

RPM

ROCK PROTEIN MEALS

- **CHICKEN SATAY TENDERLOINS, JASMINE RICE AND CHARRED GREENS (CONTAINS NUTS)**
- **BEEF BOLOGNAISE WITH ZUCCHINI NOODLES, STEAMED PEAS**
- **LAMB SOUVLAKIA WITH CAULIFLOWER RICE, BROCCOLI AND PUMPKIN MASH**

\$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