

RPM

ROCK PROTEIN MEALS

- **LEMONGRASS AND GINGER CHICKEN BREAST MEATBALLS WITH BOKCHOY, VERMICELLI NOODLES, ROASTED PINEUTS AND CORIANDER**
- **LAMB SOUVLAKI WITH SPICED BROWN RICE PUMPKIN MASH AND STEAMED GREEN VEGETABLES.**
- **LEMON, ROSEMARY AND GARLIC MARINATED TRIMMED CHICKEN THIGH WITH BASMATI RICE, GRILLED ZUCHINI AND SUGARSNAP PEAS.**

\$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