

# Low Carb 4 Life



Item	Price per Unit
<b>Beef</b>	
Eggplant Lasagne	130.00
Meatballs in tomato sauce	130.00
Ossobucco	135.00
6 Hour Oxtail	135.00
Cottage Pie	130.00
Beef curry	130.00
<b>Lamb</b>	
Slow Roast Lamb	135.00
Lamb Shank deboned	135.00
Lamb knuckle stew	135.00
Lamb neck curry	135.00
<b>Chicken</b>	
Jalapeno Popper chicken	130.00
Chicken ala King	125.00
Chicken and broccoli bake	125.00
Chicken curry	125.00
Mediterranean Chicken	125.00
<b>Fish</b>	
Baked hake	130.00
Tuna Fishcakes	125.00
<b>Pork</b>	
100% pork bangers and mash	130.00
Sweet Chilli Pork	125.00
<b>Bakery</b>	
Cheesy Waffle 5 pack	100.00
Sunflower-seed bread	65.00
<b>Dessert</b>	
Lemon Cheesecake	170.00
Milk Tart	130.00
Spice mini Muffins	220.00
Pumpkin Pie	130.00
Brownies	200.00
<b>Condiments</b>	
Sauerkraut	75.00
Lemon Curd	65.00
Raspberry Preserve	85.00