

**EVERYDAY SELECTION**

Local Tiger prawns  
GF NF DF

Steamed rice  
DF NF VEGAN

Seasonal selection of fruit, bread, dips & cold meats

All served with a selection of condiments

GF - GLUTEN FREE  
NF - NUT FREE  
DF - DAIRY FREE  
V - VEGETARIAN  
VEGAN - VEGAN

This buffet lunch is proudly provided by the team at Fitzroy Island Resort



**MONDAY**

EVERYDAY SELECTION PLUS:

**HOT DISHES**

Slow cooked beef cheeks with sweet potato mash  
GF NF

Reef fish on a bed of confit fennel & orange with garlic coriander yoghurt  
GF NF

Risotto stuffed pumpkin with cranberries & pepitas  
GF NF VEGAN

**SALADS**

Mixed baby beetroot salad with apple & feta  
GF NF V

Crunchy Asian slaw with sesame dressing  
GF NF DF V

Mixed leaf salad with coriander & ginger dressing  
GF NF DF V

**TUESDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Meatballs in spiced tomato sauce on mashed potatoes  
GF NF

Moroccan spiced chicken with pearl barley cous cous  
DF NF

Zucchini pesto lasagna  
NF V

**SALADS**

Fennel & orange salad  
GF NF VEGAN

Panzanella salad  
NF V

Mediterranean pasta salad  
NF V

**WEDNESDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Pulled beef linguine with a creamy mushroom sauce  
NF

Barramundi with Lyonnaise potatoes and salsa verde  
GF NF

Teriyaki fried tofu served on tossed sesame greens  
GF NF VEGAN

**SALADS**

Moroccan cous cous salad  
DF NF V

Honey roasted sweet potato with tahini dressing  
GF NF DF V

Spiced cauliflower & bocconcini salad  
GF NF V

**THURSDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Slow roasted lamb shoulder with a bacon and cabbage colcannon  
GF NF

Hoisin glazed pork with fried rice  
GF DF

Mushroom meatballs in a spiced tomato sauce with mashed potato  
GF NF V

**SALADS**

Caprese salad  
NF V

Potato salad with wholegrain mustard dressing  
GF NF DF V

Mixed garden salad with kaffir lime dressing  
GF NF DF V

**FRIDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Pulled beef brisket with crunchy roasted chat potatoes and red wine jus  
GF NF DF

Spanish seafood paella  
GF NF

Vegetarian sicilian linguine  
NF V

**SALADS**

Barley salad with grapefruit & mint  
NF DF V

Mixed leaf salad with coriander & ginger dressing  
GF NF DF V

Roasted baby carrot salad  
GF NF DF V

**SATURDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Ossobuco ragu with conchiglie pasta  
NF

Coral Trout with beurre blanc on seasonal vegetables  
GF NF

Eggplant & tomato vegetable terrine with sweet potato mash  
GF NF V

**SALADS**

Moroccan cous cous salad  
NF DF V

Mediterranean pasta salad  
NF DF V

Mixed greens with nam jim dressing  
GF NF DF V

**SUNDAY**

EVERYDAY SELECTION PLUS

**HOT DISHES**

Beef tenderloin with honey roasted baby carrots, mashed potato & chimmi churri  
GF NF

Sumac spiced chicken with italian style cous cous  
DF NF

Pilaf stuffed capsicums  
GF NF VEGAN

**SALADS**

Crunchy Asian slaw with sesame dressing  
GF NF DF V

Fennel & orange salad  
GF NF DF V

Potato salad with wholegrain mustard dressing  
GF NF DF V