burgers</i>	88:90
Sumac Haloumi with Baby Cos Salad (v)	1:109	<i>Sushi Rice Salad (gf)</i>	90:94	<i>Sweetcorn Fritters with Smashed Avocado (v)</i>	94:102
Sumac Roasted Chicken with Crushed Edamame Beans	80:58	<i>Swedish Meatballs</i>	109:78	<i>Sweetcorn Soup with Prawn, Avocado and Macadamia Salsa (gf)</i>	11:85
Tomato and Fregola Salad with Sumac (v)	101:23	<i>Sweet Cardamom, Rhubarb and Streusel Buns</i>	50:104	<i>Sweetcorn with Toppings (Pesto Mayonnaise, Parmesan and Lemon; and Smoky Chilli Butter with Lime) (gf, v)</i>	64:64
<i>Sumac Fried Mussels with Tzatziki (gf)</i>	84:57	<i>Sweet Cinnamon Roti with Sour Cream and Roasted Rhubarb</i>	83:100	<i>Sweetcorn, Yellow Tomato and Pearl Barley Salad (v)</i>	52:77
<i>Sumac Haloumi with Baby Cos Salad (v)</i>	1:109	<i>Sweet Couscous with Almond Cream and Poached Fruits</i>	24:86	SWEETS, GENERAL	
<i>Sumac Roasted Chicken with Crushed Edamame Beans</i>	80:58	<i>Sweet Focaccia with Nectarines and Toasted Fennel Seed</i>	101:126	Boiled Sweets (gf)	39:120
<i>Summer Fruit Salad with Lemongrass and Star Anise Syrup (gf)</i>	40:88	<i>Sweet Ginger and Lime Mango with Raspberry Sauce (gf)</i>	5:61	<i>Swiss Chard, Bacon and Parsnip Tarts</i>	36:80
<i>Summer Fruits in a Lemongrass and Citrus Syrup (gf)</i>	95:54	<i>Sweet Pickled Baby Carrots and Goat's Cheese (gf, v)</i>	50:71	<i>Syrian Date Preserve (gf)</i>	15:94
<i>Summer Green Salad (gf, v)</i>	6:102	<i>Sweet Potato and Coconut Curry with Silver Fern Farms Eye Fillet Steak</i>	75:42	SYRUPS, GENERAL - SEE TOPPING: SYRUPS	
<i>Summer Minestrone with Garlic Prawns (gf)</i>	34:94	<i>Sweet Potato Crisps with Togarashi (gf, v)</i>	82:48	SZECHUAN PEPPER, GENERAL - SEE SICHUAN PEPPER, GENERAL	
<i>Summer Nectarine Cake</i>	2:74	<i>Sweet Potato Gratin (gf, v)</i>	61:83	<i>Szechuan Pork and Mango Salad (gf)</i>	6:96
<i>Summer Pudding Loaf</i>	16:103	<i>Sweet Potato, Miso and Ginger Soup with Soy and Lime Cream</i>	66:76		
<i>Summer Salad with Lemon Dressing (gf, v)</i>	21:80	<i>Sweet Potato Shakshuka with Sriracha Butter and Pickled Onions (gf, v)</i>	101:106		
<i>Summer Strawberry Pimm's Cake</i>	58:101	<i>Sweet Potato and Spinach Tortilla with Feta Yoghurt (gf, v)</i>	33:99		
<i>Summer Tomato and Three Cheese Tart (v)</i>	101:82	<i>Sweet Potato and Yellow Curry Soup with Udon Noodles (v)</i>	83:54		
<i>Summer Vegetable Tart (v)</i>	64:115	SWEET POTATO, GENERAL - SEE KUMARA			
<i>Summer Yoga Bowls (gf, v)</i>	58:96	<i>Sweet Pumpkin Vetkoekies (Fritters) with Spiced Sugar</i>	89:116		
<i>Super-crispy Roasted Potatoes (gf)</i>	106:104	<i>Sweet Shortcrust Pastry</i>	42:41		
<i>Super-green Salad (gf, v)</i>	89:78	<i>Sweet Shortcrust Pastry</i>	96:73		
		<i>Sweet Souffle Omelette with</i>			

T

TABBOULEH, GENERAL

Burghul, Broad Bean and Herb

Tabbouleh (v)	77:52	Zucchini Tacos with Spiced Mustard Chicken (gf)	80:58	Walnuts and Lemon (gf, v)	34:73
Cauliflower, Kale and Mint Tabbouleh (gf, v)	57:98			Indian Vegetable Fritters with Lime and Tahini Yoghurt Sauce (gf, v)	36:87
Cracked Wheat, Green Olive and Lemon Tabbouleh	35:92	TAGINES, GENERAL (SEE ALSO BRAISES, RAGU AND STEWS)		Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing (v)	60:79
Falafel with Winter Tabbouleh and Sumac Yoghurt (v)	85:82	Baked Tagine of Lamb with Apricots and Honey (gf)	24:103	Kofta with Tahini Sauce and Tomato Salsa	52:61
Grilled Fish with Broad Bean and Herb Tabbouleh	39:105	Bitter Lettuce Tagine with Artichokes (gf)	50:71	Miso-baked Aubergine, Dates, Feta, Crispy Buckwheat and Tahini Yoghurt (v)	66:40
Lamb Meatball and Tabbouleh Bowl (gf)	74:74	Chermoula Fish and Chickpea Tagine (gf)	77:52	Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	82:100
Shaved Brussels Sprouts and Cracked Wheat Tabbouleh Bowl (v)	66:69	Chicken Tagine with Harissa, Apricots and Olives	42:47	Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	100:88
Slow-roast Leg of Lamb with Lentil Tabbouleh and Eggplant (gf)	77:38	Chicken Tagine with Pearl Barley Pilaf and Tabil	7:103	Mustard-roasted Cauliflower with Almonds and Tahini Dressing (gf, v)	73:76
Watercress and Mint Tabbouleh (v)	8:87	Duck Tagine (gf)	31:72	Orange, Tahini and Vanilla Truffles (gf)	71:104
<i>Tabil (gf, v)</i>	7:103	Fish, Chickpea and Green Olive Tagine (gf)	40:58	Pistachio Halva Ice Cream with Caramel Tahini Sauce (gf)	64:98
		Lamb and Pomegranate Tagine (gf)	72:73	Puffed Quinoa and Cashew Pork Schnitzel with Parsnip and Tahini Mash (gf)	68:97
TACOS, GENERAL (SEE ALSO QUESADILLAS AND TOSTADAS)		Lamb Tagine	8:74	Pumpkin, Spinach and Chickpea Salad with Tahini and Lemon Dressing (gf, v)	24:77
Charred Spring Onion and Chorizo Tacos (gf)	82:84	Lamb Tagine with Ras al Hanout	35:92	Roasted Beets with Yoghurt and Tahini Dressing (gf, v)	75:59
Chipotle BBQ Prawn Tortilla with Fresh Slaw	52:26	Merguez Sausage and Green Olive Tagine (gf)	60:91	Roasted Eggplant with Spiced Lamb and Tahini (gf)	82:64
Cos Lettuce Shrimp 'Tacos' with Smoky Cashew Sauce (gf)	83:106	Moroccan Fish Tagine (gf)	74:92	Roasted Pumpkin Hummus with Tahini and Dukkah (gf, v)	45:114
Crunchy Miso Fish Tacos with Kimchi Mayo	80:92	Potato, Green Chilli and Olive Tagine (gf)	49:85	Seedy Apricot, Tahini and Carrot Bliss Balls (gf) (pb)	107:82
Duck Breast Tacos with Nectarine Pico de Gallo	70:42	Quick Lamb Tagine with Chickpeas	38:98	Spice-roasted Cauliflower, Puy Lentils and Tahini Basil Dressing (gf, v)	66:69
Fish Tacos	93:55	Quince and Lamb Tagine (gf)	11:106	Vine Leaf-wrapped Chicken with Red Rice and a Tahini Yoghurt Sauce (gf)	7:90
Fish Tacos with Pico de Gallo	62:81	Rabbit Tagine (gf)	105:22		
Fish Tacos with Pico de Gallo	100:174	Rangitikei Chicken and Saffron Tagine (gf)	18:104	<i>Take Me With You Cherry, Almond and Coconut Slice</i>	94:123
Korean Lamb and Red Kraut Tacos	78:96			<i>Tamarillo and Apple Cobbler</i>	18:71
Lamb Steak Tacos with Slaw	99:26	<i>Tagliatelle with Creamy Onions and Pangrattato (v)</i>	71:91		
Mexican Fish Tacos with Avocado and Jalapeno Sauce	86:104	TAHINI, GENERAL			
Mexican Fish Tortillas	22:77	Baked Tahini and Dukkah Chicken Nibbles	80:55		
Sesame Crunch Chicken Tacos, Cos, Avocado and Zesty Crema	70:43	Beef and Spinach Filo Triangles with Tahini Sauce and Sumac	42:93		
Slow-braised Pork Carnitas, Pickled Red Onions and Pico de Gallo	44:75	Beetroot, Almond and Tahini Dip (v)	38:89		
Soft Fish Tacos with Tomatillo and Avocado Salsa and Red Cabbage Salad	44:72	Crudités with Cashew Nut and Tahini Cream (v)	69:85		
Spicy Fish Tacos	64:101	Dark Chocolate, Macadamia and Tahini Swirl Cookies	109:52		
Spicy Tuna, Avocado and Kimchi Taco	58:46	Double Chocolate, Raspberry and Tahini Swirl Brownie (gf)	85:93	TAMARILLOS, GENERAL	
Steak and Green Salsa Tacos	60:105	Double Chocolate, Roasted Peanut and Tahini Skillet Cookie (gf)	86:107	Cardamom Madeleines with Roasted Tamarillo Fool	31:102
Steak Tacos (gf)	81:101	Duck Fattoush Salad with Yoghurt, Tahini and Mint Dressing	35:69	Hot Chocolate Puddings with Tamarillos in Mint and Lemon Syrup (gf)	18:73
Steak Tacos with Charred Pineapple Salsa (gf)	89:36	Feta and Pea Falafel Salad with Tahini Dressing (v)	40:67	Poached Golden Tamarillos (gf)	18:71
Steak Tacos with Mexican Green Salsa	75:106	Green Bean and Farro Salad with Tahini Dressing (v)	76:49	Tamarillo and Apple Cobbler	18:71
		Grilled Eggplant with Tahini,		Tamarillos with Vanilla Bean Yoghurt	25:109

<i>Tamarillos with Vanilla Bean Yoghurt</i>	25:109	<i>Green Chutney and Raita (gf)</i>	107:98	Mustard and Tarragon Roast Chicken (gf)	52:112
<i>Tamari Salmon with Buckwheat Soba Salad</i>	78:81	TANGELOS, GENERAL		Pan-fried Fish with White Beans, Lemon and Tarragon (gf)	83:51
TAMARIND, GENERAL		Chargrilled Witlof with Tangelo and Toasted Capers (gf, v)	50:68	Roast Tarragon Chicken (gf)	36:56
Burmese-style Pork, Potato and Tamarind Curry (gf)	37:78	Sparkling Tangelo and Thyme Jellies (gf)	50:44	Roast Turkey with Tarragon, Mustard and Garlic Butter	87:46
Coconut, Fenugreek and Tamarind Prawn Curry with Pickled Onions	110:98	<i>Tapas, Marinated Pork and Quince</i>	4:91	Roasted Cabbage Gratin with Tarragon and Mustard Cream (gf, v)	92:64
Coconut and Tamarind Fish Curry (gf)	61:75	<i>Tapas, Scallop and Chorizo</i>	58:86	Seared Salmon, Tarragon Butter and Warm Potato Salad (gf)	9:77
Crispy-skinned Fish with Tamarind and Tomatoes	38:66	<i>Tapas, Simple</i>	20:81	Tarragon Chicken and Leeks (gf)	85:57
Dry Fish Curry with Tamarind and Curry Leaves (gf)	78:52	<i>Tapas Platter, Spanish, (gf) (includes Roasted Garlic, Rockmelon with Lime and Chili, Chicken Skewers and Grilled Asparagus)</i>	69:106	Tarragon Roasted Chickens with Pancetta and Grapes (gf)	45:76
Fresh Nectarine and Tamarind Chutney (gf, v)	6:63	TAPIOCA, GENERAL		Turkey Breast with Spinach and Tarragon Stuffing (gf)	21:80
Ginger Roulade with Tamarind-glazed Mango and Mascarpone	37:58	Chilled Blackberry, Red Wine and Pearl Tapioca Puddings (gf)	34:88	The Ultimate Roast Chicken (Tarragon, Lemon and Garlic Roast Chicken) (gf)	90:25
Pani Puri with Spiced Potatoes and Tamarind Chutney (gf, v)	69:83	Coconut and Lemon Tapioca Pudding (gf)	64:105	<i>Tarragon Chicken and Leeks (gf)</i>	85:57
Pork, Tamarind and Potato Curry (gf)	98:76	<i>Tarakhi with Pine Nuts, Caramelised Onions and Sultanas</i>	19:71	<i>Tarragon and Dijon Mustard Chicken (stew sort of thing - saucy) (gf)</i>	56:70
Roasted Eggplant with Tamarind and Lime	57:105	<i>Taralli (Italian Savoury Fennel Seed and Wine Biscuits) (v)</i>	77:67	<i>Tarragon and Parmesan Crumbed Portobello Mushrooms (gf)</i>	61:83
Sticky Tamarind and Maple Syrup Glazed Pork Ribs	88:40	<i>Taramasalata - Smoked Roe Dip</i>	27:102	<i>Tarragon Roasted Chickens with Pancetta and Grapes (gf)</i>	45:76
Tamarind and Ginger-spiced Fish (gf)	55:99	TARRAGON, GENERAL		TARTARE, GENERAL - SEE CEVICHE	
Tamarind-glazed Lamb Shanks	60:79	Bistro Chicken with Bacon, Tarragon and Creme Fraiche (gf)	97:98	<i>Tartare Sauce (gf, v)</i>	94:104
<i>Tamari-glazed Salmon on Brown Rice</i>	107:62	Braised Chicken Marylands with Tarragon Skin (gf)	9:91	<i>Tarte Niçoise</i>	3:65
<i>Tamarind and Ginger-spiced Fish (gf)</i>	55:99	Cajun Fish Rolls with Caper, Tarragon and Mustard Mayo	87:98	<i>Tartiflette (gf)</i>	13:86
<i>Tamarind-glazed Lamb Shanks</i>	60:79	Chicken, Mushroom and Tarragon Cannelloni	97:60	<i>Tartiflette (gf)</i>	104:49
<i>Tandoori Aloo (Potatoes) (gf, v)</i>	55:103	Crispy Crumbed Mustard and Tarragon Roasted Chicken	98:58	<i>Tart Lemon Meringue Cheesecake with Gin-roasted Apricots and Thyme Flowers</i>	108:35
<i>Tandoori Chicken Wings with Fresh Herb and Ginger Relish</i>	88:86	French Vegetable Soup with Tarragon and Potato Gnocchi	38:101	TARTS, GENERAL - SEE ALSO PIES	
<i>Tandoori Lamb with Coconut Rice (gf)</i>	54:111	Garlicky Tarragon Tomatoes on Yoghurt with Sourdough (v)	89:98	Tarts: Savoury	
<i>Tandoori Paneer with Roti (v)</i>	76:76	Green Bean and Two-pea Salad with Tarragon Dressing (gf, v)	38:81	Artichoke, Bacon and Kumara Galette with Roasted Onion and Tomato Relish (gf)	5:64
<i>Tandoori Prawns (gf)</i>	52:58	Lemon, Tarragon and Mustard Mayo (gf, v)	101:68	Artichoke, Ham and Herb Tart	59:64
<i>Tandoori Roasted Pumpkin and Chickpea Tortilla Wraps (v)</i>	73:112	Market Fish with White Wine, Grapes and Tarragon	31:105	Asparagus, Haloumi and Mustard Tart (v)	75:90
<i>Tandoori Salmon Burgers with Herb Relish</i>	82:46	Mixed Leaves with Tarragon Vinaigrette (gf, v)	10:83	Asparagus and Spinach Tarts	26:70
<i>Tandoori Salmon with Ginger and Lime Yoghurt (gf)</i>	39:122	Mushrooms with a Cream and Tarragon Sauce (gf, v)	104:82	Asparagus Tart with Gruyere Cheese Pastry (v)	38:56
<i>Tandoori Salmon on Warm Paratha Breads</i>	78:60	Mussels and Clams in a White Wine and Tarragon Broth (gf)	32:92	Asparagus and Vegetable Tart (gf, v)	44:65
<i>Tandoori-style Barbecued Chicken (gf)</i>	101:48	Mustard and Tarragon Chicken on Cheesy Potato Gratin	109:68	Bacon, Onion and Brie Tart	44:108
<i>Tandoori-style Prawns with</i>				Bacon, Potato and Thyme Tart	79:48

Creme Fraiche and Plum Tart	6:66	Pineapple Tarte Tatin with Rum Caramel Sauce	88:68	Walnut and Poached Pear Tart	4:109
Custard Tart	13:108	Pistachio and Black Doris Plum Tart	25:106	Warm Spiced Pear Tart	108:86
Dark Chocolate, Amaretti and Marsala Flan (gf)	86:97	Plum and Citrus Frangipane Tart (v)	108:80	<i>Tavuk Sis – Chicken Kebabs with Prune Orzo Pilav</i>	60:51
Double Chocolate Tart with Pretzel Praline Crumb	40:110	Plum and Pear Crumble Tart	102:76	<i>T-Bone with New Potatoes and Rosemary (gf)</i>	22:73
Free-form Fresh Strawberry Tarts	57:77	Preserved Fig and Macadamia Cheesecake Tart	91:92	<i>T-Bone Steak with Chimichurri Marinade (gf)</i>	34:59
Fresh Cherry Cheesecake Tarts	58:114	Prune Tart	9:79	<i>T-Bone Steaks with Caper, Anchovy and Parsley Butter (gf)</i>	29:104
Fresh Cherry Crumble Tarts	64:82	Puglia Christmas Tart – Sfogliata di Natale	15:88	<i>T-Bone Steaks with Parmesan and Herb Dressing (gf)</i>	54:59
Fresh Fig Galette	17:90	Raspberry, Almond and Sour Cream Tart with Sugared Almonds	38:95	<i>Tea-smoked Fish (gf)</i>	14:98
Fresh Fig, Roasted Hazelnut and Honey Tart	96:90	Raspberry Cheesecake Tarts	83:56	<i>Tea-smoked Oysters with Soy and Ginger Dressing</i>	5:79
Fresh Pineapple and Macadamia Frangipane Tarts with Whipped Coconut Cream	78:86	Raspberry and Hazelnut Rice Tart	7:96	TEMPEH, GENERAL	
Fresh Strawberry and Ricotta Tart	94:60	Raw Chocolate Ganache Tarts (gf)	46:27	Brussels Sprout Breakfast Caesar Salad with Tempeh Bacon (gf)	79:106
Fruit Tartlets	52:85	Raw Strawberry Tart with Whipped Coconut Cream (gf)	75:72	Tempeh Curry Laksa with Coconut Milk and Kelp Noodles (v)	67:107
Fruit Tartlettes	19:99	Rhubarb and Custard Tarts with Crushed Hazelnuts	49:97	<i>Tempeh Curry Laksa with Coconut Milk and Kelp Noodles (v)</i>	67:107
Glazed Apple Tart	87:104	Rhubarb Maids of Honour Tarts	50:103	<i>Tempura Oysters with Ginger and Mirin Dipping Sauce</i>	12:79
Glazed Pear Tarts	11:104	Rhubarb and Raspberry Meringue Tarts	42:69	<i>Ten-minute Beef Stroganoff (gf)</i>	7:100
Golden Syrup and Brown Butter Tart	18:90	Rhubarb and Strawberry Frangipane Tarts	93:79		
Grape and Goat's Cheese Tarts (v)	23:61	Rhubarb Tart with Polenta Pastry	8:64	TERRINE, GENERAL – SEE ALSO PATE AND RILLETTES	
Grilled Apricot and Honey Fool Tart	34:86	Ricotta Lemon Tarts with Pecan and Vanilla Base (gf)	70:104	Double Chocolate Semifreddo Terrine	9:66
Honey Nut Tart	30:74	Roasted Nut, Sesame Seed and Miso Caramel Tart	105:82	Pork, Apricot and Herb Terrine	48:71
Honey Spiced Pear Tarte Tatin	5:74	Salted Caramel and Peanut Butter Chocolate Tarts	55:89	Pork, Chorizo and Herb Terrine (gf)	32:98
Jam Crostata	11:75	Salted Caramel Peanut Butter Chocolate Tarts	100:160	Pork Terrine (gf)	12:74
Lemon Cheesecake Tart with Lemon Curd	99:96	Salted Caramel and Roasted Almond Tart	98:102	Rabbit and Pistachio Terrine with Sour Cherry and Pear Relish	3:84
Lemon Tart	19:105	Simple Rhubarb Tarts	62:110	Rabbit and Pork Terrine (gf)	29:19
Lime, Ginger and Mango Tart	13:77	Spiced Orange Frangipane Mince Tarts	75:74	Simple Country Terrine (gf)	36:55
Lime and Pistachio Tart	78:90	Spiced Pumpkin Cheesecake Tart	93:76	Simple Pork Terrine (gf)	59:63
Little Lime Meringue Tarts	14:71	Sticky Toffee and Chocolate Pudding Tarts	42:66	Turkey, Roasted Garlic and Fig Terrine	9:96
Macadamia Caramel Tart	93:79	Strawberry and Almond Tarts	2:63	Turkey, Roasted Garlic and Fig Terrine	100:52
Macadamia, Prune and Orange Tart (gf)	3:86	Strawberry and Lemon Tart	33:73	<i>Tequila, Chilli and Lime Chicken Wings</i>	85:66
Mango Tart with Sweet Red Chilli Syrup	28:92	Strawberry and Lemon Tart	56:109	<i>Tequila and Lime Pickled Pineapple and Fennel (gf, v)</i>	74:61
Mascarpone and Apricot Tart	1:87	Strawberry Tart	21:71	<i>Tequila and Lime-spiked Oysters (gf)</i>	94:78
Milk Chocolate and Coffee Custard Almond Tarts	66:97	Tiny Tartes Tatin	72:80	<i>Texas-style Braised Pork 'n Beans</i>	110:56
Milk Chocolate Tarts	5:106	Torta della Nonna	16:112	<i>Thai Chicken Drumsticks with</i>	
Muscato-roasted Date and Mascarpone Tarts	4:100	Vanilla and Lemon Cheesecake Tart	102:104		
Nectarine and Polenta Tart	39:90	Vegan Banoffee Tarts (gf)	74:100		
Nectarine Tart	59:82	Walnut Caramel Tart	35:106		
Nectarine Tarte Tatin	22:85	Walnut Honey Tart with Mascarpone	65:101		
Patrick's Chocolate Mousse Tart	103:33	Walnut and Pear Tarts	24:86		
Pear Tarte Tatin	84:83	Walnut and Pear Tarts	100:148		
Pear tarte Tatin	110:82				
Pear and Vanilla Bean Tarte Tatin	98:108				
Pedro Ximénez Sherry and Raisin Tart	35:62				

<i>Coriander Dipping Sauce</i>	52:64	and Fig Preserves (gf, v)	84:60	Frangelico Chocolate Hazelnut Tiramisu	65:102
<i>Thai Chicken Pies</i>	30:99	Blistered Tomatoes with Olives, Garlic and Thyme (gf) (v)	107:20	Frangelico Chocolate Hazelnut Tiramisu	100:110
<i>Thai Coconut Chicken Noodle Soup</i>	96:82	Braised Fish with Leeks, Thyme and Potatoes (gf)	42:89	Fresh Peach and Orange Tiramisu	52:88
<i>Thai Fish, Coconut and Noodle Soup</i>	24:71	Brussels Sprouts with Bacon, Grapes, Walnuts and Thyme (gf)	79:74	Hazelnut Tiramisu Layer Cake	31:100
<i>Thai Fish and Green Bean Curry</i>	43:109	Chicken, Chickpea and Thyme Soup	36:96	Honey-roasted Peanut, Rum and Caramel Tiramisu	33:83
<i>Thai Fish and Prawn Laksa (gf)</i>	85:63	Chicken, Leek and Thyme Pie	91:56	Iced Coffee and Chocolate Tiramisu	39:79
<i>Thai Green Chicken and Eggplant Curry</i>	37:83	Country Chicken and Kumara Pie with Thyme Pastry	42:63	Limoncello and Raspberry Tiramisu	29:71
<i>Thai Green Curry Salmon 'Burgers'</i>	57:115	Leek, Thyme and Goat's Cheese Tart (v)	36:55	Strawberry Tiramisu	6:110
<i>Thai Peppercorn Chicken with Hot and Sweet Dipping Sauce and Cucumber and Peanut Salad (gf)</i>	2:57	Monkfish with a Fresh Tomato and Thyme Broth (gf)	1:78	Tiramisu	94:63
<i>Thai Pickles (gf)</i>	9:87	One-pot Chicken with Garlic, Thyme and Bacon (gf)	48:107	<i>Tiramisu Espresso Martini No-bake Cheesecake</i>	101:102
<i>Thai Prawns in Garlic and Pepper (gf)</i>	5:53	Parmesan and Thyme Crackers	6:91	<i>Tiramisu</i>	94:63
<i>Thai Roasted Pumpkin Soup (gf)</i>	54:74	Potato Gnocchi with Mushrooms and Thyme (v)	93:69	<i>Tiramisu Espresso Martini No-bake Cheesecake</i>	101:102
<i>Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad</i>	52:107	Potato, Lemon and Thyme Gratin (gf)	27:89	<i>Toad in the Hole with Dark Ale Roasted Onions</i>	18:76
<i>Thai Seafood Noodle Soup</i>	37:36	Pumpkin, Thyme and Goat's Cheese Tart (v)	19:102	<i>Toasted Chilli Tan Tan Ramen</i>	84:70
<i>Thai-style Chicken and Ginger Wontons</i>	98:84	Ricotta and Thyme Ravioli with Broad Bean Sauce	1:86	<i>Toasted Coconut and Sesame Sprinkle (gf) (v)</i>	107:72
<i>Thai-style Duck and Cucumber Salad</i>	38:70	Roast Chicken with Grapes and Thyme (gf)	41:81	<i>Toasted Cuban Sandwich</i>	86:61
<i>The Big Bowl Green Salad with Basil and Lemon Dressing (gf) (v)</i>	106:78	Roasted Cherry, Thyme and Goat's Cheese Bruschetta (v)	45:64	<i>Toasted Sesame and Spring Onion Flatbreads (v)</i>	78:57
<i>The Good Loaf: Fig, Cranberry and Fennel Seed (gf)</i>	107:82	Tart Lemon Meringue Cheesecake with Gin-roasted Apricots and Thyme Flowers	108:35	<i>Toasted Sesame Praline (gf)</i>	106:114
<i>The Summer Burger</i>	107:46	Thyme and Bay Leaf Roasted Rack of Veal (gf)	6:103	TOASTIES, GENERAL (SEE ALSO SANDWICHES)	
<i>Three-cheese, Caramelised Onion and Bacon Bread Pudding</i>	108:69	Thyme Roasted Eye Fillet of Beef (gf)	104:82	The Big Cheese (v)	103:52
<i>Three-cheese Mac'n'Pork Meatballs</i>	104:86	Thyme Roasted Mushrooms (gf, v)	99:90	Breakfast Burrito Toastie	99:80
<i>Three-cheese and Pumpkin Baked Pasta (v)</i>	102:70	Thyme and Sesame Labneh (gf, v)	69:107	Caramelised Onion and Mushroom Soup with Cheesy Mushroom Toasties (v)	67:79
<i>Three-cheese and Sage Pizza (v)</i>	93:52	<i>Thyme and Bay Leaf Roasted Rack of Veal (gf)</i>	6:103	Chaat Masala Potato Toastie (v)	99:80
<i>Three-cheese Scones</i>	88:76	<i>Thyme Roasted Eye Fillet of Beef (gf)</i>	104:82	Cheddar and Kimchi Toasties	92:98
<i>Three-cheese and Truffle-stuffed Rolls (v)</i>	51:73	<i>Thyme Roasted Mushrooms (gf, v)</i>	99:90	Cheese, Onion, Olive and Rosemary Toasties (v)	103:60
<i>Three Citrus Slice</i>	68:128	<i>Thyme and Sesame Labneh (gf, v)</i>	69:107	Creamed Corn Toastie	99:76
<i>Three Fish Carpaccio (gf)</i>	16:100	<i>Tikka Chicken Drumsticks with Crunchy Seeded Topping (gf)</i>	80:50	Crunchy Cauliflower Toastie (v)	99:80
<i>Three-grain, Coconut and Apple Porridge with Honey and Cinnamon Roasted Kasha (gf)</i>	72:82	<i>Tikka Masala Lamb Meatball Curry</i>	90:86	Dark Chocolate and Sea Salt Toasties	98:108
<i>Three-pepper Cacio e Pepe (v)</i>	85:82	<i>Tikka Prawns with Mango and Pineapple Salsa</i>	28:70	Garlic Mushrooms, Wilted Greens and Double Cream Brie Toastie (v)	99:76
<i>Three-seed, Parmesan and Walnut-crusting Salmon (gf)</i>	77:76	<i>TikTok Vanilla Brulee (gf)</i>	105:102	Ham, Mozzarella and Wilted Greens 'Croque Monsieur'	66:88
THYME, GENERAL (Note these are only recipes where it is a major ingredient!)		<i>Tiny Tartes Tatin</i>	72:80	Jalapeno Popper Toastie	99:76
Apricot and Cinnamon Scones with Ricotta and Thyme Honey	107:88	TIRAMISU, GENERAL		Meatloaf Toastie	99:82
Bacon, Potato and Thyme Tart	79:48	Chocolate and Mandarin Tiramisu	104:82	Mozzarella, Marinated Zucchini and Pesto Toastie (v)	103:52
Baked Camembert with Thyme				Mozzarella, Roasted Piquillo Peppers and Anchovy Toasties	66:89
				Red Cabbage Sauerkraut, Hazelnut, Salami and Gruyere	

Cheese Toastie	66:87	Prawn and Tofu Tom Yum Soup	98:91	<i>Tomato and Preserved Tuna Salad with Black Olive Dressing (gf)</i>	20:89
Roasted Mushroom and Spinach Toastie with Gorgonzola Cheese (v)	66:91	Punchy Vegan Pho (v)	86:76	<i>Tomato, Pumpkin and Potato Gratin (gf, v)</i>	53:64
Roasted Pumpkin, Pickles and Mango Chutney Toastie (v)	103:50	Roti with Salt and Pepper Tofu, Spicy Peanut Sauce and Quick Pickled Shallots (v)	83:98	<i>Tomato and Ricotta Salad with Citrus Gremolata (gf, v)</i>	21:85
Sauerkraut and Two-cheese Toasties (v)	103:50	Satay Tofu Bowl (v)	86:63	<i>Tomato and Roasted Capsicum Salad with Tomato and Smoked Paprika Dressing (gf, v)</i>	101:76
Smoky Chilli Beef Mince and Cheese Toasties	66:90	Soba Noodles with Leek and Miso Sauce and Black Pepper Tofu (gf, v)	84:66	<i>Tomato Salad with Tomato Dressing (gf, v)</i>	2:61
Smoky Tomato and Black Bean Soup with Aged Cheddar and Sauerkraut Toasties	85:50	Spicy Tofu, Red Cabbage and Mint Fresh Spring Rolls (v)	73:98	<i>Tomato Soup with Cheese Ravioli</i>	91:46
Toasted Cuban Sandwich	86:61	Spicy Tofu Rice Paper Rolls (gf, v)	90:113	<i>Tomato Tart (v), 19:101</i>	
		Sriracha Honey Tofu (v)	93:111	<i>Tomato Tart in the Style of Alain Ducasse (v)</i>	3:64
TOFFEE, GENERAL - SEE CARMEL		Tofu Katsu (gf, v)	89:46	<i>Tomato and Tiny Meatball Soup with Pesto</i>	8:101
<i>Toffee (gf)</i>	69:121	Vegetarian Ramen (v)	90:98	<i>Tomato, Tuna and Soft-boiled Egg Salad with Tomato Dressing (gf)</i>	23:69
<i>Toffee Bananas with Toasted Sesame Seeds</i>	84:79	Whipped Avocado with Silken Tofu, Lime and Jalapeno (gf, v)	87:80	<i>Tomato and Watermelon Salad with Fig Balsamic Dressing (gf, v)</i>	81:54
<i>Toffee Cherries (gf)</i>	15:101			<i>Tomato and Watermelon Salad with Toasted Spice Dressing (gf, v)</i>	88:62
<i>Toffee and Roasted Almond Semifreddo (gf)</i>	52:82	<i>Tofu Katsu (gf, v)</i>	89:46	<i>Tomato, Zucchini and Herb Fritters (v)</i>	41:63
<i>Toffee Shards (gf)</i>	94:63	<i>Togarashi Edamame Beans (gf, v)</i>	87:86		
TOFU, GENERAL		<i>Tom Yum Prawns</i>	39:67		
Agedashi Tofu	78:82	<i>Tomatillo and Avocado Sauce (gf, v)</i>	93:55		
Asian Noodles with Sweet Chilli Tofu (v)	1:110	<i>Tomatillo and Cucumber Oyster Shooters (gf)</i>	63:95		
Carrot and Tofu Dumplings in Broth with Chilli and Shallot Oil (v)	85:83				
Crisp Tofu with a Ginger, Sesame and Chilli Dressing (v)	36:105	TOMATILLOES, GENERAL		TOMATOES, GENERAL	
Crispy Salt, Sesame Seed and Szechuan Pepper Tofu Bites (v)	95:96	Soft Fish Tacos with Tomatillo and Avocado Salsa and Red Cabbage Salad	44:72	Tomatoes: Bruschetta and other bready dishes	
Crispy Tofu Chips (gf, v)	51:116	Tomatillo and Cucumber Oyster Shooters (gf)	63:95	Avocado, Tomatoes and Grilled Ciabatta (v)	52:92
Crunchy Fried Tofu with Sweet Chilli and Ginger Sauce (v)	78:64			Brunch Loaf with Sundried Tomatoes, Olives and Basil (gf, v)	71:32
Fresh Rice Paper Wraps (v)	86:63	<i>Tomato, Apple and Ginger Relish (gf, v)</i>	3:64	Bruschetta with Fresh Ricotta and Toppings (Silky Zucchini with Lemon and Basil; and Mixed Tomato and Anchovy Salad)	64:79
Gado Gado Salad with Cashew Butter and Kimchi Satay Sauce (v)	80:94	<i>Tomato, Basil and Feta Rolls</i>	53:102	Catalan Tomato Bread (v)	20:76
Ginger, Tofu and Kumara Fritters (gf, v)	89:103	<i>Tomato, Black Olive and Burrata Pizza (v)</i>	93:46	Focaccia with Tomatoes, Oregano and Garlic (v)	100:196
Green Beans with Toasted Sesame, Tofu and Wasabi Dressing (v)	50:78	<i>Tomato, Capsicum and Chilli Relish (gf)</i>	101:64	Garlicky Tarragon Tomatoes on Yoghurt with Sourdough (v)	89:98
Hot and Sour Soup with Mushrooms and Tofu	31:86	<i>Tomato and Citrus Marmalade (gf, v)</i>	23:85	Grilled Garlicky Tomato Bread (v)	89:50
Kimchi Rice with Honey Miso Torn Tofu (v)	85:87	<i>Tomato, Eggplant and Bocconcini Salad (gf, v)</i>	10:90	Hot Bacon, Avocado and Roasted Tomato Bruschetta	14:94
Leek and Pea Soup with Crispy Tofu (gf, v)	84:102	<i>Tomato, Eggplant and Cauliflower Curry (gf, v)</i>	104:70	Loaded Quick Yoghurt Flatbreads (v)	101:48
Lime, Coconut and Tofu Parfait with Papaya (gf)	34:84	<i>Tomato Fattoush Salad with Spicy Yoghurt Dressing</i>	106:100	Puddica - Tomato and Garlic Bread (v)	3:88
Miso Soup with Udon Noodles and Togarashi	44:104	<i>Tomato, Fennel and Pistachio Salad (gf, v)</i>	94:88	Roasted Capsicum and Vine Tomato Bruschetta with Ricotta (v)	29:83
		<i>Tomato, Fennel and Mozzarella Salad with Herb Dressing (gf, v)</i>	57:70	Roasted Tomato and Goat's Cheese Bruschetta (v)	28:63
		<i>Tomato and Fregola Salad with Sumac (v)</i>	101:23	Roasted Tomato, Pancetta and Goat's Cheese Tartines	23:66
		<i>Tomato and Gnocchi Soup with Chorizo Crumb</i>	110:62	Steak Bruschetta with Eggplant	

and Tomato Salad	53:109	Bacon-wrapped Polpette in Tomato Sauce	41:115	Tomatoes: Pizza	
Tomato, Basil and Feta Rolls	53:102	Meatball, Tomato and Basil Ragu	73:114	Pizza with Fennel Sausage, Tomato and Mozzarella Salad	15:123
Two-cheese, Tomato and Capsicum Pide (v)	84:87	Meatballs with Tomato and Green Olive Sauce	20:114	Pizza with Spicy Nduja and Tomato	97:105
Tomatoes: With chicken		One-pan Chicken Meatballs and Roasted Tomato Sauce	28:97	Tomato, Black Olive and Burrata Pizza (v)	93:46
Baked Gnocchi with Chicken Bolognese	79:72	Tomatoes: Pasta		Tomatoes: With red meat and pork	
Braised Chicken Legs with Tomato, Dry-cured Chorizo and Olives (gf)	43:28	Avocado, Tomato and Mozzarella on Pasta (v)	14:92	Green Olive, Beef and Cherry Tomato Pasta	52:109
Chicken Curry with Wilted Spinach and Tomato Salad (gf)	15:118	Baked Feta with Tomatoes and Spaghetti (v)	77:76	Lamb Braised with Potatoes, Tomatoes and Feta (gf)	47:85
Chicken Panzanella	81:101	Baked Gnocchi with Chicken Bolognese	79:72	Lamb Shoulder Chops with Charred Tomato Relish (gf)	28:66
Kashmiri Chicken with Ginger and Tomatoes	42:87	Baked Pasta with Tomatoes Chorizo and Mozzarella	47:64	Merguez Sausage with Herbed Polenta and Roasted Tomatoes (gf)	18:76
One-pan Chicken Meatballs and Roasted Tomato Sauce	28:97	Baked Spinach and Ricotta Gnocchi with Cherry Tomatoes (v)	93:58	Paillard of Beef with Olive and Tomato Salad (gf)	19:111
Shell Pasta with Chicken, Olives and Tomatoes	83:48	Baked Tomatoes and Spaghetti (v)	100:184	Pork Cutlets with Cherry Tomatoes and Blue Cheese (gf)	23:101
Tomatoes: With fish and/or other seafood		Fettuccine with Fish, Clams and Tomatoes	32:117	Pork Stirfry with Oyster Sauce, Tomatoes and Cashew Nuts	52:108
Baked Fish with Jalapenos and Tomatoes (gf)	79:75	Green Olive, Beef and Cherry Tomato Pasta	52:109	Slow-roasted Shoulder of Lamb with Warm Tomato and Black Olive Salad (gf)	35:95
Ceviche with Tomato and Tequila Vinaigrette (gf)	27:107	Linguine with Fresh Tomatoes and Artichokes	29:99	Stuffed Leg of Lamb with Feta, Basil and Sundried Tomatoes (gf)	43:64
Crispy-skinned Fish with Tamarind and Tomatoes	38:66	Linguine with Roasted Asparagus and Cherry Tomatoes (v)	44:107	Venison Tri-tip Grill Steaks with Tomatoes and Spiced Horseradish Vinaigrette	89:43
Fish with Cherry Tomatoes, Green Olives and Preserved Lemon (gf)	83:84	Linguine with Roasted Tomatoes, Pine Nuts and Bocconcini (v)	41:78	Tomatoes: Salads	
Grilled Prawns with Slow-roasted Tomatoes and Tartare Dipping Sauce	81:48	Pasta with Sicilian Sauce	26:101	'Baked' Caprese Salad (gf, v)	53:61
Grilled Spiced Snapper with Tomatoes and Fresh Mango (gf)	101:43	Potato Gnocchi with a Porcini and Tomato Sauce (v)	4:108	Beetroot, Tomato and Broad Bean Salad with Parmesan Dressing (gf, v)	17:74
Hapuka and Tomatoes Veracruz-style (gf)	23:65	Ravioli with Spicy Tomato Sauce and Crisp Salami	89:65	Beetroot and Tomato Salad (gf, v)	8:87
Market Fish (gf)	26:102	Ricotta and Black Olive Gnocchi with Blistered Cherry Tomatoes and Basil (v)	70:102	Beetroot and Tomato Salad with Capers and Mint (gf, v)	33:119
Monkfish with a Fresh Tomato and Thyme Broth (gf)	1:78	Ricotta Gnocchi with Blistered Cherry Tomatoes (v)	101:94	Blistered Tomato, Grilled Capsicum and Pita Salad (v)	95:40
One-pan Tomato Orzo with Chicken and Feta	110:86	Ricotta, Pea and Herb Gnocchi with Fresh Tomato Salsa and Crispy Pancetta	32:75	Broccoli, Quinoa and Tomato Salad (gf, v)	101:64
Pan-fried Fish with Lemon, Capers and Tomato	8:94	Roasted Eggplant, Mushroom and Tomato Pasta with Ricotta (v)	45:120	Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing (v)	57:102
Scallops with Roasted Asparagus and Tomato Dressing (gf)	27:86	Shell Pasta with Chicken, Olives and Tomatoes	83:48	Burst Tomato, Butter Bean and Hot Honey Salad (gf) (v)	107:98
Smoky Garlic, Chilli and Tomato Prawns	99:64	Spaghetti al Forno	3:58	Carrot, Radish and Tomato Salad (gf, v)	20:102
Spicy Fish Soup with Tomatoes and Orange Zest	108:120	Spaghetti with Rocket, Almonds and Tomatoes (v)	59:109	Chicken Curry with Wilted Spinach and Tomato Salad (gf)	15:118
Veracruz-style Baked Fish (gf)	89:40	Spaghetti with Salsa Cruda (v)	7:99	Chicken Panzanella	81:101
Tomatoes: Meatballs and meatloaf		Spinach and Ricotta Gnocchi Baked with Cherry Tomatoes (v)	42:105	Ciabatta, Tomato and Roasted	
Andiamo's Meatloaf with Heirloom Tomatoes and Basil	82:34	Spinach Rotolo with a Fresh Tomato Sauce (v)	3:56		
		Tortellini with Fresh Tomatoes, Broad Beans and Ricotta (v)	89:65		

Pepper Salad (v)	3:67	Sweetcorn, Yellow Tomato and Pearl Barley Salad (v)	52:77	Spicy Fish Soup with Tomatoes and Orange Zest	108:120
Farro, Lentil, Tomato, Prosciutto and Burrata Salad	107:62	Tomato, Eggplant and Bocconcini Salad (gf, v)	10:90	Spicy Tomato Gazpacho with Parsley Oil (v)	6:107
Fresh Mozzarella, Roasted Eggplant and Tomato Salad (gf, v)	11:65	Tomato Fattoush Salad with Spicy Yoghurt Dressing	106:100	Spicy Tomato, Pumpkin and Dahl Soup (gf)	25:86
Fresh Tomato, Ginger and Herb Salad (gf, v)	18:98	Tomato, Fennel and Mozzarella Salad with Herb Dressing (gf, v)	57:70	Tomato and Gnocchi Soup with Chorizo Crumb	110:62
Fresh Tomato Salad (gf, v)	3:66	Tomato, Fennel and Pistachio Salad (gf, v)	94:88	Tomato Soup with Cheese Ravioli	91:46
Green Bean and Fennel Salad with Tomato Raisins (gf, v)	41:58	Tomato and Fregola Salad with Sumac (v)	101:23	Tomato and Tiny Meatball Soup with Pesto	8:101
Green Tomato and Roasted Walnut Salad (gf, v)	53:61	Tomato and Preserved Tuna Salad with Black Olive Dressing (gf)	20:89	Vegetable and Meatball Soup (gf)	61:114
Grilled Eggplant, Roasted Tomatoes and Burrata Salad (v)	94:108	Tomato and Ricotta Salad with Citrus Gremolata (gf, v)	21:85	Tomatoes: Tarts	
Grilled Zucchini, Green Bean and Sun-dried Tomato Salad (gf, v)	28:79	Tomato and Roasted Capsicum Salad with Tomato and Smoked Paprika Dressing (gf, v)	101:76	Balsamic-roasted Tomato, Olive and Prosciutto Tarts	34:98
Knock-your-socks-off Croutons, Fresh Tomato, Prosciutto and Mozzarella Salad	95:68	Tomato Salad with Tomato Dressing (gf, v)	2:61	Cherry Tomato and Goat's Cheese Galette with Spelt Pastry (v)	58:93
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf, v)	100:94	Tomato, Tuna and Soft-boiled Egg Salad with Tomato Dressing (gf)	23:69	Mozzarella, Rosemary and Tomato Tart (v)	70:113
Luscious Tomatoes, Baked Eggplant and Mozzarella Salad (gf) (v)	106:132	Tomato and Watermelon Salad with Fig Balsamic Dressing (gf, v)	81:54	Ratatouille Tart (v)	12:94
Mixed Tomato and Black Bean Salad with Mustard Seed Dressing (gf, v)	28:81	Tomato and Watermelon Salad with Toasted Spice Dressing (gf, v)	88:62	Roasted Tomato, Caramelised Onion and Feta Tarts (v)	41:61
Mixed Tomato, Chickpea and Mozzarella Salad (gf, v)	75:64	Warm Chickpea, Tomato and Currant Salad (gf) (v)	109:84	Stuffed Tomato Tarts	23:65
Mixed Tomato, Purple Basil and Mozzarella Salad with Caper and Mustard Dressing (gf, v)	45:74	Tomatoes: Soups		Summer Tomato and Three Cheese Tart (v)	101:82
Mixed Tomato Salad with Smoked Paprika Dressing (gf, v)	53:64	Fennel and Tomato Soup (gf, v)	19:94	Tarte Niçoise	3:65
Mixed Tomato Salad with Soy and Sesame Dressing (v)	52:77	Fish Soup with Roasted Tomatoes, Paprika and Oregano (gf)	41:90	Tomato Tart (v)	19:101
Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	82:100	Grilled Eggplant, Tomato and Basil Soup (gf)	3:65	Tomato Tart in the Style of Alain Ducasse (v)	3:64
Mixed Tomato Salad with Tahini Yoghurt and Crisp Capers (gf, v)	100:88	Mixed Grains, Tomato and Chorizo Soup	77:82	Vegetable Tart with Tomato, Fennel and Salad (v)	82:64
Mozzarella with Pickled Green Tomato and Fennel Salad (gf, v)	59:91	Old-school Tomato Soup (gf)	103:60	Tomatoes: Other	
Paillard of Beef with Olive and Tomato Salad (gf)	19:111	Pappa Col Pomodoro	3:73	Asparagus with Mozzarella and Roasted Tomatoes (gf, v)	33:80
Quick Brown Rice Salad with Green Beans, Feta, Slow Roasted Tomatoes and Crispy Prosciutto (gf)	80:64	Rasam (gf, v)	78:69	Aubergine, Chickpea and Tomato Bake (Musaqa'a) (gf, v)	91:106
Radish, Tomato and Cashew Nut Salad (gf, v)	27:117	Red Hilopites Soup (v)	90:57	Baked Eggs with Dukkah and Turkish Bread Soldiers	77:58
Red Onion and Tomato Salad (gf, v)	67:42	Roasted Tomato and Basil Soup with Parmesan Croutons	29:61	Baked Feta with Tomatoes, Oregano and Lemon (v)	26:91
A Red Salad (gf, v)	16:74	Roasted Tomato and Fennel Soup (v)	90:86	Baked Tomatoes with a Herb and Parmesan Crust	23:70
Roasted Capsicum and Tomato Salad with Capers (gf, v)	34:97	Roasted Tomato, Pumpkin and Bread Soup	4:61	Beef Olives with Cherry Tomatoes (gf)	31:112
Slow-roasted Shoulder of Lamb with Warm Tomato and Black Olive Salad (gf)	35:95	Roasted Tomato, Pumpkin and Capsicum Soup (v)	59:76	Blistered Tomatoes with Olives, Garlic and Thyme (gf) (v)	107:20
		Seafood and Tomato Saffron Broth (gf)	36:92	Blistered Tomatoes with Orange and Black Olives (gf, v)	63:109
		Smoked Tomato Soup (v)	14:98	Breakfast Omelettes with Chorizo, Rocket and Bacon-wrapped Tomatoes (gf)	41:100
		Smoky Tomato and Black Bean Soup with Aged Cheddar and Sauerkraut Toasties	85:50	Burrata with Slow-roasted Tomatoes and Salami Crumbs	47:75
				Caponata with Chorizo and Poached Eggs	16:67

Eggplant and Haloumi Kofte with Roasted Cherry Tomatoes (v)	42:94	Roasted Tomato Sauce and Fried Haloumi (gf)	16:95	Toppings: Icings	
Eggplant Purée with Ricotta Cream and Tomato Tartar (gf)	16:112	Zucchini Noodles, Raw Tomato Sauce and Haloumi (gf, v)	75:108	Brown Butter Cream Cheese Icing (gf)	85:62
Farro Risotto, Roasted Tomatoes, Broad Beans and Mozzarella	68:75	Zucchini Ribbons with Cherry Tomatoes, Ricotta and Herby Anchovy Dressing (gf)	69:100	Butterscotch Icing (gf)	37:70
Farro 'Risotto' with Slow-roasted Cherry Tomatoes and Pine Nuts (v)	65:105	<i>Tom Sainsbury's Hummus from Scratch with Roasted Veges (gf) (v)</i>	107:34	Cacao Butter Icing (gf)	82:93
Fried Green Tomatoes with Creme Fraiche Dressing	23:69	TONGUE, GENERAL - SEE OFFAL		Caramel and Cinnamon Cream Cheese Icing	109:56
Heirloom Tomatoes with Basil Buttermilk and Fried Lentils (gf, v)	96:45	<i>Tongue Salade Niçoise (gf)</i>	69:48	Caramel Icing	17:75
Italian Panzanella Salad Skewers (v)	40:83	<i>Toni Street's Hula Pie</i>	110:30	Citrus Cream Cheese Icing (gf)	75:72
Mozzarella with Warm Tomato and Olive Vinaigrette (gf, v)	65:95	<i>Tony Astle's Chicken, Leek and Mushroom Pie</i>	55:38	Golden Whisky Cream	109:60
Oven-dried Tomatoes with Rosemary (gf, v)	88:102	<i>Tony Tan's Sweet Chilli Sauce (gf, v)</i>	2:83	Lemon Cream Cheese Icing	56:102
Paneer with Spinach, Chickpeas and Tomatoes (gf, v)	37:78	TOPPINGS, GENERAL (SEE ALSO, CONDIMENTS, DRESSINGS, PICKLES, PRESERVES, SAUCES AND VINAIGRETTES)		Lemon Icing	8:94
Roast Potatoes with Cherry Tomatoes and Olives (gf, v)	21:81	Toppings: Gremolata and crumbs		Natural Strawberry Frosting (gf)	74:99
Roasted Capsicum, Tomatoes, Capers and Anchovies	35:67	Almond Gremolata (gf, v)	48:74	Orange Icing (gf)	51:95
Roasted Cherry Tomatoes with Mozzarella and Herb Dressing (gf, v)	51:70	Cashew Nut and Coconut Dukkah (gf, v)	39:99	Orange Labneh and Vanilla Frosting (gf)	80:76
Roasted Feta, Olives and Tomatoes (gf, v)	22:101	Citrus Gremolata (gf, v)	21:85	Passionfruit Icing	46:99
Roasted Green Beans and Tomatoes (gf, v)	57:115	Crispy Bacon and Chickpea Crumbs (gf)	54:94	Raspberry Marshmallow Frosting	48:37
Roasted Tomatoes with Balsamic Vinegar and Pine Nuts (gf, v)	39:77	Crispy Gremolata (v)	98:57	Raw White Chocolate Icing (gf)	82:93
Roasted Tomatoes and Mozzarella with Warm Sage and Anchovy Dressing (gf)	59:87	Crispy Gremolata Crumbs (v)	94:108	Salted Caramel Icing (gf)	66:79
Roasted Tomatoes with White Beans, Olives and Mozzarella (v)	86:90	Crunchy Hazelnut and Citrus Crumbs (gf, v)	94:54	Sour Cream and Chocolate Frosting	94:120
Sauteed Potatoes with Tomato, Cumin and Dill (gf, v)	18:96	Crunchy Seeded Topping (gf, v)	80:50	Strawberry Cream Cheese Icing	69:113
Sizzled Basil Tomatoes (gf, v)	70:60	Crunchy Seedy Crumbs (gf, v)	103:88	Whipped Caramel Cream Cheese Icing (gf)	98:112
Slow-cooked Green Beans and Tomato (gf, v)	29:66	Dukkah (gf, v)	74:40	Whipped Caramel Cream Cheese Icing (gf)	100:150
Spiced Paneer, Tomatoes and Asparagus (gf, v)	94:102	Dukkah (gf, v)	90:18	Whipped Chocolate Cream Cheese Icing (gf)	103:78
Steak with Burrata, Tomatoes and Mustard Dressing (gf)	76:90	Green Chilli and Toasted Coconut Sambal (gf, v)	98:70	Whipped Coconut Frosting (gf)	85:96
Tomato, Eggplant and Cauliflower Curry (gf, v)	104:70	Gremolata (gf, v)	7:99	Whipped Peanut Butter Cream (gf)	62:79
Tomato, Pumpkin and Potato Gratin (gf, v)	53:64	Gremolata (gf, v)	71:83	Whisky Cream Cheese Icing (gf)	87:144
Tomato, Zucchini and Herb Fritters (v)	41:63	Hazelnut and Rosemary Crumble (gf)	70:86	Toppings: Oils	
Vine-ripened Tomatoes with Fresh Ricotta (v)	1:86	Herb and Pine Nut Crumbs (v)	105:68	Chilli and Fennel Oil (gf, v)	65:91
Vine Tomatoes Roasted with Sherry (gf, v)	20:79	Mint Gremolata (gf, v)	42:89	Chilli Oil (gf, v)	105:112
Zucchini and Fennel with		Pangrattato (v)	71:91	Chilli and Shallot Oil (gf, v)	85:83
		Parsley and Garlic Crumbs (v)	49:111	Flavoured Oil (gf, v)	47:68
		Peanut and Sesame Crumble (gf, v)	54:74	Paprika Oil (gf, v)	69:103
		Pine Nut Gremolata (gf, v)	53:83	Toppings: Salts	
		Pistachio Gremolata (gf, v)	103:21	Chilli and Lime Salt (gf, v)	36:74
		Roasted Hazelnut Gremolata (gf, v)	96:109	Chilli Lime Salt (gf, v)	51:94
		Savoury Dukkah (gf, v)	63:105	Lime, Chilli and Smoked Paprika Salt (gf, v)	72:90
		Sesame Peanut Dukkah (gf, v)	2:87	Sichuan Pepper, Cinnamon and Star Anise Salt (gf, v)	81:84
				Sriracha Chilli and Lime Salt (gf, v)	81:84
				Szechuan Salt (gf, v)	36:74
				Toasted Fennel and Lemon Salt (gf, v)	81:84
				Toasted Sesame Seed Salt (gf, v)	72:90

Toppings: Sweet toppings

Blueberry Topping (gf)	88:99
Bourbon Chocolate Ganache (gf)	66:93
Candied Citrus Peel (gf)	69:93
Candied Nut Topping (gf)	81:89
Candied Pepitas (Pumpkin Seeds) (gf)	44:76
Chocolate Custard Cream (gf)	61:100
Chocolate Ganache	109:58
Chocolate Ganache (gf)	41:41
Chocolate Ganache (gf)	61:100
Chocolate Ganache (gf)	66:95
Chocolate Ganache (gf)	80:72
Chocolate Ganache (gf)	81:93
Chocolate Ganache (gf)	97:128
Cinnamon Nut Crumble (gf)	58:96
Cinnamon and Spice Sugar (gf)	51:106
Dulce de Leche (gf)	61:87
Espresso Chocolate Salted Caramel Sauce (gf)	110:104
Fennel and Orange Sugar (gf)	65:116
Frangelico Cream (gf)	102:90
Frosted Mint Leaves (gf)	39:86
Glazed Fruit Topping (for Christmas cake) (gf)	51:105
Glazed Oranges (gf)	45:83
Hazelnut Praline (gf)	65:102
Hazelnut Praline (gf)	100:110
Honey-roasted Spiced Nut Crumble (gf, v)	73:78
Lavender Sugar (gf)	51:106
Lemon Sugar (gf)	51:106
Mixed Berry Compote (gf)	67:90
Raspberries in Syrup (gf)	47:103
Raspberry Sugar (gf)	51:106
Salted Caramel Walnuts (gf, v)	74:80
Salted Caramel Walnuts (gf, v)	100:52
Seedy Toasted Granola	104:86
Spiced Caramel Popcorn (gf)	64:98
Sugared Almonds (gf)	38:95
Sugared Almonds (gf)	69:89
Sweet Dukkah (gf)	63:105
Vanilla Bean Sugar (gf)	51:106
Whipped Coconut Cream (gf)	75:72
Whipped Coconut Cream (gf)	78:86
Whipped Lemon Ricotta (gf)	105:72

Toppings: Syrups

Brandy Syrup (gf)	34:83
Caramel Brandy Syrup (gf)	15:100
Cinnamon and Rum Syrup (gf)	77:70
Ginger Syrup (gf)	34:86
Honey and Bay Leaf Syrup (gf)	85:91

Honey Syrup (gf)	71:114
Honey Syrup (gf)	77:67
Lemon, Rosemary and Fennel Seed Syrup (gf)	35:64
Lemongrass and Citrus Syrup (gf)	95:54
Lemongrass and Star Anise Syrup (gf)	40:88
Lemongrass Syrup (gf)	6:63
Lemongrass Syrup (gf)	28:86
Makrut Lime Leaf and Coconut Syrup (gf)	22:81
Marsala Syrup (gf)	75:77
Mint and Lemon Syrup (gf)	18:73
Orange Syrup (gf)	30:79
Orange Syrup (gf)	38:84
Orange Syrup (gf)	45:83
Orange Syrup (gf)	62:89
Palm Sugar Syrup (gf)	5:107
Raspberries in Syrup (gf)	47:103
Red Wine Syrup (gf)	10:84
Rosemary and Peppercorn Syrup (gf)	30:72
Rosewater Syrup (gf)	34:80
Rum and Cardamom Syrup (gf)	35:83
Rum, Orange and Chilli Syrup (gf)	70:90
Rum Syrup (gf)	85:96
Spiced Golden Syrup (gf)	97:72
Spiced Orange Syrup	50:90
Sweet Red Chilli Syrup (gf)	28:92

Toppings: Other savoury toppings (not gremolata/crumbs, oils or salts)

Almond Picada (v)	45:119
Artichoke Caponata (gf)	35:61
Asian Glaze (gf, v)	4:95
Burmese Dried Shrimp Balachaung (gf)	21:112
Citrus Brown Butter (gf, v)	104:108
Fennel Remoulade (gf, v)	6:79
Jalapeno Onions (gf)	58:111
Salted Chilli and Maple Glaze (gf, v)	82:49
Spiced Walnuts (gf, v)	45:79
Streetcart Onions (gf, v)	97:53
Toasted Sunflower Seed and Spinach Drizzle (gf, v)	72:90
Whipped Avocado (gf, v)	82:72
Whipped Avocado (gf, v)	101:82

<i>Torrone Sardo (Sardinian Honey Nougat) (gf)</i>	77:64
<i>Torta alla Nonna</i>	103:72
<i>Torta della Nonna</i>	16:112
<i>Torta di Riso e Cioccolato (Rice</i>	

<i>and Chocolate Cake) (gf)</i>	67:46
<i>Torta Santiago (gf)</i>	99:70
<i>Tortellini with Fresh Tomatoes, Broad Beans and Ricotta (v)</i>	89:65
<i>Tortellini Soup</i>	103:52
<i>Tortillas, Flour (v)</i>	46:81
<i>Tortillas, Mexican Fish</i>	22:77

TOSTADAS, GENERAL

Asian Beef Tostadas with Egg and Avocado	78:76
Ceviche Tostadas with Avocado and Wasabi Mayo (gf)	89:62
Fish Tostadas with Avocado Sour Cream Sauce	69:129
Grilled Chicken, Refried Beans and Radish Tostaditas (gf)	44:69
Grilled Vegetable Tostadas (gf, v)	105:60
Mexican Barbecue Chicken, Herb Salad and Avocado Tostadas (gf)	86:70
Mini Prawn Tostadas (gf)	102:50
Prawn Tostaditas with Almond and Guajillo Chilli Salsa (gf)	44:69
Scallop Tostadas (gf)	63:97
Tostadas (gf, v)	74:61
Tostadas with Silver Fern Farms New York Strip Steaks (gf)	75:41

<i>Tostadas (gf)</i>	74:61
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<i>Tostadas with Silver Fern Farms New York Strip Steaks (gf)</i>	75:41
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<i>Toum (gf) (v)</i>	107:56
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<i>Tourin D'Ail (Garlic Soup)</i>	1:48
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<i>Tray-baked Chicken with Potatoes and Chorizo (gf)</i>	48:101
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<i>Tray-baked Crispy Potatoes (gf, v)</i>	49:69
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<i>Tray-baked Gochujang Prawns and Salmon with Green Beans</i>	108:66
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<i>Tray-baked Provençal Fish and Potatoes (gf)</i>	55:114
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<i>Tray-baked Seafood with White Beans and Capsicum (gf)</i>	57:113
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TRAY BAKES, GENERAL

Tray bakes: Sweet

Apple Pie Tray Bake	60:83
Apple Pie Tray Bake	78:120
Apple and Rhubarb Tray Bake	98:112
Delectable Apple Pie Tray Bake	103:80

Tray bakes: Chicken

Baked Chicken with Lemon Potatoes, Green Olives and Oregano (gf)	102:92
Baked Chicken with Potatoes,	

Sandwiches	28:59	Roast Turkey with a Rice, Leek and Pistachio Stuffing (gf)	94:34	Turkish Delight Filo Bonbons	9:110
Tuna and Horseradish Pate (gf)	6:72	Roast Turkey with Pecan, Pork and Sage Stuffing	106:86	Turkish Eggs on Roasted Pumpkin, Chorizo and Lentils (gf)	36:84
Tuna and Olive Empanadas	61:97	Roast Turkey with Rice, Leek and Pistachio Stuffing (gf)	100:64	Turkish Eggs with Spinach, Chilli and Yoghurt Cream (gf, v)	59:41
Tuna Skewers with Sesame Peanut Dukkah (gf)	2:87	Roast Turkey with Tarragon, Mustard and Garlic Butter	87:46	Turkish Flatbread Stuffed with Blue Cheese and Figs (v)	1:73
Tuna Spiedini with Artichoke Caponata (gf)	35:61	Rolled Turkey with Pancetta and Pecan Stuffing	81:34	Turkish Lamb Wraps with Coriander Relish	22:112
Tuna-stuffed Mussels with Caper and Lemon Mayonnaise	7:65	Stir-fried Turkey with Chilli and Bok Choy (gf)	100:142	Turkish Roast Chicken and Eggplant (gf)	102:102
Turkey Tonnato (gf)	9:100	Turkey Breast with Spinach and Tarragon Stuffing (gf)	21:80	Turkish Torte (gf)	4:101
White Bean and Tuna Hummus with Soft Eggs (gf)	56:119	Turkey Breast with Water Chestnut and Cranberry Stuffing	10:80	TURMERIC, GENERAL	
<i>Tuna and Avocado Salad (gf)</i>	40:95	Turkey Breasts with Pine Nut, Preserved Lemon and Fresh Herb Stuffing Balls	63:73	Black Rice Pudding with Turmeric Lime Granita and Coconut Sorbet (gf)	86:83
<i>Tuna and Avocado Tartare Crostini</i>	37:105	Turkey, Roasted Garlic and Fig Terrine	9:96	Coconut and Turmeric Rice (gf)	57:117
<i>Tuna, Avocado and White Bean Sandwiches</i>	28:59	Turkey, Roasted Garlic and Fig Terrine	100:52	Fried Turmeric Fish with Dill and Roasted Peanuts	38:69
<i>Tuna, Bean and Onion Salad - Tonno, Fagioli e Cipolla (gf)</i>	65:41	Turkey Taquitos (gf)	75:96	Lemongrass and Turmeric Chicken Salad Bowl	74:76
<i>Tuna, Green Bean and Orange Salad with Basil Dressing (gf)</i>	24:83	Turkey Tonnato (gf)	9:100	Quinoa Pilaf with Slow-roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint (gf, v)	61:105
<i>Tuna and Horseradish Pate (gf)</i>	6:72	<i>Turkey Breast with Spinach and Tarragon Stuffing (gf)</i>	21:80	Turmeric Fish with Flatbreads and Pistachio Pesto	42:95
<i>Tuna Niçoise Salad Baguette</i>	38:76	<i>Turkey Breast with Water Chestnut and Cranberry Stuffing</i>	10:80	Vietnamese Turmeric and Dill Fish Curry	67:107
<i>Tuna and Noodle Salad with Coriander and Cashew Nut Relish (gf)</i>	24:91	<i>Turkey Breasts with Pine Nut, Preserved Lemon and Fresh Herb Stuffing Balls</i>	63:73	<i>Turmeric Fish with Flatbreads and Pistachio Pesto</i>	42:95
<i>Tuna and Olive Empanadas</i>	61:9	<i>Turkey, Roasted Garlic and Fig Terrine</i>	9:96	TURNIPS, GENERAL	
<i>Tuna Pate and White Bean Salad</i>	26:78	<i>Turkey, Roasted Garlic and Fig Terrine</i>	100:52	Roasted Spring Vegetables with Fresh Parmesan, Ricotta and Almonds (gf, v)	32:75
<i>Tuna Poke Bowl</i>	74:70	<i>Turkey Taquitos (gf)</i>	75:96	TURNOVERS, GENERAL - SEE PIES	
<i>Tuna Sashimi Salad (gf)</i>	14:109	<i>Turkey Tonnato (gf)</i>	9:100	<i>Tuscan Chicken Liver Pate</i>	1:77
<i>Tuna Skewers with Sesame Peanut Dukkah (gf)</i>	2:87	<i>Turkish Bread Crostini with Whipped Feta and Broad Beans (v)</i>	56:107	<i>Tuscan Chicken and Sausage Spiedini</i>	40:82
<i>Tuna Spiedini with Artichoke Caponata (gf)</i>	35:61	TURKISH DELIGHT, GENERAL		<i>Tuscan Pork in Crispy Baguette</i>	47:106
<i>Tuna Steaks with Green Olive and Capsicum Salsa (gf)</i>	107:98	Cherry and Turkish Delight Semifreddo with a Red Fruit Salad	2:72	<i>Tuscan Roasted Pork Belly (gf)</i>	81:44
<i>Tuna Steaks with Mango and Cucumber Salad</i>	82:86	Hazelnut, Chocolate and Turkish Delight Meringues (gf)	25:81	<i>Tuscan Salad</i>	22:110
<i>Tuna-stuffed Mussels with Caper and Lemon Mayonnaise</i>	7:65	Meringue Torte with Figs, Turkish Delight and Pistachios (gf)	100:100	<i>Twice-baked Cauliflower Souffles (v)</i>	54:104
<i>Tuna Tartare with Paprika Corn Chips (gf)</i>	76:62	Rose Turkish Delight and Watermelon Granita	40:86	<i>Twice-baked Cauliflower Souffles (v)</i>	100:120
<i>Tunisian Chicken with Couscous and Preserved Lemon</i>	6:73	Sticky Ginger, Chocolate and Turkish Delight Christmas Bombe	45:85	<i>Twice-baked Cheese and Garlic Souffles (v)</i>	9:62
TURKEY, GENERAL		Turkish Delight Filo Bonbons	9:110	<i>Twice-baked Raspberry and Lime Souffles</i>	19:84
Azerbaijani-style Turkey	4:82	Watermelon and Raspberry Salad with Rosewater Syrup (gf)	34:80	<i>Twice-cooked Chicken Wings with Szechuan Caramel (gf)</i>	57:38
Coronation Turkey Pie	87:74			<i>Twice-cooked Duck with Orange</i>	7:84
Dry-brined Roast Turkey with Tarragon Butter (gf)	75:60				
Roast, Stuffed Turkey Breast	27:82				
Roast Turkey with a Forest Mushroom and Bacon Stuffing	15:84				
Roast Turkey with Rice, Leek and Pistachio Stuffing (gf)	39:74				

<i>Twice-cooked Pork Belly with Roasted Capsicum and Hazelnut Sauce</i>	28:70
<i>Two Bean and Crisp Flatbread Salad with Soft Eggs (v)</i>	101:62
<i>Two-cheese and Olive Tart (v)</i>	59:92
<i>Two-cheese, Tomato and Capsicum Pide (v)</i>	84:87
<i>Tzatziki (gf, v)</i>	2:32
<i>Tzatziki Platter with Pickled Radishes (includes Pea and Mint Tzatziki and Spiced Carrot Tzatziki) (gf, v)</i>	70:64