

RPM

ROCK PROTEIN MEALS

- **CHICKEN CATTIATORE WITH LENTILS, GRILLED ASPARAGUS AND QUINOA**
- **MALAYSIAN STYLE CURRY CHICKEN AND VEGETABLES WITH JASMINE RICE AND CHICK PEAS**
- **BEEF BOURGUIGNON WITH PUMPKIN MASH, CARROTS AND 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