

gluten free ↓	issue number
Recipe Name (gf, v)	00:00
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vegetarian	page number

ICE BLOCKS, GENERAL (SEE ALSO ICE CREAM, FROZEN YOGHURT, SHERBET AND SEMIFREDDO; GRANITA; AND SORBET)

Boysenberry, Sumac and Honey Popsicles (gf)	70:69
Homemade Ice Pops (Creamy Strawberry and Greek Yoghurt Pops; Glorious Green Pops; and Rich Cacao and Coconut	
Pops) (gf)	64:105
Mango, Chilli and Lime Popsicles (gf)	70:69
Mango Lassi Popsicles (gf)	40:82
Maple, Coconut and Milk Chocolate Popsicles (gf)	70:72
Matcha and Coconut Popsicles (gf)	76:84
Peanut Butter, Banana and Dark Chocolate Popsicles with Peanut Crumb (gf)	70:69
Roast Peach, Yoghurt and White Chocolate Popsicles with Raspberry Powder (gf)	70:69

ICE CREAM, GENERAL, FROZEN YOGHURT, SHERBET AND SEMIFREDDO (SEE ALSO ICE BLOCKS, GRANITA AND SORBET)

Affogato with Biscotti	37:108
Amaretti, Ginger and Brittle Toffee Semifreddo (gf)	53:91
Baklava Crumb Ice Cream (gf)	36:106
Balsamic Strawberries and Ginger Semifreddo	69:112
Banana, Rum and Coconut Ice Cream (gf)	16:108
Banana Rum Crêpes with Rum Caramel Ice Cream	83:63
Berry and Dark Chocolate Mascarpone Swirl Ice Cream (gf)	81:58
Blueberry and Gingernut Ripple Cheesecake Ice Cream	64:93
Butterscotch Banoffee Ice Cream Sundaes	82:68
Caramel, Dark Chocolate and Orang	е

Chilli Swirl Ice Cream (gf)	83:65
Cherry and Turkish Delight	
Semifreddo with a Red Fruit Salac	
Chilled Espresso Martini Affogato (g	
Chocolate Chip Cookie and Ice Crear Sandwiches	m 40:76
Christmas Pudding Ice Cream	87:74
Cinnamon Churros Ice Cream Sandwiches (gf)	70:88
Coconut and Lime Ice Cream with Raspberries and Mango (gf)	57:101
Coffee and Doughnuts	64:98
Double Chocolate Semifreddo Terrir	ne 9:66
Easy Ginger, White Chocolate and Mascarpone Ice Cream (gf)	66:80
Frozen Banana, Date and Cinnamon Coconut Ice Cream (gf)	78:102
Frozen Blueberry Yoghurt (gf)	28:89
Frozen Peanut Butter Cheesecake	
Bars (gf)	76:84
Fruity Soft Serve Ice Cream (gf)	64:95
Gianduia Nougat Glace (gf)	16:106
Ginger Caramel Crunch Ice Cream	88:70
Ginger Ice Cream Sandwiches	76:86
Grilled Tropical Fruit with No-churn Coconut Ice Cream (gf)	75:102
Hazelnut and Coconut Macaroon	24.00
Ice Cream Sandwiches (gf)	64:93 89:92
Hot Cross Bun Ice Cream (gf) Ice Cream with Assorted	89:92
Coatings (gf)	46:77
Ice Cream Bonbons (gf)	51:77
Ice Cream Sundae with Crumbled Ginger and Pistachio Biscuit and	
Ginger Caramel Sauce	72:87
Imperial Stout Floats	64:92
Italian Spider (gf)	71:98
Leche Merengada (Meringued Milk Sherbet) (gf)	1:79
Leche Merengada (Meringued Milk Sherbet) (gf)	100:112
Lemon Buttermilk Sherbet (gf)	16:106
Lemon Curd, Pistachio and Meringue Ice Cream (gf)	101:98
Lemon Meringue and Blueberry Pie	
Ice Cream	95:58
Limoncello Ice Cream (gf)	88:70 105:72
Limoncello Ice Cream (gf) Luscious Baklava and Pistachio Ice	109:12
Cream	95:54
Mango Coconut Ice Cream	70:123
Mascarpone and Vanilla Bean	
Semifreddo (gf)	29:93
Melon Sherbet with Melon and Herb Sugar (gf)	34:84
Nectarine and Amaretti	

Semifreddo (gf)	6:67
No-churn Decadent Dark Chocolate, Whisky and Espresso Ice Cream	102:82
No-churn Extra-rich Chocolate Frangelico and Boysenberry Ice Cream	108:92
No-churn Fiery Peanut Butter Ice Cream Sliders with Fudge Sauce and Candied Maple Bacon	94:60
No-churn Raspberry and Lime Ice Cream Sliders with Mascarpone and Raspberry Chia Jam	94:60
Old-fashioned Strawberry Ice Crean Sundaes (gf)	45:66
Pedro Ximénez and Raisin Ice Cream (gf)	20:99
Pistachio Halva Ice Cream with Caramel Tahini Sauce (gf)	64:98
Quick Berry and Creme Fraiche Ice	
Cream (gf) Quick Raspberry and Nectarine	34:100
Frozen Yoghurt (gf)	40:91
Raspberry and Beetroot Ice Cream (gf)	72:51
Raspberry and Hazelnut Semifreddo	40:89
Raspberry Sherbet and Scorched Marshmallow Floats (gf)	64:95
Rhubarb Ice Cream with Roast Rhubarb (gf)	56:113
Roasted Almond, Boysenberry and Vanilla Ice Cream Cake	69:80
Salted Caramel Popcorn and Ice Cream Parfait (gf)	75:70
Sarah's Ridiculous Peanut Butter Ice Cream (gf)	91:87
Spiced Strawberries, Ice Cream and Coconut Shortbread	21:75
Sticky Ginger, Chocolate and Turkish Delight Christmas Bombe	1 45:85
Strawberry, Plum and Salted Coconut Ice Cream Cake	81:102
Strawberry Tortoni	21:72
Toffee and Roasted Almond Semifreddo (gf)	52:82
Toni Street's Hula Pie	110:30
Vanilla Bean Ice Cream with Seedy Toasted Granola and Apple Cider Caramel Sauce	104:86
Vanilla, Cherry and Pistachio Ice Cream (gf)	76:84
Vietnamese Coffee Ice Cream with Chocolate Crumb	96:84
Ice Cream with Assorted	
Coatings (gf)	46:77
Ice Cream Bonbons (gf)	51:77
Ice Cream Sundae with Crumbled Ginger and Pistachio Biscuit and	

Ginger Caramel Sauce	72:87	Eggplant, Yoghurt and Harissa (v) 58:65	Pickled Jalapenos (gf, v)	101:110
Iceberg Wedges with Blue Cheese				Grilled Skirt Steak with a Corn,	
Dressing (gf)	54:94	Israeli Couscous and Broad Bean		Jalapeno and Avocado Sala (gf)	101:88
Iced Coffee and Chocolate Tiramisu	39:79	Salad (v)	50:72	Jalapeno and Corn Fritters (v)	102:50
Iced Ginger Spice Biscuits	39:116	Israeli Couscous and Parsley		Jalapeno Onions (gf)	58:111
Iced Gingerbread Cookies	81:79	Salad (v)	14:73	Jalapeno Popper Garlic Bread	108:108
Ice Cream with Assorted		Israeli Pearl Couscous, Feta and Herb Salad (v)	101:72	Jalapeno Popper Toastie	99:76
Coatings (gf)	46:77	The Italian Burger	46:85	Jalapeno Poppers (v)	105:56
Ice Cream Bonbons (gf)	51:77	Italian Flatbreads Filled with	40:05	Market Fish with Green Olive,	
ICINGS, GENERAL - SEE Toppings: ICINGS		Caramelised Onion and Goat's Cheese (v)	17:93	Jalapeno and Tomato Salsa (gf) Skirt Steak with Jalapeno Pickle and Coriander Sauce (gf)	94:84
		Italian Panzanella Salad Skewers (v) 40:83	Veracruz-style Baked Fish (gf)	89:40
Imperial Stout Floats	64:92	Italian Pork Sandwich with Sauteed	d	Ver der d2 Seyle Baked Fish (g1)	551.45
The Indian Burger	46:82	Greens	69:129	Jam and Cream Pink Finger Buns	106:126
Indian Masala Prawns (gf)	34:61	Italian Rice, Vegetable and Feta	44.04	Jam Buttons	39:113
Indian Red Lentil, Tomato and	04.01	Tart (gf, v)	41:81	Jam Crostata	11:75
Coconut Soup (gf)	49:76	Italian Salad (gf, v)	42:106	Jamaican Beef Patties	101:30
Indian-spiced Coconut Mussels (gf)	34:97	Italian Sausage, Broccoli and Pea Frittata (gf)	57:113	Jamaican-inspired Chicken	.550
Indian-spiced Fish Burger	80:41	Italian Sausage Burgers with Red		Curry (gf)	98:76
Indian-spiced Lamb Cutlets with		Onion Jam	38:97	Jamaican Jerk BBQ Brisket Beef	
White Bean Purée (gf)	58:113	Italian Sausage Meatball Sliders	54:88	Burger with Fresh Mango Slaw	102:32
Indian-spiced Popcorn (gf)	51:112	Italian Sausage and Spinach Filled		Jamaican Shrimp Roll	2:33
Indian Spiced Potatoes and		Pasta	60:97	Jambalaya (gf)	62:83
Carrots (gf, v)	30:96	Italian Spider (gf)	71:98	Jambalaya Chicken and Pork Balls	
Indian-spiced Salmon with Lime Raita (gf)	43:89	Italian-style Pork Ribs with Rosemary and Garlic (gf)	70:79	with Spicy Sauce and Prawns Jammy Blackberry and Lemon	68:92
Indian-spiced Salmon and Spinach	00.440			Poppy Seed Cake	107:25
Burgers	33:119			The Japanese Burger	46:86
Indian-spiced Vegetable and Chickpea Parcels (v)	86:48			Japanese Chicken Curry	105:80
Indian Vegetable Fritters with Lime				Japanese Chicken Curry Pie	97:80
and Tahini Yoghurt Sauce (gf, v)	36:87			Japanese Milk Rolls (v)	105:80
Indira Stewart's Slow-braised				Japanese Salmon Bowl	74:74
Smoky Pork Shoulder with Winter Slaw (gf)	98:28	Jacket Potatoes with Beef and		JELLY, GENERAL (THESE	ARF
Individual Bacon and Egg Pies	88:82	Mushroom Ragu	42:102	MAIN/DESSERT RECIPES	
Indonesian Pork Parcels (gf)	4:93	Jackfruit and Rice Noodle Salad (g:	f) 86:76	PRESERVES, SEE PRESE	RVES:
Indonesian-style Coconut and Lamb		Jalapeno and Corn Fritters (v)	102:50	JAMS AND JELLIES)	
Shank Curry (gf)	104:67	Jalapeno Onions (gf)	58:111	Champagne Raspberry Jelly (gf)	63:33
Isla Flotante (Floating Island) (gf)	10:123	Jalapeno Popper Garlic Bread	108:108	Gold Leaf Moscato Jelly (gf)	63:33
		Jalapeno Popper Toastie	99:76	Orange and Campari Jelly (gf)	2:72
ISRAELI COUSCOUS, GENE (SEE ALSO COUSCOUS)	RAL	Jalapeno Poppers (v)	105:56	Orange and Cinnamon Jelly with Macerated Orange Slices (gf)	42:97
Israeli Couscous and Broad Bean		JALAPENOS, GENERAL		Oysters with Champagne Jelly	21:91
Salad (v)	50:72	Baby Snapper with Green Olive,		Raspberry and Rosé Jellies (gf)	70:88
Israeli Couscous and Parsley Salad (v	/) 14:73	Jalapeno and Tomato Salsa	58:85	Sparkling Tangelo and Thyme	
Israeli Pearl Couscous, Feta and Herb Salad (v)	101:72	Baked Fish with Jalapenos and Tomatoes (gf)	79:75	Jellies (gf) Wine Jelly Jewels with Summer	50:44
Moroccan Baked Chicken with Pearl		Cabbage and Jalapeno Slaw with		Fruits (gf)	52:82
Couscous	104:114	Lime Mayo (gf, v)	94:88		
Mussels with Spiced Israeli Couscous	s 53:112	Caramelised Apple, Onion and		Jennifer Ward-Lealand's Aromatic	
Roasted Carrot and Israeli Couscous	S	Jalapeno Cornbread (v)	72:79	Fish Curry	97:30
Salad with a Sultana and Caper	46:95	Cheesy Polenta Cornbread with		Jenny-May Clarkson's 'Chicken Risotto' Tray Bake (gf)	96:28
Dressing (v) Spiced Israeli Couscous Salad with	-0:30	Jalapenos (v)	108:72	Jerk Chicken (gf)	101:30
Spiced isi acii Couscous Saiau With		Creamed Corn Stuffed Peppers wit	h		

Jerk Chicken on Corn and Black	ı	Soup (gf)	66:104	Fetα (v)	101:28
Bean Rice (gf)	109:66	Curly Kale, Caramelised Onion and	00110-1	Katmer – Pistachio Pancakes with	
Jerk Chicken Wings	90:110	Egg Pizzas (v)	42:75	Clotted Cream	60:50
Jerk-spiced Spatchcock Poussin with Spring Vegetable Succotash	80:30	Garlic and Greens Soup with Brazil Nut and Coriander Pesto (v)	73:100	Katmer: Turkish Filo, Mascarpone and Pistachio Parcels	84:95
Jerusalem Artichoke and Potato		Kale with Anchovies and Capers (gf)	57:107	Katsu Brioche Burgers with Asian	
Soup with Mustard Croutons (v)	31:88	Kale, Brown Rice and Avocado Salad		Slaw	78:72
Jerusalem Artichoke Soup with Artichoke Chips (gf)	37:105	with Miso and Tahini Dressing (v)	60:79		
7.1. dienene empe (g.)		Kale and Mixed Seed Salad (gf, v) Kale and Pumpkin Falafels with	61:111	KEBABS, GENERAL, AND SKEWERS	
JERUSALEM ARTICHOKES,		Pickled Carrot Slaw (gf, v)	93:115	Asian Lamb and Eggplant Kebabs (gf)	40:76
GENERAL		Lamb Balls on a Bed of Kale,		Barbecued Buffalo Chicken Kebabs (g	(f) 76:74
Jerusalem Artichoke and Potato		Beetroot and Carrot Salad with		Beef and Crushed Olive Kebabs with	
Soup with Mustard Croutons (v)	31:88	Beetroot Hummus	91:39	Tomato Jam (gf)	2:55
Jerusalem Artichoke Soup with Artichoke Chips (gf)	37:105	Lamb Cutlets with Seared Kale, Quinoa, Almonds and Feta			46:100
Jerusalem Artichokes with Bacon (g	(f) 4:66	Salad (gf)	71:112	Beef, Potato and Mushroom Kebabs	
Jerusalem Artichokes with Crispy		Lots of Winter Greens and Almond		Beef Skewers with Fragrant Rice and Peanut Chutney (gf)	16:91
Sage and Roasted Hazelnuts (gf,	v) 92:71	Pesto with Pasta (v)	104:118	Beef Skewers with Roasted	
Parmesan-roasted Jerusalem		Nduja Pasta with Guanciale, Olives and Baby Kale	93:108	Capsicum and Almond Salsa (gf)	80:87
Artichokes (gf, v) Polenta with Roasted Jerusalem	73:79	Orecchiette with Lemon Butter,		Broadbill Kebabs with Lemongrass	
Artichokes and Garlicky Lemon		Kale and Crumbs	90:57	and Avocado Sauce (gf)	17:109
Dressing (gf, v)	85:83	Prosciutto, Plum, Broad Bean, Goat		Chicken Kebabs with Coconut and Lime Sambal (gf)	32:84
Roasted Basil and Lemon Chicken		Feta and Baby Kale Salad (gf)	69:97	Chicken, Sage and Vermouth	
with Jerusalem Artichokes (gf)	31:106	Quinoa, Kale and Basil Burgers in Co Leaves (gf, v)	58:93	Skewers (gf)	53:72
Jerusalem Artichokes with Bacon (c	of) 4:66	Roast Broccoli with Spelt, Kale and		Chicken Satay Skewers with	
Jerusalem Artichokes with Crispy	,,, 1100	Ricotta (v)	66:72	Hainanese Chicken-infused Rice Chicken Skewers with Yakitori Sauce	89:74
Sage and Roasted Hazelnuts (gf,	v) 92:71	Roasted Cauliflower, Kale and Crisp		and 'Seven Spice' Togarashi	58:73
		Flatbreads (v) Winter Greens Salad with Mint	96:106	Chicken and Vegetable Skewers with	
		Dressing (gf, v)	61:70	Oregano and Lemon (gf)	105:76
				Chorizo and Squid Skewers on Crushed White Beans and Chilli	
		Kale with Anchovies and Capers (gf,	57:107	Tomato Sauce (gf)	35:56
		Kale, Brown Rice and Avocado Salad		Churrascarias Lamb Skewers with	
		with Miso and Tahini Dressing (v)	60:79	Mustard and Herb Crust (gf)	95:96
Karaage – Fried Chicken	50:78	Kale and Mixed Seed Salad (gf, v)	61:111	Citrus and Honey Grilled Chicken Skewers with Couscous	22:112
Karaage	90:94	Kale and Pumpkin Falafels with Pickled Carrot Slaw (gf, v)	93:115	Crispy Beef and Peanut Kebabs	40:78
Karaage	100:190	Kamut Salad with Chorizo	13:92	Crispy Peanut and Lamb Skewers	63:81
		Karen Walker's Garlicky Autumn			105:30
KAFFIR LIME, GENERAL - MAKRUT LIME LEAVES; A		Pappardelle (v)	96:28	Cumin Pork Skewers with Mint	
RECIPES HAVE BEEN REI		Karen's Wood-roasted Regal Salmon with Fennel (gf)	20:92	Relish (gf)	84:104
		Karniyarik 'Split Belly' (Baked	20:92	Dukkah-crusted Prawn and Haloumi	
KALE, GENERAL (SEE ALS CAVOLO NERO)	0	Eggplant Stuffed with Beef) (gf)	60:52	Skewers with Roast Tomato, Crisp Mountain Bread Salad and Feta Dressing	15:80
Aromatic Greens with Pide and		KASHA, GENERAL - SEE			102:98
Prosciutto	8:69	BUCKWHEAT		Fish Kebabs with Pineapple and	
Baked Kale and Parmesan Chips (gf,				Lime Salsa	63:129
Bean, Kale and Bacon Soup (gf)	53:112	Kasha, Roasted Vege and Ricotta	77:78	Grilled Salmon Skewers (gf)	64:111
Braised Cannellini with Kale and Burrata (gf, v)	71:90	Tart (gf, v) Kashmiri Chicken with Ginger and	11:18	Grilled Tuna Skewers with Green Olive Relish (gf)	20:70
Cauliflower, Kale and Mint		Tomatoes	42:87	Haloumi and Nectarine Skewers (gf, v	
Tabbouleh (gf, v)	57:98	Kate's Roasted Eggplant with		Haloumi and Peach Kebabs (gf, v)	88:44
Chicken, Kale and Kelp Noodle		Agrodolce, Cracked Wheat and		Hoisin Lamb Skewers	57:117

Italian Panzanella Salad Skewers (v)	40:83	Spiced Salmon and Zucchini Skewer	rs	and Cheese Burgers	84:104
Korean Sesame Grilled Beef and		with Chimichurri (gf)	105:97	Roti with Miso Pumpkin and Kimchi	(v) 83:96
Mushrooms	28:66	Spicy Beef Kebabs with Hummus ar		Spicy Tuna, Avocado and Kimchi Tao	o 58:46
Lamb and Apricot Kebabs (gf)	46:71	Green Beans (gf)	48:98	Stir-fried Beef with Green Beans,	
Lamb and Apricot Sosaties (gf)	14:83	Sticky Sesame Prawns	40:78	Gochujang and Kimchi	104:116
Lamb and Bacon-wrapped Date Kebabs with Herb and Pistachio		Sweet and Sour Roasted Eggplant Skewers (v)	81:68		
Dressing (gf)	88:44	Tandoori Paneer with Roti (v)	76:76	Kimchi (gf, v)	58:47
Lamb Kebabs with Pomegranate		Tavuk Sis – Chicken Kebaps with		Kimchi Fried Rice (gf, v)	99:54
Dressing and Herbed Yoghurt (gf)	6:80	Prune Orzo Pilav	60:51	Kimchi Noodles	73:98
Lamb Kebabs with Raw Beetroot Salad and Mint Dressing (gf)	70:108	Tuna Spiedini with Artichoke Caponata (gf)	35:61	Kimchi Rice with Honey Miso Torn Tofu (v)	85:87
Lamb Shawarmas	13:102	Tuscan Chicken and Sausage Spied	ini 40:82	Kingfish Sashimi with Pickled Ginge	
Lamb Skewers with Korma Peanut		Zucchini, Scallop and Bacon Kebabs	5	Syrup	76:58
Sauce and Cucumber Salad (gf)	37:92	with Fresh Tomato Sauce (gf)	34:70	Kiri Hodi (gf, v)	105:114
Lemon and Bay Leaf Chicken				Kiwi Lamb Burgers	93:46
Kebabs (gf)	10:110	Kedgeree, Hot Smoked Salmon (gf,	19:108	Kiwi Lamb Pie	97:83
Lemon and Bay Leaf Salmon				Kleftiko (gf)	91:31
Kebabs (gf)	27:37	KEFIR, GENERAL - SEE		Knish (v)	54:91
Lemongrass Beef and Salad Skewers	63:89	YOGHURT		Knock-your-socks-off Croutons,	
Maple-glazed Salmon Skewers with				Fresh Tomato, Prosciutto and Mozzarella Salad	95:68
Fennel and Orange Salad (gf)	68:112	Keik me Raspberries ke Amigthalo		Wozzarena Salaa	93.00
Merguez Sausage and Eggplant Kebabs with Pomegranate		– Raspberry Cake with Rose		KOETA CENEDAL (SEE AL	60
Dressing	22:74	Petals (gf)	68:46	KOFTA, GENERAL (SEE AL MEATBALLS)	50
Monkfish and Squid Souvlaki with		Kibbeh bi Seyneyeh	90:45	Baked Beef Kofta with Paneer	30:102
Herb Dressing (gf)	28:68	Kick-up-your-dinner Kimchi		Beetroot Kofta Bowls (gf, v)	76:94
Moo Ping (Thai-style Grilled Pork)	90:105	Roasted Chicken	103:104	Chicken and Silverbeet Kofta (gf)	80:60
Peri Peri Chicken Skewers with				Eggplant and Haloumi Kofte with	50.00
Flatbreads	101:88	KIDNEY BEANS, GENERAL BEANS: RED AND BLACK		Roasted Cherry Tomatoes (v)	42:94
Pork and Bacon Braciole Skewers (g	f) 40:78	BEANS: RED AND BEACK		Feta and Herb Kofta	64:72
Pork Kebabs with White Beans and		KIDNEYS SENEDAL SEE	05541	Fish and Herb Kofta	84:87
Fennel (gf)	77:92	KIDNEYS, GENERAL - SEE	OFFAL	Gozleme	86:61
Pork and Red Capsicum Skewers				Kofta with Tahini Sauce and Tomato	
with Crushed White Beans and		KIMCHI, GENERAL		Salsa	, 52:61
Feta	39:129	Beef and Kimchi Burgers	76:74	Lamb and Beetroot Köfte with	
Pork and Salami Spiedini with Lentil Salad (gf)	65:113	Cheddar and Kimchi Toasties	92:98	Cucumber and Yoghurt Salad	35:92
		Chilli Pork and Kimchi Dumplings	87:101	Lamb and Feta Kofta with Smoky	
Pork Skewers with Mojo Picon (gf)	56:123	Crunchy Miso Fish Tacos with Kimc		Eggplant Hummus	37:91
Prawn and Chorizo Kebabs with Smoked Paprika and Hazelnut		Mayo	80:92	Lamb Kofta with Lemon Couscous	44:109
Aioli (gf)	33:85	Cucumbers with Kimchi Dressing, Roasted Peanuts and Currants	82:104	Lamb Kofta on White Bean Purée	77:50
Prawn and Chorizo Kebabs with		Gado Gado Salad with Cashew	02.104	Lemongrass and White Fish Kofta	58:111
Smoked Paprika Mayo (gf)	100:54	Butter and Kimchi Satay Sauce (v) 80:94	Pistachio and Mint Kofta with	
Rump Steak Kebabs with Fresh		Kick-up-your-dinner Kimchi	,	Fresh Herb Sauce	102:102
Pineapple Salsa	74:108	Roasted Chicken	103:104	Pork Curry Kofta	84:48
Salmon and Pesto Skewers (gf)	27:69	Kimchi (gf, v)	58:47	Quick Lamb Kofta Curry (gf)	55:109
Sid's Saffron Chicken Kebabs with		Kimchi Fried Rice (gf, v)	99:54	Spiced Lamb Kofta with Smashed	
Raita (gf)	107:26	Kimchi Noodles	73:98	Cucumber, Almonds and Yoghurt	86:61
Spanish Tapas Platter (gf) (includes		Kimchi Rice with Honey Miso Torn			
Roasted Garlic, Rockmelon with Lime and Chili, Chicken Skewers		Tofu (v)	85:87	Kofta with Tahini Sauce and Tomat	
and Grilled Asparagus)	69:106	Minute Steak and Kimchi Burgers	79:76	Salsa	52:61
Spice-grilled Chicken Thigh Kebabs	77:46	Oyster Congee, Kimchi	42:55	Kohlrabi and Rocket Salad with	F= =c
Spiced Chicken Skewers	50:116	Pork Kimchi Burgers	62:107	Caper Dressing (gf, v)	57:70
Spiced Pork Kebabs with Sweetcorn		Pork and Kimchi Gyoza	63:48	Kokoda (gf)	70:120
and Green Bean Salad (gf)	34:97	Roasted Broccolini, Kimchi, Bacon		Kokoda – Fiji (gf)	30:47
				Kolo Mee – Sarawak Noodles	37:118

Kombucha-cured Fish with Horseradish Dressing	74:86	Pappardelle (v) Kasha, Roasted Vege and Ricotta	96:28	Sweet Potato, Miso and Ginger Soup with Soy and Lime Cream	66:76
Königsberger Klopse (Prussian Meatballs)	66:121	Tart (gf, v) Kumara and Carrot Cake	77:78 96:61	Sweet Potato Shakshuka with Sriracha Butter and Pickled	
Korean Beef Burger Bao Buns	89:62	Kumara and Chickpea Hash	30.01	Onions (gf, v)	01:106
Korean Beef Fillet with Pickled Vegetable and Nectarine Salad	81:105	Burgers (v) Kumara and Feta Filo Parcels (v)	64:67 50:112	Sweet Potato and Spinach Tortilla with Feta Yoghurt (gf, v)	33:99
Korean Beef Salad (gf)	12:85	Kumara Fries (gf, v)	63:125	Sweet Potato and Yellow Curry Soup	
Korean Bulgogi Steak with Miso		Kumara and Parmesan Gratin (gf)	25:99	with Udon Noodles (v)	83:54
Mayonnaise	63:127	Kumara, Potato and Cabbage		Vegetable Shepherd's Pie with Kumara and Goat's Cheese	
Korean Chicken with Spring Onions and Broccolini	83:87	Gratin (gf, v) Kumara and Quinoa Burgers with	73:94	Topping (gf, v)	92:102
Korean Chilli Pork Steaks with Quick Pickles	70:76	Avocado, Herb Salad and Harissa Yoghurt Mayo (v)	80:68	Warm Spiced Chicken and Kumara Salad (gf)	67:95
Korean Fried Chicken	78:67	Kumara Salad with Herb and Honey	00.00	Yellow Kūmara, Cauliflower and	440 =0
Korean Glazed Baked Chicken Wings	72:110	Dressing (gf, v)	45:80	Lentil Soup Curry (v)	110:78
Korean Lamb and Red Kraut Tacos	78:96	Kumara and Sauerkraut Rosti with			
Korean Sesame Grilled Beef and Mushrooms	28:66	Smoked Fish and Horseradish Cream	80:92	Kumara and Carrot Cake Kumara and Chickpea Hash	96:61
Kottu Roti (v)	105:120	Mushroom and Sweet Potato		Burgers (v)	64:67
Koulourakia (Greek Easter Cookies)	77:72	Curry (v)	72:113	Kumara and Feta Filo Parcels (v)	50:112
Kukul Mas Curry – Chicken Curry (gt	9 67:40	Pork Fillet with Kumara and Almond,		Kumara Fries (gf, v)	63:125
		Paprika and Parsley Dressing (gf)	43:90	Kumara and Parmesan Gratin (gf)	25:99
KUMARA, GENERAL (SEE A	LSO	Pork Fillet on Kumara Mash with Pomegranate-roasted Grapes (gf)	17:84	Kumara, Potato and Cabbage Gratin (gf, v)	73:94
ROOT VEGETABLES)		Potato and Kumara Salad with Herby	y	Kumara and Quinoa Burgers with	
Arepas with Roasted Sweet Potato,	00-100	Lemon Mayo and Pancetta (gf)	101:55	Avocado, Herb Salad and Harissa	
Avocado and Feta (gf, v)	90:102	Potato, Kūmara and Spinach		Yoghurt Mayo (v)	80:68
Aromatic Red Chicken and Kumara Curry	104:78	Gratin (gf) (v)	108:57	Kumara Salad with Herb and Honey	45.00
Artichoke, Bacon and Kumara		Potatoes, Kumara and Carrots		Dressing (gf, v) Kumara and Sauerkraut Rosti with	45:80
Galette with Roasted Onion and		Roasted in Herb and Garlic Butter with Sour Cream Dressing (gf, v)	15:87	Smoked Fish and Horseradish	
Tomato Relish (gf)	5:64	Quick Lamb and Kumara Curry (gf)	30:92	Cream	80:92
Baked Kumara with Roasted Garlic		Red Lentil, Kumara and Coconut		Kung Pao Chicken	44:99
Butter (gf, v)	37:100	Soup (gf)	31:90	Kung Pao Chicken and Noodles	98:48
Baked Sweet Potato and Coriander Falafels (gf, v)	74:104	Roast Chicken Thighs on Paprika Sweet Potatoes (gf)	84:103	Kung Pαo Diced Chicken	5:55
Baked Sweet Potatoes with Gochujang and Miso Butter	79:100	Roast Vegetable Gratin (gf)	69:76		
Beetroot, Feta and Sweet Potato	73.100	Roasted Carrot and Kūmara Salad			
Tart with Spelt and Sour Cream		with Salt and Pepper Candied			
Pastry (v)	66:67	Walnuts (gf) (v)	106:84		
Black Pudding with Kumara and Appl Rosti (gf)	e 18:78	Roasted Kumara, Caramelised Onior and Herb Salad (gf, v)	76:53		
Cheesy Grilled Vege Skins with		Roasted Sweet Potatoes, Black Beans and Smashed		Labna – Yoghurt Cheese (gf, v)	6:78
Guacamole (gf, v)	70:80	Avocado (gf, v)	68:114	Labneh (gf, v)	91:105
Country Chicken and Kumara Pie with Thyme Pastry	42:63	Spiced Lamb Pie with Kumara Mash (gf)	43:112	LARNELL CENERAL	
Curried Kumara and Apple Soup (gf)	13:66	Spicy Kumara Fries (gf, v)	49:85	LABNEH, GENERAL	
Ginger, Tofu and Kumara Fritters (gf, v)	89:103	Steamed Sweet Potato and Coconut Custards (gf)		Coconut Cake with Orange Labneh and Vanilla Frosting (gf)	80:76
Harissa Roasted Chicken with		Sweet Potato and Coconut Curry	55.12	Labna - Yoghurt Cheese (gf, v)	6:78
Kumara and Green Olives (gf)	96:100	with Silver Fern Farms Eye Fillet		Labneh (gf, v)	91:105
Herby Cheese and Kumara Lentil	04.70	Steak	75:42	Labneh Balls (gf, v)	91:105
Pies (v)	91:59	Sweet Potato Crisps with		Labneh with Strawberries, Pistachios and Mint (gf)	69:112
Honey-glazed Roasted Root Vegetables (gf, v)	30:70	Togarashi (gf, v)	82:48	Minted Labneh (gf, v)	16:96
Karen Walker's Garlicky Autumn		Sweet Potato Gratin (gf, v)	61:83	Thyme and Sesame Labneh (gf, v)	69:107
	1		'	-	

		Lamb: Burgers and pies		Quinoa, Almonds and Feta	
Labneh Balls (gf, v)	91:105	Braised Lamb "Pie" with Red Wine		Salad (gf)	71:112
Labneh with Strawberries,		and Colcannon	26:60	Lamb Cutlets with Sicilian Salsa,	
Pistachios and Mint (gf)	69:112	Braised Lamb Shank and Porcini Pi	ies 35:89	Broccolini and Borlotti Beans (gf)	56:119
		The Indian Burger	46:82	Lamb Cutlets with White Beans and Gremolata (gf)	7:99
LAKSA, GENERAL - SEE SO	UPS:	Kiwi Lamb Burgers	93:46		1.55
SEAFOOD		Kiwi Lamb Pie	97:83	Lamb Loin Chops with Anchovy and Parsley Butter (gf)	45:119
Laksa Chicken Drumsticks with		Lamb and Artichoke Pies with Feta and Garlic Mash	42:65	Lamb Shoulder Chops with Charred Tomato Relish (gf)	28:66
Coconut and Peanuts (gf)	25:94	Lamb Burgers with Salted Chilli and Maple Glaze	d 82:49	Lemon and Oregano Crumbed Lamb Cutlets	47:110
LAMB, GENERAL		Lamb, Pumpkin and Rosemary Pies	3	Pan-fried Lamb Cutlets with Lemon	
Lamb: Braises, stews and tagines		with Smashed Peas Lamb Shank Pie	85:63 91:56	and Basil Salsa (gf)	72:114 29:102
Aromatic Braised Shoulder of		Mint and Lamb Burgers with Saffro	on	Roman-style Lamb Cutlets (gf)	29:102
Lamb (gf)	55:71	Tomato Jam	34:53	Seared Lamb Cutlets on Farro with Mint, Spinach and Baby Roast	
Baked Tagine of Lamb with Apricots and Honey (gf)	24:103	Moroccan Lamb Burgers, Grilled Haloumi and Pistachio Salsa	70:98	Vegetables	73:84
Braised Lamb with Korean Chilli and		Moroccan Lamb Burgers, Grilled		Spicy Braised Cauliflower with Lamb Cutlets and Herb Chutney (gf)	12:82
Ginger	66:83	Haloumi and Pistachio Salsa	100:170	Zucchini-wrapped Lamb Cutlets (gf)	33:86
Braised Lamb with Olives - Agnello alle Olive	29:65	Moroccan Lamb Burgers on Roasted Potato 'Buns' (gf)	51:124		
Braised Lamb, Vegetable and Red		Spiced Lamb Burgers	75:100	Lamb: Curries and soups	
Wine Pie	108:56	Spiced Lamb Pie with Currants		Cashew and Coconut Lamb Curry	85:67
Braised Lamb with White Beans	17:77	and Pine Nuts	110:92	Golden Lamb Curry (gf)	20:119
Braised Lamb with White Beans	59:67	Spiced Lamb Pie with Kumara		Hearty Lamb and Barley Soup with	100 50
Braised Lamb with White Wine, Baby	,	Mash (gf)	43:112	Ras el Hanout	103:52
Onions and Mushrooms	37:102	Spicy Lamb and Eggplant Pies	104:106	Hearty Lamb Shank and Butterbean Soup (gf)	36:95
Braised Leg of Lamb with		Xi'an 'Hamburgers'	56:48	Indonesian-style Coconut and Lamb	00.00
Capsicums (gf)	65:70			•	104:67
Braised Shoulder of Lamb with Crushed Pea Salsa (gf)	73:66	Lamb: Chops and cutlets		Lamb, Cashew Nut and Cardamom	
Lamb Braised with Apricots, Dates		Agneau Poêle à L'ail Nouveau et		Curry (gf)	37:80
and a Leek Risotto	19:86	Févettes - Spring Lamb with Nev Garlic and Baby Broad Beans (gf		Lamb Curry (gf)	92:76
Lamb Braised with Potatoes,		Grilled Lamb Cutlets with an Orega	•	Lamb Vindaloo (gf)	97:92
Tomatoes and Feta (gf)	47:85	and Mustard Dressing (gf)	88:36	Middle Eastern Lamb and Chickpea	
Lamb Hotpot	18:106	Indian-spiced Lamb Cutlets with		Soup	18:118
Lamb and Pomegranate Tagine (gf)	72:73	White Bean Purée (gf)	58:113	Moroccan Lamb Shank and Barley	
Lamb Tagine	8:74	Lamb Chops	107:110	Soup	54:69
Lamb Tagine with Ras al Hanout	35:92	Lamb Chops with an Orange and		Quick Lamb Kofta Curry (gf)	55:109
Mexican Braised Lamb with Whipped	I	Fennel Salad (gf)	20:113	Quick Lamb and Kumara Curry (gf)	30:92
Pumpkin	49:60	Lamb Chops with a Puy Lentil		Slow-cooked Lamb and Cashew Curry (gf)	78:52
Navarin of Lamb with White Beans		Salad (gf)	16:89	Tikka Masala Lamb Meatball Curry	90:86
and Green Olives	36:62	Lamb Chops with Ras el Hanout (gf	f) 77:92	Whole Lamb Leg Curry (gf)	84:47
Navarin of Spring Lamb	32:95	Lamb Cutlets with a Caper and	89:50	Whole Lamb Leg Out 1 y (gi)	04.41
Quick Lamb Tagine with Chickpeas	38:98	Currant Salsa (gf) Lamb Cutlets with Chimichurri and		Lamb: Kofta and meatballs	
Quince and Lamb Tagine (gf)	11:106	Quinoa Salad (gf)	76:92	Baked, Stuffed Meatballs and Pasta	109.76
Red Wine-braised Lamb Shanks with Lentils (gf)	85:42	Lamb Cutlets with a Fragrant		Cajun Lamb Meatballs with White	
Slow-braised Aromatic Lamb		Lemongrass Paste (gf)	101:88	Beans	50:111
Shoulder with Green Chilli Relish (gf)	105:88	Lamb Cutlets with Indian Spinach a Chickpeas (gf)	11:94	Feta and Herb Kofta	64:72
Slow-braised Shoulder of Lamb with	.00.00	Lamb Cutlets with Lentils, Eggplan		Lamb Balls on a Bed of Kale, Beetroo and Carrot Salad with Beetroot	t
Oregano and Lemon Salsa (gf)	96:52	and Fresh Herb Relish (gf)	93:41	Hummus	91:39
Spiced Lamb and Barley Stew	67:116	Lamb Cutlets with Salsa Verde (gf)	93:86	Lamb and Beetroot Köfte with	
•		Lamb Cutlets with Seared Kale,		Cucumber and Yoghurt Salad	35:92

Lamb and Feta Kofta with Smoky		Lamb (gf)	98:74	Slow-roasted Lamb Shoulder (gf)	75:38
Eggplant Hummus	37:91	Barbecued Butterflied Leg of Lamb		Slow-roasted Provençal Leg of	
Lamb Kofta with Lemon Couscous	44:109	with Herb and Parmesan		Lamb (gf)	103:92
Lamb Kofta on White Bean Purée	77:50	8.87	100:170	Slow-roasted Shoulder of Lamb with	
Lamb Meatball and Tabbouleh		Barbecued Shoulder of Lamb with Chopped Turkish Salad (gf)	39:105	Warm Tomato and Black Olive Salad (gf)	35:95
Bowl (gf)	74:74	Butterflied Lamb Leg with	33.103	Spice-rubbed, Slow-roasted Leg of	33.30
Lamb, Oregano and Fennel Seed Meatballs	97:50	Vietnamese Salad	80:46	Lamb (gf)	8:86
Mediterranean Meatballs with Olives	s,	Butterflied Lamb with Mint		Spiced Lamb Shoulder with Dates	
Feta and Mint	68:94	Guacamole (gf)	52:57	and Shallots on Couscous	42:97
Pistachio and Mint Kofta with		Butterflied Leg of Lamb with	10.00	Spring Lamb with Green Olives (gf)	26:91
Fresh Herb Sauce	102:102	Pecorino and Herbs (gf)	16:96	Stuffed Leg of Lamb with Feta, Basil	
Sicilian-style Meatballs and		Caribbean Lamb	22:69	and Sundried Tomatoes (gf)	43:64
Eggplant on Soft Polenta (gf)	110:46	Cumin-spiced Lamb Leg Roast with Roasted Baby Veges, Caramelised	4		
Spiced Date and Pine Nut Lamb Meatballs	109:77	Onions and Fresh Herb Salad (gf)		Lamb: Shanks	
Spiced Lamb Kofta with Smashed	103.77	Fast-roasted Butterflied Leg of		Chipotle and Red Wine Braised Lamb Shanks	67.73
Cucumber, Almonds and Yoghurt	86:61	Lamb (gf)	80:84		67:73
Spiced Lamb Meatball and Salad		Greek Leg of Lamb with Skordalia,		Lamb Shanks Baked in Parchment with Champ (gf)	13:95
Flatbreads	99:104	Roasted Capsicums and		Lamb Shanks with Balsamic Vinegar,	
		Tzatziki (gf)	58:77	Orange and Cinnamon (gf)	55:64
Lamb: Racks and rumps		Kleftiko (gf)	91:31	Lamb Shanks and Beans (gf)	97:95
Almond and Parsley Crusted Rack o	f	Lamb Kleftiko (gf)	84:34	Lamb Shanks, Berber Spice and	
Lamb	43:64	Leg of Lamb with a Pecorino Crust	31:21	' '	110:58
Baby Rack of Lamb with Indian Spice	es,	Middle Eastern Spiced Lamb and		Lamb Shanks on Lemon Potatoes and	l
Yoghurt Chutney and Spiced		Rhubarb (gf)	50:102	Oregano (gf)	92:56
Basmati Rice (gf)	1:78	Oregano and Lime Roasted Leg of		Lamb Shanks with Potatoes, Lemon	
Classic Rack of Lamb with Red Wine		Lamb with Smoked Paprika	14:111	and Mint Gremolata (gf)	42:89
and Balsamic Sauce (gf)	100:76	Paella (gf)	14:111	Moroccan Lamb Shank and Barley	
Colin's Rack of Lamb with a Pistachi		Porcini and Parmesan-stuffed Shoulder of Lamb	17:110	Soup	54:69
and Herb Crust	99:36	Roast Lamb with Eggplant Salad (gf		Moroccan Lamb Shanks with Prunes	
Flageolet Beans with Spice-roasted Lamb Rumps (gf)	13:91	Roast Lamb with Lemon Crust and	, .2		103:21
Lamb Rump with Cauliflower	10.01	Damson Jus, Pan-fried Grapes an	ıd	Spice-roasted Lamb Shanks with Herb, Date and Preserved Lemon	
Mash (gf)	73:110	Almonds	63:75	Salad (gf)	79:93
Lamb Rump with Roasted Carrot		Roast Lamb Stuffed with Dates,		Tamarind-glazed Lamb Shanks	60:79
and Mint Salad (gf)	53:111	Almonds and Mint (gf)	7:71		
Lamb Rumps with a Parmesan Crus	t 35:95	Roast Leg of Lamb with Anchovy		Lamb: Skewers and kebabs	
Parmesan Lamb on Niçoise		Cream (gf)	91:27	Asian Lamb and Eggplant Kebabs (gf)	40.76
Vegetables	4:107	Roast Leg of Lamb with Cavolo Nero		Barbecued Lamb with Crispy	40.10
Rack of Lamb with Crushed Broad		and White Beans (gf)	4:78		107:94
Bean and Basil Salsa (gf)	62:65	Roasted Leg of Lamb with Sumac	48:73	Churrascarias Lamb Skewers with	
Rack of Lamb, Mint Béarnaise and		and Red Onion Salad (gf) Roasted Loin of Lamb with Orange	40:73	Mustard and Herb Crust (gf)	95:96
Braised Peas and Lettuce (gf)	35:89	and Cumin-glazed Carrots (gf)	33:116	Crispy Peanut and Lamb Skewers	63:81
Rack of Lamb with Red Wine and		Salt-dough Lamb	36:73	Cumin and Chilli Lamb Skewers	105:30
Balsamic Sauce	27:86	Shoulder of Lamb with Feta and		Hoisin Lamb Skewers	57:117
Roasted Lamb Rump on Pea Purée with Lemon Relish (gf)	38:53		106:100	Lamb and Apricot Kebabs (gf)	46:71
Spice-crusted Lamb Rack with	33.33	Slow-cooked Spiced Shoulder of		Lamb and Bacon-wrapped Date	
Spinach and Baby Beet Salad (gf)	56:107	Lamb (gf)	61:70	Kebabs with Herb and Pistachio	
Spice-rubbed Lamb Rumps	62:108	Slow-roast Lamb Leg with Fennel		Dressing (gf)	88:44
·		and Rosemary (gf)	106:104	Lamb Kebabs with Pomegranate	
Lamb: Roasted/barbecued	large	Slow-roast Leg of Lamb with Lentil		Dressing and Herbed Yoghurt (gf)	6:80
pieces	. 6-	Tabbouleh and Eggplant (gf)	77:38	Lamb Kebabs with Raw Beetroot	70 45 -
Aromatic Leg of Lamb with Herbed		Slow-roasted Indian Spiced Lamb	70 100		70:108
Skordalia	1:76	Shoulder	70:122	Lamb Skewers with Korma Peanut Sauce and Cucumber Salad (gf)	37:92
Aromatic Spice-roasted Leg of		Slow-roasted Lamb Leg Flatbreads	101:52	Sauce and Odedinber Salad (gl)	01.02

Lamb: Steak		Lamb and Fresh Herb Meatloaf	9:84	Spiced Lamb and Broad Bean Salad	
Lamb Leg Steaks with Peas, Bacon and Leeks (gf)	54:65	Lamb Leg Steaks with Peas, Bacon and Leeks (gf)	54:65	with Whipped Feta Spiced Lamb and Chickpea	93:14
Lamb 'Minute' Steaks, Eggplant, Basil and Tomato Salad (gf)	64:69	Lamb Merguez Sausage, Mozzarella and Spinach Pizza	71:74	Shawarma Spiced Lamb Flatbreads with a Mint	63:127
Lamb Steak Bruschetta with		Lamb 'Minute' Steaks, Eggplant,		Salad	5:103
Mediterranean Salsa	54:60	Basil and Tomato Salad (gf)	64:69	Spiced Lamb Pide Pockets with	
Lamb Steak Tacos with Slaw	99:26	Lamb and Pine Nut Borek	36:103	Mango Chutney	28:97
Lamb Steaks with Eggplant and		Lamb and Pine Nut-stuffed Cabbage		Spiced Lamb with Rosti, Pea, Mint	
Chickpea Salad (gf)	52:107	Leaves (gf)	8:67	and Feta (gf)	40:106
Lamb Steaks with Green Olive, Whit	e	Lamb Ragu with Pasta Rags	23:95	, ,	102:110
Bean and Lemon Salad (gf)	27:115	Lamb Ragu with Penne Pasta	60:109	Spiced Lamb Shortloins with Fennel	81:105
Lamb Steaks with Mustard and Mint		Lamb and Red Bean Chilli	26:100	and Olive Salsa (gf)	81:103
Crumbs	24:73	Lamb Sandwich with Fennel Relish	1:72	Spicy Eggplant, Chickpea and Lamb Salad (gf)	41:112
Land Other		Lamb Sausage and Pita Flatbreads	25:97	Spicy Lamb Sausages with White	
Lamb: Other		Lamb Sausage and Red Wine		Bean Hummus	32:114
Baked Lamb with Eggplant and Feta (gf)	49:64	Ragu (gf)	32:95	Stir-fried Lamb with Coriander and	
Baked Turkish Lamb Manti with		Lamb Shakshouka (gf)	44:34	Cashew Sauce (gf)	3:94
Minted Yoghurt Sauce	31:105	Lamb Shawarmas	13:102	Stir-fried Lamb, Veges and Mixed	
Biang Biang Noodles with Spicy		Lamb Shortloins with Eggplant,		Rice	74:106
Cumin Lamb	91:64	Cumin and Yoghurt (gf)	83:84	Stuffed Lamb Hearts	92:36
Black Pepper and Chilli Lamb Ribs	108:106	Lamb, Spinach and Buckwheat Pilaf (gf)	66:109	Tandoori Lamb with Coconut	
Boned Lamb Shortloins with		Lamb Steak Bruschetta with		Rice (gf)	54:111
Artichoke, Capsicum and Mint		Mediterranean Salsa	54:60	Turkish Lamb Wraps with Coriander Relish	22:112
Salsa (gf)	71:80	Lamb Steak Tacos with Slaw	99:26	Warm Flatbreads with Marinated	22.112
Chorizo and Lamb Meatloaf	84:100	Lamb Steaks with Eggplant and		Lamb and Avocado Hummus	10:112
Crumbed Lamb Steaks (gf)	61:111	Chickpea Salad (gf)	52:107		
Cumin and Coriander Lamb Stir-fry	81:97	Lamb Steaks with Green Olive,		Lamb and Apricot Kebabs (gf)	46:71
Cumin Lamb Dumplings	98:84	White Bean and Lemon Salad (gf)	27:115	Lamb and Apricot Sosaties (gf)	14:83
Cured Lamb's Tongues, Roasted		Lamb Steaks with Mustard and Mint		Lamb and Artichoke Pies with Feta	
Beetroot and Mandarin Salad with Seasoned Yoghurt (gf)	1 60:32	Crumbs	24:73	and Garlic Mash	42:65
Farro, Broad Bean and Lamb Salad	56:83	Lamb Steaks with Roasted Capsicum		Lamb Backstraps with Crushed	
Gozleme	86:61	Piri Piri Salsa (gf) Lamb Wrapped in Vine Leaves	54:65 2:58	Olives and Fennel Dressing (gf)	101:76
Grain-free Pizza with Lamb, Currant		• •		Lamb and Bacon-wrapped Date	
and Mint (gf)	77:88	Leftover Lamb Ragu	91:71	Kebabs with Herb and Pistachio	00.44
Grilled Lamb with Fennel, Basil and		Mediterranean Lamb and Quinoa Salad (gf)	95:80	Dressing (gf)	88:44
Figs (gf)	15:109	Moroccan Lamb Rolls	39:126	Lamb Balls on a Bed of Kale, Beetroot and Carrot Salad with	
Hand-pulled Noodles and Cumin		Moroccan Lamb, White Bean and		Beetroot Hummus	91:39
Lamb	78:64	Carrot Salad with Fried Black		Lamb and Beetroot Köfte with	
Kibbeh bi Seyneyeh	90:45	Olives (gf)	48:91	Cucumber and Yoghurt Salad	35:92
Korean Lamb and Red Kraut Tacos	78:96	Oven-baked Lamb Biryani (gf)	49:108	Lamb Biryani (gf)	23:105
Lamb and Apricot Sosaties (gf)	14:83	Penne with Lamb Ragu	12:89	Lamb Braised with Apricots, Dates	
Lamb Backstraps with Crushed Olives and Fennel Dressing (gf)	101:76	Provençal Lamb with Pearl Barley and Silverbeet Pilaf	19:111	and a Leek Risotto Lamb Braised with Potatoes,	19:86
Lamb Biryani (gf)	23:105	Roast Breast of Lamb on Spanish		Tomatoes and Feta (gf)	47:85
Lamb and Cheese Pastries	24:100	Beans	31:69	Lamb Burgers with Salted Chilli and	1
Lamb and Chorizo Sausage Plait	85:104	Roasted Eggplant with Spiced Lamb		Maple Glaze	82:49
Lamb, Eggplant and Orzo Salad	3:60	and Harissa	102:64	Lamb, Cashew Nut and Cardamom	6 =
Lamb Fattoush Salad	89:71	Roasted Eggplant with Spiced Lamb		Curry (gf)	37:80
Lamb and Feta-stuffed Capsicums	40:99	and Tahini (gf)	82:64	Lamb and Cheese Pastries	24:100
Lamb Fillets with Eggplant, Green		Rustic Barbecue Sauce-glazed Meatloaf	92:106	Lamb Chops	107:110
Beans and Feta (gf)	69:129	Spice-roasted Lamb Ribs with Smoky		Lamb Chops with an Orange and Fennel Salad (gf)	20:113
Lamb Fillets with Mustard and Date Vinaigrette	83:51	Salt (gf)	67:68	Lamb Chops with a Puy Lentil	_0.113

Salad (gf)	16:89	Lamb, Pumpkin and Rosemary Pies		Venison Larb Salad with Crispy	
Lamb Chops with Ras el Hanout (gf)	77:92	with Smashed Peas	85:63	Shallots	66:107
Lamb and Chorizo Sausage Plait	85:104	Lamb Ragu with Pasta Rags	23:95		
Lamb Curry (gf)	92:76	Lamb Ragu with Penne Pasta	60:109	L'Arista – Italian Roast Pork with	
Lamb Cutlets with a Caper and		Lamb and Red Bean Chilli	26:100	Spinach Tossed in Garlic (gf)	3:74
Currant Salsa (gf)	89:50	Lamb Rump with Cauliflower			
Lamb Cutlets with Chimichurri and		Mash (gf)	73:110	LASAGNE, GENERAL - SEE	
Quinoa Salad (gf)	76:92	Lamb Rump with Roasted Carrot		PASTA: LASAGNE	
Lamb Cutlets with a Fragrant		and Mint Salad (gf)	53:111		
Lemongrass Paste (gf)	101:88	Lamb Rumps with a Parmesan Crust	35:95	Late Summer Crumble	101:98
Lamb Cutlets with Indian Spinach ar	nd	Lamb Sandwich with Fennel Relish	1:72	Lavosh (v)	17:93
Chickpeas (gf)	11:94	Lamb Sausage and Pita Flatbreads	25:97	Layered Lasagne with Meatballs	65:80
Lamb Cutlets with Lentils, Eggplant		Lamb Sausage and Red Wine		Le Cachat (gf, v)	9:77
and Fresh Herb Relish (gf)	93:41	Ragu (gf)	32:95	Leche Merengada (Meringued Milk	
Lamb Cutlets with Salsa Verde (gf)	93:86	Lamb Shakshouka (gf)	44:34	Sherbet) (gf)	1:79
Lamb Cutlets with Seared Kale,		Lamb Shank Pie	91:56	Leche Merengada (Meringued Milk	
Quinoa, Almonds and Feta		Lamb Shanks Baked in Parchment		Sherbet) (gf)	100:112
Salad (gf)	71:112	with Champ (gf)	13:95	Leek, Cider and Porcini Pot Roast	
Lamb Cutlets with Sicilian Salsa,		 Lamb Shanks with Balsamic Vinegar	,	Chicken (gf)	30:62
Broccolini and Borlotti Beans (gf)	56:119	Orange and Cinnamon (gf)	55:64	Leek and Goat's Cheese Tart with	
Lamb Cutlets with White Beans and	7.00	Lamb Shanks and Beans (gf)	97:95	Walnut Pastry (v)	32:98
Gremolata (gf)	7:99	Lamb Shanks, Berber Spice and		Leek and Goat's Cheese Tart with	
Lamb, Eggplant and Orzo Salad	3:60	Chickpeas with Herby Zhoug (gf)	110:58	Walnut Pastry (v)	100:118
Lamb Fattoush Salad	89:71	Lamb Shanks on Lemon Potatoes		Leek, Pea and Potato Soup (gf)	25:86
Lamb and Feta Kofta with Smoky		and Oregano (gf)	92:56	Leek and Pea Soup with Crispy	
Eggplant Hummus	37:91	Lamb Shanks with Potatoes, Lemon		Tofu (gf, v)	84:102
Lamb and Feta-stuffed Capsicums	40:99	and Mint Gremolata (gf)	42:89	Leek and Potato Soup with Spinach	
Lamb Fillets with Eggplant, Green		Lamb Shawarmas	13:102	and Hazelnut Salsa (gf, v)	67:80
Beans and Feta (gf)	69:129	Lamb Shortloins with Eggplant,		Leek, Prawn and Feta Filo Pies	17:106
Lamb Fillets with Mustard and Date		Cumin and Yoghurt (gf)	83:84	Leek Risotto with Peas and	
Vinaigrette	83:51	Lamb Shoulder Chops with Charred		Mint (gf, v)	99:88
Lamb and Fresh Herb Meatloaf	9:84	Tomαto Relish (gf)	28:66	Leek Risotto with Toasted Walnuts,	
Lamb Hotpot	18:106	Lamb Skewers with Korma Peanut		Sage Brown Butter and Creamy	07.00
Lamb Kebabs with Pomegranate		Sauce and Cucumber Salad (gf)	37:92	Brie (gf)	97:98
Dressing and Herbed Yoghurt (gf,	6:80	Lamb, Spinach and Buckwheat		Leek and Silverbeet Cannelloni with	
Lamb Kebabs with Raw Beetroot	70.100	Pilaf (gf)	66:109	Tomato Sauce	21:122
Salad and Mint Dressing (gf)	70:108	Lamb Steak Bruschetta with		Leek, Thyme and Goat's Cheese Tart (v)	36:55
Lamb Kleftiko (gf)	84:34	Mediterranean Salsa	54:60		00.00
Lamb Kofta with Lemon Couscous	44:109	Lamb Steak Tacos with Slaw	99:26	Leek Welsh Rarebit on Roasted Mushrooms and Sourdough (v)	15:117
Lamb Kofta on White Bean Purée	77:50	Lamb Steaks with Eggplant and			
Lamb Leg Steaks with Peas, Bacon		Chickpea Salad (gf)	52:107	LEEKS, GENERAL	
and Leeks (gf)	54:65	Lamb Steaks with Green Olive,	07.115	-	
Lamb Loin Chops with Anchovy and	45 440	White Bean and Lemon Salad (gf)		Apple Cider and Leek Braised Pork Belly	55:81
Parsley Butter (gf)	45:119	Lamb Steaks with Mustard and Mint Crumbs	24:73	Bacon, Leek and Peas with Fettuccir	
Lamb Meatball and Tabbouleh Bowl (gf)	74:74	Lamb Steaks with Roasted	24.73	Baked Chicken with Leeks and	16 47.02
•		Capsicum Piri Piri Salsa (gf)	54:65	Herbs (gf)	8:100
Lamb Merguez Sausage, Mozzarella and Spinach Pizza	71:74	Lamb Tagine	8:74	Baked Leek Risotto with Spring	000
·	11.74			Vegetables (gf, v)	50:112
Lamb 'Minute' Steaks, Eggplant, Basil and Tomato Salad (gf)	64:69	Lamb Tagine with Ras al Hanout	35:92	Baked Leeks with Ham and	
Lamb, Oregano and Fennel Seed	-	Lamb Vindaloo (gf)	97:92	Cheese (gf)	43:114
Meatballs	97:50	Lamb Wrapped in Vine Leaves	2:58	Baked Pasta with Mushrooms, Leeks	S
Lamb and Pine Nut Borek	36:103	Lamingtons	48:38	and Silverbeet (v)	35:58
Lamb and Pine Nut-stuffed Cabbage				Braised Fish with Leeks, Thyme and	
Leaves (gf)	8:67	LARB, GENERAL		Potatoes (gf)	42:89
Lamb and Pomegranate Tagine (gf)	72:73	Chicken Larb (gf)	16:78	Braised Leeks with Lemon and	
		Pork Larb Salad Bowls	75:110	Mozzarella (gf, v)	71:61

Braised Leeks with Sourdough		Pancetta Tart	97:26	Mozzarella (gf, v)	71:61
Crumb (v)	97:90	Oven-baked Pumpkin and Leek		Broccoli with Warm Lemon	
Brined Pork Chops with Leek and		Risotto (gf, v)	60:80	Dressing (gf, v)	26:104
Mustard Mash	36:74	Poached Chicken with Braised Leek	(S	Butter Bean, Lemon and Potato	
Buckwheat and Leek Risotto with		and Mustard Vinaigrette (gf)	26:86	Tray Bake (gf, v)	89:103
Mushrooms (gf, v)	84:100	Poached Leeks with Walnut		Cauliflower Rice 'Risotto' with Sage,	
Buckwheat and Leek Risotto with		Vinaigrette (gf)	1:96	Lemon and Pesto (gf, v)	83:105
Roasted Broccoli and Pine Nuts (gf, v)	61:105	Potato, Leek and Savoy Cabbage		Chicken with Crushed Almonds,	
Buttery Wine and Mint Braised	01.100	Gratin (gf)	49:86	Smoked Paprika and Lemon (gf)	38:92
Leeks and Peas (gf)	106:84	Potato, Leek and Walnut Soup (gf)	19:78	Chicken with Glazed Lemon and	
Cauliflower, Cheese and Leek		Puy Lentils with Leeks (gf, v)	31:77	Herbs	9:104
Gnocchi Gratin (v)	91:75	Roast Chicken and Leek		Chicken Rags with Artichokes, Lemo	
Cauliflower Gratin with Leeks,		Mac 'n Cheese	110:76	and Pasta	16:82
Parmesan and Sage Crumbs (v)	42:76	Roast Chicken on Saffron Potatoes		Chicken Supremes with Beans and Lemon (gf)	32:83
Cheesy Cauliflower and Leek Pie (v)	104:100	and Leeks (gf)	32:82		32:03
Chicken and Leek Risotto (gf)	59:97	Roast Turkey with Rice, Leek and		Chicken with White Beans, Capers and Lemon (gf)	93:82
•	91:56	Pistachio Stuffing (gf)	39:74		33.02
Chicken, Leek and Thyme Pie		Roast Turkey with Rice, Leek and	100.04	Chicken, Zucchini and Lemon Meatballs with Herb Orzo	109:78
Chicken, Leek and Mushroom Pie	109:104	Pistachio Stuffing (gf)	100:64	Citrus and Honey Grilled Chicken	
Chicken, Spinach and Leek Soup	41:92	Roasted Whole Cauliflower on Barle and Leeks (v)	•	Skewers with Couscous	22:112
with Shaved Parmesan (gf)		,	92:58	Citrus Salmon with Fennel, Orange	
Colcannon (gf, v)	92:68	Soba Noodles with Leek and Miso	v) 94.66	and Black Olives (gf)	39:70
Crushed Potatoes, Leeks and Peas		Sauce and Black Pepper Tofu (gf,	, v) 64:00	Crab, Lemon and Creme Fraiche Tar	t 33:85
with Roasted Almond and Mint Pesto (gf, v)	103:92	Spaghetti with Leeks, Bacon and Chilli Crumbs	41:109	Cracked Wheat, Green Olive and	
			41.103	Lemon Tabbouleh	35:92
Fennel, Leek and Potato Gratin (gf,	v) 59:16	Spiced Leek and Greens Frittata (gf, v)	88:106	Creamed Eggs with Smoked Salmon,	
Grilled Vegetables with Romesco Sauce (gf, v)	20:89	Tarragon Chicken and Leeks (gf)	85:57	Capers and Lemon	41:99
_	99:64		00.01	Crisp Oregano and Lemon	
Ham and Leek Croquetas		Tony Astle's Chicken, Leek and Mushroom Pie	55:38	Potatoes (gf, v)	6:103
Lamb Braised with Apricots, Dates and a Leek Risotto	19:86	Wild Garlic, Leek and Currant	00.00	Fennel, Lemon and Bay Leaf Roasted	I
	13.00	Fritters with Honey (v)	59:42	Olives (gf, v)	81:84
Leek, Bacon and Winter Greens Risotto (gf)	72:97			Fennel and Lemon Roast Salmon witl	h
Leek, Cider and Porcini Pot Roast		Loftovon Lamb Pagu	91:71	Yoghurt Herb Sauce (gf)	99:94
Chicken (gf)	30:62	Leftover Lamb Ragu		Greek Roasted Chicken with Lemon,	
Leek and Goat's Cheese Tart with		Leg of Lamb with a Pecorino Crust	31:21	Oregano and Garlic (gf)	93:96
Walnut Pastry (v)	32:98			Green Beans with Almonds, Parsley	
Leek and Goat's Cheese Tart with		LEMON, GENERAL (SEE AL	_SO	and Lemon (gf, v)	25:98
Walnut Pastry (v)	100:118	PRESERVED LEMON)		Green Beans with Spinach, Lemon	
Leek, Pea and Potato Soup (gf)	25:86	Lemon: Savoury		and Garlic (gf, v)	37:107
Leek and Pea Soup with Crispy		Anchovy and Lemon Linguine with		Green Pizza with Ricotta and	
Tofu (gf, v)	84:102	Crispy Crumbs	109:28	Lemon (v)	86:44
Leek and Potato Soup with Spinach		Asparagus and Lemon Risotto (gf)	26:76	Grilled Lemon Chicken with Fusilli	13:75
and Hazelnut Salsa (gf, v)	67:80	Asparagus and Stracciatella with	400 400	Grilled Vegetable Salad with Lemon	
Leek, Prawn and Feta Filo Pies	17:106	Dill and Lemon Dressing (gf) (v)	106:100	and Mustard Dressing	108:118
Leek Risotto with Peas and		Baked Chicken with Lemon Potatoe	es, 102:92	Herb and Lemon Roasted Chicken	24:67
Mint (gf, v)	99:88	Green Olives and Oregano (gf)		Lamb Shanks on Lemon Potatoes	
Leek Risotto with Toasted Walnuts	,	Baked Feta with Tomatoes, Oregan and Lemon (v)	0 26:91	and Oregano (gf)	92:56
Sage Brown Butter and Creamy			20.31	Lamb Shanks with Potatoes, Lemon	
Brie (gf)	97:98	Baked Prawns with Lemon and Feta (gf)	43:79	and Mint Gremolata (gf)	42:89
Leek and Silverbeet Cannelloni with	1		43.13	Lamb Steaks with Green Olive,	
Tomato Sauce	21:122	Baked Prawns with Lemon and Feta (gf)	100:184	White Bean and Lemon Salad (gf)	27:115
Leek, Thyme and Goat's Cheese		Bitter Leaf Salad with Date and		Lemon and Basil Sandwiches (gf, v)	13:72
Tart (v)	36:55	Lemon Dressing (gf, v)	8:67	Lemon and Bay Leaf Chicken	
Leek Welsh Rarebit on Roasted		Braised Chicken with Lemon and	-	Kebabs (gf)	10:110
Mushrooms and Sourdough (v)	15:117	Oregano Potatoes (gf)	35:58	Lemon and Bay Leaf Salmon	o=
Matty McLean's Leek, Gruyere and		Braised Leeks with Lemon and		Kebabs (gf)	27:37

Lemon and Cumin Couscous	7:71	Slow-braised Shoulder of Lamb with		Fresh Blueberries	39:129
Lemon, Olive and Butter Bean		Oregano and Lemon Salsa (gf)	96:52	Lemon Cream Cheese Frosting	108:134
Chicken (gf)	93:115	Spaghetti with Prawns, Chorizo,		Lemon Curd (gf)	8:9
Lemon and Oregano Crumbed Lamb		Lemon and Chilli	79:75	Lemon Curd, Berry and Pistachio	
Cutlets	47:110	Spaghetti with Wilted Greens, Lemon and Parmesan (v)	89:55	Brioches	36:80
Lemon Pepper Fish with Mango Salsa (gf)	44:107	The Big Bowl Green Salad with Basil		Lemon Curd Croissant Pudding	48:102
Lemon Risotto with Pea and Rocket		and Lemon Dressing (gf) (v)	106:78	Lemon Curd Crumble Slice	103:84
Purée (gf, v)	86:93	The Ultimate Roast Chicken		Lemon Curd Friands (gf)	56:98
Lemon Roast Chicken with Pistachic)	(Tarragon, Lemon and Garlic		Lemon Curd, Pistachio and	404.04
and Green Olive Dressing (gf)	104:21	Roast Chicken) (gf)	90:25	Meringue Ice Cream (gf)	101:98
Lemon Roasted Chicken with		Veal Chop for Two with Lemon,		Lemon Curd and Raspberry Mering Pudding	ue 91:8 0
Dukkah (gf)	101:72	Anchovy Butter and Soft Polenta (gf)	89:28	Lemon and Currant Brioche	1:60
Lemon Roasted Chicken with Grapes (gf)	65:49			Lemon and Date Cakes with Lemon	
Lemon Roasted Potatoes (gf, v)	59:68	Lemon: Sweet		Icing	8:94
Lemon, Rocket and Ricotta Risotto	03.00	Apple and Lemon Tarts	48:78	Lemon and Ginger Kisses	48:38
with Roasted Hazelnuts (gf)	43:77	Baked Lemon Cake with Glazed		Lemon-glazed Poppy Seed Cookies	16:76
Lemon and Sage Risotto with		Lemons and Strawberries (gf)	10:93	Lemon Granita (gf)	47:103
Herb-roasted Chicken (gf)	11:94	Baked Lemon Puddings	90:74	Lemon, Lime and Almond Cake	38:9
Lemon, Tarragon and Mustard		Basque Lemon Cheesecake	91:87	Lemon, Lime and Poppy Seed	
Mayo (gf, v)	101:68	Blackberry and Lemon Loaf	28:89	Butterfly Cakes	12:66
Lemony Sumac Chicken and Chickpe	ea	Blueberry and Lemon Bundt Cakes	45:61	Lemon Loaf	5:118
Salad with Dates, Feta and Baby Spinach	95:68	Blueberry and Lemon Cream Tarts	70:86	Lemon Meringue and Blueberry Pie	
·		Blueberry and Lemon Hotcakes (gf)	88:99	Ice Cream	95:58
Linguine with Lemon, Parmesan and Soft Poached Eggs (v)	33:114	Blueberry, Lemon and Sour Cream		Lemon Meringue Bread Pudding	8:9
Mustard, Smoked Paprika and Lemo	on	Tart	99:128	Lemon Meringue Cake	51:78
Roasted Cabbage Wedges (gf, v)	42:75	Brulee Classic Lemon Tart	100:108	Lemon Meringue and Hazelnut Biscuits	62:93
Olive Oil Preserved Lemons with		Cherry and Lemon Tart	40:93	Lemon Meringue P'ice Cream	88:70
Cardamom, Chilli and		Chilled Lemon Creams	12:108	Lemon and Multi-seed Waffles with	00:10
Cinnamon (gf, v)	43:77	Chocolate-dipped Candied Lemon		Roasted Apples	68:102
Orecchiette with Lemon Butter, Kal and Crumbs	e 90:57	Peel (gf)	43:81	Lemon, Passionfruit and Peach Cak	e 87:6 3
Pan-fried Fish with Lemon, Capers		Citrus and Roasted Nut Cake (gf)	62:95	Lemon Posset with Lemon Wafers	3:9
and Tomato	8:94	Classic Lemon Tart	93:76	Lemon Puddings	26:93
Pan-fried Fish with White Beans,		Dark and Sticky Ginger Cake with Lemon Cream Cheese Frosting	108:134	Lemon Syllabub, Pistachio and	
Lemon and Tarragon (gf)	83:51		102:126	Almond Nougat Pavlova (gf)	106:114
Pasta with Lemon, Cream and		Glazed Lemon Crepes	4:105	Lemon Syrup Cake with Roasted	
Parmesan (v)	93:58	Hot Lemon Meringue and		Grapes	59:75
Pollo al Limone e Rosmarino (Braise Chicken with Lemon and	d	Passionfruit Puddings	67:103	Lemon Tart	19:10
Rosemary) (gf)	41:29	Jammy Blackberry and Lemon		Lemon Victoria Sponge Cakes with	
Potato, Lemon and Thyme Gratin (g	f) 27:89	Poppy Seed Cake	107:25	Passionfruit Cream	41:103
Prawns with Lemon, Parmesan and	.,	Lemon Buttermilk Sherbet (gf)	16:106	Lemon, Yoghurt and Poppy Seed Cake with Blueberry Sauce	32:100
Chilli	23:89	Lemon Cake with Lemon Cream		Lime and Lemon Yoghurt Creams (g	
Ricotta and Rocket Gnocchi with		Cheese Icing	56:102	Naked Citrus and Coconut Cake	75:72
Lemon and Parmesan Sauce	31:82	Lemon Cake with Raspberry	48:37	"Pimp My Sponge" with Lemon Cure	
Roasted Basil and Lemon Chicken		Marshmallow Frosting	40:37	Blueberries and Almonds	83:63
with Jerusalem Artichokes (gf)	31:106	Lemon Cakes with Mascarpone and Lemon Curd	68:107	Plum, Lemon and Ricotta Cake (gf)	90:66
Roasted Fish with Parsley, Lemon and Pine Nuts	40:61	Lemon, Cardamom and Coconut	ý	Prosecco, Lemon and Olive Oil Cake	e 47:9 9
Roasted Lamb Rump on Pea Purée	40:01	Cakes	73:128	Raspberry, White Nectarine, Lemoi	n
with Lemon Relish (gf)	38:53	Lemon Cheesecake Tart with Lemor	า	Curd and Limoncello Parfaits	21:8
Sauteed Mixed Greens with White		Curd	99:96	Ricotta and Lemon Fritters	71:114
Wine and Lemon (gf, v)	92:68	Lemon and Cinnamon Golden Syrup		Ricotta Lemon Tarts with Pecan	
Silverbeet, Chilli and Lemon-stuffed		Dumplings	43:96	and Vanilla Base (gf)	70:104
Flatbreads (v)	107:102	Lemon and Coconut Puddings with		Rockmelon with Lemon and Sichuar	า

Pepper Salt (gf, v)	81:68	Lemon Curd Friands (gf)	56:98	Cake with Blueberry Sauce	32:100
Sicilian Date, Fig and Lemon Biscuits - Cuchidahti	29:93	Lemon Curd, Pistachio and Meringue Ice Cream (gf)	101:98	LEMONGRASS, GENERAL	
Sticky Lemon and Coconut Slice	91:98	Lemon Curd and Raspberry		Asparagus with Lemongrass, Lime	
Sticky Lemon Shortbread	43:79	Meringue Pudding	91:80	and Chilli (gf, v)	26:70
Strawberry and Lemon Buttermilk Panna Cotta (gf)	21:73	Lemon and Currant Brioche Lemon and Date Cakes with Lemon	1:60	Barbecued Crayfish with Lemongras and Chilli Butter (gf)	ss 39:99
Strawberry and Lemon Tart	33:73	lcing	8:94	Braised Shin of Beef with Lemongras	ss
Strawberry and Lemon Tart	56:109	Lemon and Ginger Kisses	48:38	and Coconut	31:74
Tart Lemon Meringue Cheesecake		Lemon-glazed Poppy Seed Cookies	16:76	Broadbill Kebabs with Lemongrass	
with Gin-roasted Apricots and		Lemon Granita (gf)	47:103	and Avocado Sauce (gf)	17:109
Thyme Flowers	108:35	Lemon, Lime and Almond Cake	38:95	Chicken, Lemongrass and Coriander	
Three Citrus Slice	68:128	Lemon, Lime and Poppy Seed		Shu Mai	68:64
Trifle Layered with Lemon Cream		Butterfly Cakes	12:66	Coconut and Lemongrass Poached	107:29
and Raspberries with Baby	60.70	Lemon Loaf	5:118	Chicken Salad (gf)	107:29
Meringue Topping	63:78	Lemon Meringue and Blueberry Pie		Fragrant Chicken Curry with Lemongrass and Makrut Lime	
Trifle with Lemon Cream, Raspberries and Meringues	100:100	Ice Cream	95:58	Leaves (gf)	78:56
Vanilla and Lemon Cheesecake	1001100	Lemon Meringue Bread Pudding	8:95	Fragrant Chicken and Lemongrass	
Tart	102:104	Lemon Meringue Cake	51:78	Green Curry (gf)	98:79
Very Lemony Lemon Curd (gf)	43:77	Lemon Meringue and Hazelnut		Grilled Lemongrass Beef (gf)	5:84
Walnut and Lemon Cookies	2:80	Biscuits	62:93	Grilled Lemongrass Pork	27:116
Warm Lemon Madeleines with Lemo		Lemon Meringue P'ice Cream	88:70	Lamb Cutlets with a Fragrant	
Posset and Lemon Curd	37:57	Lemon and Multi-seed Waffles with		Lemongrass Paste (gf)	101:88
Zesty Whole Lemon and Almond		Roasted Apples	68:102	Lemongrass Beef and Noodle Soup	38:65
Cake (gf)	105:72	Lemon, Olive and Butter Bean Chicken (gf)	93:115	Lemongrass Beef and Salad Skewers	s 63:89
		Lemon and Oregano Crumbed Lami	b	Lemongrass and Coconut Milk Braised Chicken	79:96
Lemon and Basil Chicken with Strin Beans and Zucchini (gf)	<i>g</i> 59:109	Cutlets	47:110	Lemongrass and Garlic Roasted	10.50
Lemon and Basil Sandwiches (gf, v)		Lemon, Passionfruit and Peach Cak	e 87:63	Pork Belly (gf)	38:71
Lemon and Bay Leaf Chicken	13.72	Lemon Pepper Fish with Mango		Lemongrass and Garlic Roasted	
Kebabs (gf)	10:110	Salsa (gf)	44:107	Pork Belly (gf)	100:72
Lemon and Bay Leaf Salmon		Lemon Posset with Lemon Wafers	3:91	Lemongrass and Ginger Green	
Kebabs (gf)	27:37	Lemon Puddings	26:93	Chicken Curry (gf)	95:88
Lemon Buttermilk Sherbet (gf)	16:106	Lemon Risotto with Pea and Rocket		Lemongrass and Seafood Soup (gf)	30:81
Lemon Cake with Lemon Cream		Purée (gf, v)	86:93	Lemongrass and Tarakihi Pot	
Cheese Icing	56:102	Lemon Roast Chicken with Pistachic and Green Olive Dressing (gf)	104:21	Stickers	74:86
Lemon Cake with Raspberry			104:21	Lemongrass and Turmeric Chicken	
Marshmallow Frosting	48:37	Lemon Roαsted Chicken with Dukkah (gf)	101:72	Salad Bowl	74:76
Lemon Cakes with Mascarpone and		Lemon Roasted Chicken with		Lemongrass and White Fish Kofta	58:111
Lemon Curd	68:107	Grapes (gf)	65:49	Melon with Lemongrass Syrup (gf)	28:86
Lemon, Cardamom and Coconut		Lemon Roasted Potatoes (gf, v)	59:68	Mussels with Lemongrass, Coconut	
Cakes	73:128	Lemon, Rocket and Ricotta Risotto		and Coriander	78:100
Lemon Cheesecake Tart with Lemo Curd	n 99:96	with Roasted Hazelnuts (gf)	43:77	Mussels with Lemongrass and Makrut Lime Leaves (gf)	5:81
Lemon and Cinnamon Golden Syrup		Lemon and Sage Risotto with			3.61
Dumplings	43:96	Herb-roasted Chicken (gf)	11:94	Peaches Poached in Lemongrass Syrup with Macadamia Praline (gf.	6:63
Lemon and Coconut Puddings with		Lemon Syllabub, Pistachio and Almond Nougat Pavlova (gf)	106:114	Pork and Lemongrass Banh Mi	
Fresh Blueberries	39:129	Lemon Syrup Cake with Roasted		Burgers	76:74
Lemon Cream Cheese Frosting	108:134	Grapes	59:75	Pork and Lemongrass Fritters with	70
Lemon and Cumin Couscous	7:71	Lemon, Tarragon and Mustard		Kimchi Mayo	72:114
Lemon Curd (gf)	8:95	Mayo (gf, v)	101:68	Prawn, Zucchini and Lemongrass Fritters (gf)	87:80
Lemon Curd, Berry and Pistachio		Lemon Tart	19:105	Seared Salmon and Prawns with a	51.00
Brioches	36:80	Lemon Victoria Sponge Cakes with		Lemongrass and Coconut	
Lemon Curd Croissant Pudding	48:102	Passionfruit Cream	41:103	Broth (gf)	96:100
Lemon Curd Crumble Slice	103:84	Lemon, Yoghurt and Poppy Seed		Slow-braised Star Anise and	

Lemongrass Beef Ribs	78:76	Salad (gf)	90:24	Puy Lentils with Sausages and	
Spicy Satay Chicken Bites Spiked		Crispy Eggs with Bacon and Lentils	30:101	Mushrooms (gf)	13:86
with Lemongrass	34:59	Crispy Garlic Lentils (gf, v)	73:79	Rasam (gf, v)	78:69
Squid Ink Spaghetti with Clams,	23:91	Farro, Lentil, Tomato, Prosciutto		Red Lentil, Kumara and Coconut	31:90
Lemongrass, Lime and Mint		and Burrata Salad	107:62	Soup (gf)	
Summer Fruit Salad with Lemongras and Star Anise Syrup (gf)	40:88	Fragrant Spiced Indian Lentil and Vegetable Soup (gf, v)	97:108	Red Wine-braised Lamb Shanks with Lentils (gf)	85:42
Summer Fruits in a Lemongrass and		Harira (gf, v)	60:67	Rice with Puy Lentils and Roasted	
Citrus Syrup (gf)	95:54	Harissa and Lentil Soup with		Nuts (gf, v)	61:71
Vietnamese Lemongrass Clams	82:80	Crispy Onions and Herbs (gf) (v)	110: 66	Roasted Carrot, Lentil and Haloumi Salad (gf, v)	57:98
Lemongrass Beef and Noodle Soup	38:65	Hearty Spiced Red Lentil and Meatball Soup (gf)	102:68	Roasted Eggplant and Puy Lentil	
Lemongrass Beef and Salad Skewer	s 63:89	Heirloom Tomatoes with Basil		Soup (gf)	35:99
Lemongrass and Coconut Milk		Buttermilk and Fried Lentils (gf, v)	96:45	Roasted Mushroom and Lentil	59:75
Braised Chicken	79:96	Herby Cheese and Kumara Lentil		Salad (gf, v) Roasted Pumpkin and Lentil Salad	39:13
Lemongrass and Garlic Roasted		Pies (v)	91:59	with Feta and Yoghurt	
Pork Belly (gf)	38:71	Indian Red Lentil, Tomato and	49:76	Dressing (gf, v)	105:76
Lemongrass and Garlic Roasted Pork Belly (gf)	100:72	Coconut Soup (gf)	49:76	Root Vegetable and Red Lentil Dhal	
• •	100:72	Lamb Chops with a Puy Lentil Salad (gf)	16:89	with Paneer (gf, v)	72:70
Lemongrass and Ginger Green Chicken Curry (gf)	95:88	Lamb Cutlets with Lentils, Eggplant		Salmon with Asparagus, Black	
Lemongrass and Seafood Soup (gf)	30:81	and Fresh Herb Relish (gf)	93:41	Lentils and Herb Relish (gf)	94:68
Lemongrass and Tarakihi Pot	00.01	Lentil and Mushroom Bolognese with	l	Sauteed Mushrooms with Red Lentil	
Stickers	74:86	Pappardelle (v)	89:98	and Poached Eggs (v)	25:93
Lemongrass and Turmeric Chicken		Lentil Pastitsio (v)	90:61	Seared Tuna with Agrodolce, Lentils and Rocket (gf)	103:28
Salad Bowl	74:76	Lentil Salad (gf, v)	65:113	Slow-roast Leg of Lamb with Lentil	100.20
Lemongrass and White Fish Kofta	58:111	Lentil, Spiced Beef and Watercress		Tabbouleh and Eggplant (gf)	77:38
Lemony Sumac Chicken and Chickpe	α	Salad with Roast Beetroot,		Spice-roasted Cauliflower, Puy	
Salad with Dates, Feta and Baby		Coriander, Beans and Feta (gf)	73:86	Lentils and Tahini Basil	
Spinach	95:68	Lentil and Spicy Sausage Soup (gf)	41:112	Dressing (gf, v)	66:69
Lentil and Mushroom Bolognese with Pappardelle (v)	89:98	Lentils and Beans with Cumin Roast Veges (gf, v)	90:14	Spiced Fish on Lentil and Herb	
Lentil Pastitsio (v)	90:61	Lentils with Cavolo Nero and Sausage		Salad (gf)	51:127
Lentil Salad (gf, v)	65:113	Lisa's Spice-baked Chicken with	e 11.33	Spiced Lentil and Rice Soup with Crispy Curry Leaves (gf, v)	79:83
Lentil, Spiced Beef and Watercress	05:115	Autumn Veges and Lentils	102:36	Spicy Baked Lentils with Eggs (gf, v)	3:95
Salad with Roast Beetroot,		Mixed Grains, Tomato and Chorizo			
Coriander, Beans and Feta (gf)	73:86	Soup	77:82	Spicy Chorizo Lentil Soup	91:46
Lentil and Spicy Sausage Soup (gf)	41:112	Moroccan Spiced Salmon on		Spicy Dahl and Eggplant with Coriander and Ginger Dosa (v)	12:98
		Lentils (gf)	5:112	Spicy Red Lentil and Carrot Soup	
LENTILS, GENERAL		Mushroom and Lentil Soup with		with Chickpea Falafel (v)	62:105
Beetroot and Lentil Dip (gf, v)	75:92	Gorgonzola Polenta Croutons	30:59	Spicy Tomato, Pumpkin and Dahl	
Bistro Chicken Sausages on Puy		Poached Chicken, Puy Lentil and Warm Red Cabbage Salad (gf)	48:91	Soup (gf)	25:86
Lentils	97:46	Poached Cotechino with Puy Lentil,	40.51	Sticky Glazed Pork Belly with Puy	
Braised Pork and Puy Lentils (gf)	36:60	Beetroot and Goat's Cheese		Lentils (gf)	79:98
Chicken with Puy Lentils (gf)	9:97	Salad (gf)	18:82	Stormy Night Carrot, Cumin and Coriander Soup with Red Lentils	
Chicken Sausages with Lentils,		Pork Sausages with Puy Lentil and		and Dukkah (gf, v)	90:18
Walnuts and Feta (gf)	60:95	Bacon Ragout (gf)	47:107	Turkish Eggs on Roasted Pumpkin,	
Chinese Five-spice-roasted Duck Legs with Lentils and Cherries (gf)	72.60	Pumpkin, Lentils and Greens		Chorizo and Lentils (gf)	36:84
		Soup (gf, v)	66:111	Vadai (v)	105:118
Chorizo, Red Lentil and Tomato Soup with Sizzled Haloumi	96:50	Puy Lentil Chicken Salad with Apple	68:63	Warm Lentil, Beetroot and Fennel	
Corned Silverside with Green Lentils		and Hazelnuts (gf)	00:03	Salad (gf) (v)	109:102
and Horseradish Sauce (gf)	24:60	Puy Lentil, Couscous and Chicken Salad	46:60	Warm Spiced Lentils with Cavolo	
Crisp Fish with Pumpkin and Lentil		Puy Lentil, Porcini Mushroom and		Nero (gf)	91:112
Salad	23:101	Chorizo Soup (gf)	49:79	Yellow Curry Lentil Soup	103:50
Crispy Beef, Haloumi and Lentil		Puy Lentils with Leeks (gf, v)	31:77	Yellow Kūmara, Cauliflower and Lentil Soup Curry (v)	110:78
				Ection Soup Out 1 y (V)	

		Cider and Lime Spare Ribs (gf)	9:93	Whipped Coconut Frosting (gf)	85:96
Lentils and Beans with Cumin Roast		Citrus Ceviche with Avocado (gf)	88:86	Coconut and Lime Rice Pudding	
Veges (gf, v)	90:14	Coconut, Lamb and Sambal Grilled		with Fresh Papaya (gf)	46:103
Lentils with Cavolo Nero and		Chicken, 107:94Grilled Japanese		Coconut and Lime Roulade with	
Sausage	77:35	Eggplant Salad with Lime and Chill		Raspberry Mascarpone (gf)	2:74
Leslie's Confit Duck and Fig Pie	106:42	Dressing (gf) Herb-roasted Chicken with Grilled	17:85	Frozen Mixed Berry and Lime Yoghurt (gf)	45:64
LETTUCE, GENERAL (SEE A	ALSO	Limes (gf)	28:68	Guava Paste, Lime and Cream	
RADICCHIO, SALADS AND)	Hoisin Beef with Lime and Snowpeas	44:108	Cheese Pastelilos	44:76
WITLOF)		Indian-spiced Salmon with Lime		Lemon, Lime and Almond Cake	38:95
Beef and Salad Wraps with Ginger		Raita (gf)	43:89	Lemon, Lime and Poppy Seed	
and Chilli Dressing	51:122	Indian Vegetable Fritters with Lime		Butterfly Cakes	12:66
Bitter Lettuce Tagine with		and Tahini Yoghurt Sauce (gf, v)	36:87	Lime and Coconut Pots with Fresh	
Artichokes (gf)	50:71	Lime and Coconut Tapioca	107:72	Mango (gf)	37:38
Charred Sweetcorn, Cos and Lime Mayo Salad (v)	88:62	Pudding (gf, v) Lime Ceviche with Green Relish (gf)	58:83	Lime, Coconut and Tofu Parfait with Papaya (gf)	34:84
Corn and Cannellini Bean Salsa on		Lime, Honey and Sriracha Roasted	00.00	Lime, Ginger and Almond Snap Biscu	
Grilled Cos Lettuce (gf, v)	74:64	Salmon	79:96	Lime, Ginger and Mango Tart	13:77
Cos Lettuce Shrimp 'Tacos' with		Lime, Lemon and Mango Salsa (gf, v)	5:109		
Smoky Cashew Sauce (gf)	83:106	Lime Pickle Prawns with Black Bean,		Lime and Lemon Yoghurt Creams (gf	
Cos Lettuce with Walnut		Cherry Tomato and Avocado		Lime and Pistachio Tart	78:90
Vinaigrette (gf, v)	76:53	Salad (gf)	46:93	Lime, Polenta and Blueberry Cakes (gf)	80:72
Cos Wedges with Whipped Goat's		Lime and Wasabi Marinated Tuna wit		Lime, Riesling and Passionfruit Curd	
Cheese Raita (gf, v)	82:102	Avocado	33:91	Cakes	33:89
Crisp Lettuce and Asparagus Salad		Miso and Lime-glazed Salmon with	04.44	Lime Syllabub and Raspberry Eton	
with Tarragon Aioli and Soft Eggs (gf)	100:92	Togarashi	84:41	Mess (gf)	51:98
Crisp Lettuce, Orange and Feta	.00.02	Oregano and Lime Roasted Leg of Lamb with Smoked Paprika		Little Lime Meringue Tarts	14:71
Salad (gf, v)	25:98	Paella (gf)	14:111	Mango and Lime Fools (gf)	51:128
Iceberg Wedges with Blue Cheese		Pan-Fried Fish with Lime and Chilli		No-bake Zesty Lemon and Yoghurt	
Dressing (gf)	54:94	Dressing	107:72	Cheesecake	107:78
Lettuce Hearts, Avocado and		Prawns with Lime and Mango		Plum, Coconut and Lime Cake	22:85
Cucumber Salad (gf, v)	87:54	Dipping Sauce (gf)	25:106	Raspberry Meringues with Lime	
Lettuce Salad, Ranch Dressing,		Prawns with Szechuan Salt and Chilli		Curd (gf)	81:62
Worcestershire Sauce (gf)	58:78	and Lime Salt (gf)	36:74	Three Citrus Slice	68:128
Lettuces with Three Vinaigrettes (gf, v)	44:59	Roasted Salmon with Lime and Ras el Hanout (gf)	24:103	Twice-baked Raspberry and Lime Souffles	19:84
Rack of Lamb, Mint Béarnaise and	44.00	Seared Beef with Wasabi and Lime	24.103		2:75
Braised Peas and Lettuce (gf)	35:89	Dressing	39:73	Watermelon and Lime Granita (gf)	2:15
Satay Beef, Glass Noodle and		Squid Ink Spaghetti with Clams,		White Chocolate, Lime and Coconut Cheesecake	82:128
Lettuce Rolls	21:116	Lemongrass, Lime and Mint	23:91	Yoghurt, Honey and Lime Panna	
		Tandoori Salmon with Ginger and		Cotta (gf)	30:68
Lettuce Hearts, Avocado and		Lime Yoghurt (gf)	39:122	-	
Cucumber Salad (gf, v)	87:54	Tequila, Chilli and Lime Chicken		Lime and Coconut Tapioca	
Lettuce Salad, Ranch Dressing,		Wings	85:66	Pudding (gf, v)	107:72
Worcestershire Sauce (gf)	58:78	Whipped Avocado with Silken Tofu,		Lime Ceviche with Green Relish (gf)	58:83
Lettuces with Three		Lime and Jalapeno (gf, v)	87:80	Lime, Chilli and Spring Onion	
Vinaigrettes (gf, v)	44:59	Zesty Lime, Smoked Chicken and	80:50	Chicken Drumsticks	58:62
LIME, GENERAL		Tortilla Soup (gf)	80:50	Lime and Coconut Pots with Fresh Mango (gf)	37:38
Lime: Savoury		Lime: Sweet		Lime, Coconut and Tofu Parfait with	
Bagels with Shaved Pork, Fennel and		Baked Yoghurt and Lime Cake with		Papaya (gf)	34:84
Lime Salad	28:60	Rhubarb and Rosewater	24:110	Lime, Ginger and Almond Snap	
Charred Sweetcorn, Cos and Lime		Banana, Cranberry and Lime Layer	27-00	Biscuit	6:74
Mayo Salad (v)	88:62	Cake	37:62	Lime, Ginger and Mango Tart	13:77
Chicken Kebabs with Coconut and	00.0-	Basil and Lime Granita (gf)	16:109	Lime, Honey and Sriracha Roasted	
Lime Sambal (gf)	32:84	Coconut and Lime Curd Cakes with		Salmon	79:96

Lime and Lemon Yoghurt Creams (g	<i>f)</i> 27:84	Lots of Winter Greens and Almond Pesto with Pasta (v) 104:118
Lime Pickle Prawns with Black Bean	,	,
Cherry Tomato and Avocado Salad (gf)	46:93	Loukoumades (Greek Doughnuts) with Honey Syrup and Walnuts 77:67
Lime and Pistachio Tart	78:90	Loukoumades me Feta ke Meli
Lime, Polenta and Blueberry		- Feta Loukoumades with Honey 68:46
Cakes (gf)	80:72	Low-carb Chicken Burgers with
Lime, Riesling and Passionfruit Curd	1	Cloud Bread (gf) 83:105
Cakes	33:89	Luscious Baklava and Pistachio
Lime Syllabub and Raspberry Eton		Ice Cream
Mess (gf)	51:98	Luscious Tomatoes, Baked Eggplant and Mozzarella
Lime and Wasabi Marinated Tuna with Avocado	33:91	Salad (gf, v) 100:94
		Luscious Tomatoes, Baked
LIMONCELLO, GENERAL		Eggplant and Mozzarella
Limoncello Ice Cream (gf)	105:72	Salad (gf) (v) 106:132
Limoncello Posset Pots (gf)	93:91	
Limoncello and Raspberry Tiramisu	29:71	LYCHEES, GENERAL
Raspberry, White Nectarine, Lemon		Crispy-skinned Roast Duck with
Curd and Limoncello Parfaits	21:81	Lychee, Watermelon and Watercress Salad (gf) 63:71
		Elderflower-marinated Strawberries
Limoncello Ice Cream (gf)	105:72	with Lychee Granita (gf) 39:88
Limoncello Posset Pots (gf)	93:91	Mango, Lychee and Passionfruit
Limoncello and Raspberry Tiramisu	29:71	Meringues (gf) 87:65
Linguine with Fresh Tomatoes and		Orange and Ginger Cake with Ginger
Artichokes	29:99	Syrup, Lychees and Pineapple 34:86
Linguine with Lemon, Parmesan and Soft Poached Eggs (v)	33:114	
Linguine with Roasted Asparagus and Cherry Tomatoes (v)	44:107	
Linguine with Roasted Tomatoes, Pine Nuts and Bocconcini (v)	41:78	
Lisa's Spice-baked Chicken with		
Autumn Veges and Lentils	102:36	
LITTLE CAKES - SEE CAKE LITTLE CAKES AND MUFF	FINS	
Little Fig and Orange Cakes	11:102	
Little Lime Meringue Tarts	14:71	
Little Rhubarb Crumble Cakes with Ginger Custard	31:94	
Little Upside-down Passionfruit and Ginger Puddings	4:111	
Loaded Beef Burgers	92:98	
Loaded Quick Yoghurt Flatbreads (v)	101:48	
LOAF CAKES, GENERAL - S CAKES: LOAF CAKES	EE	
LOLLIES, GENERAL, SEE SWEETS		
Lots of Veg and Three-cheese Not-sausage-rolls (v)	107:56	