

# **RPM**

**ROCK PROTEIN MEALS**

- **POACHED PORTUGUESE CHICKEN BREAST WITH BASMATI RICE AND STIR-FRIED VEGETABLES**
- **SEARED LAMB SOUVLAKIA WITH SWEET POTATO MASH AND STIR-FRIED VEGETABLES**
- **CHINESE STYLE HONEY SOY FISH FILLETS WITH VERMICELLI NOODLES AND GARLIC SAUTEED BOK CHOY**
- **ADD PROTEIN BALLS \$3 EACH. ESPRESSO/COCONUT COCOA**

\$13 EACH

ORDER 5+ @ \$12 EACH

ORDER 10+ @ \$11 EACH

ORDER 20+ @ \$10 EACH

DONT WANT CARBS? ASK TO SWAP CARBS FOR VEGGIES

PICKUP 7AM-3PM

110 PARRAWEENA RD, MIRANDA

CALL: 9525 8885 EMAIL: [INFO@THEROCKCAFE.COM.AU](mailto:INFO@THEROCKCAFE.COM.AU)