

Menu

GLASSHOUSE
COUNTRY MEALS
OUR KITCHEN TO YOURS



2026 - ISSUE 1
V-VEGETARIAN, GF-GLUTEN FREE

ROASTS

Frozen

ROAST CHICKEN (GF)

Fresh roasted chicken breast with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

ROAST BEEF (GF)

Tender roast topside of beef with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

ROAST PORK (GF)

Succulent roast pork loin with baked potatoes, roasted pumpkin, fresh steamed vegetables and gravy.

MEDLEY OF ROAST VEGETABLES (V, GF)

Medley of seasonal roasted vegetables in virgin olive oil and fresh herbs, dressed with a light gravy. Vegetables may include potato, pumpkin, carrot, squash, field mushroom, zucchini, cherry tomatoes, beetroot, fennel, parsnips, cauliflower.

FROM THE SEA

Frozen

BARRAMUNDI WITH LEMON AND PARSLEY SAUCE (GF)

Oven grilled barramundi fillet with lemon butter and coated with a velvety lemon and parsley sauce. Served with mashed potatoes and fresh steamed vegetables.

BAKED SALMON CAKES WITH CARDINAL SAUCE

Moist Tasmanian salmon cakes with a creamy cardinal sauce. Served with mashed potatoes and steamed vegetables.

Frozen

A TASTE OF ASIA

Frozen

GREEN THAI CHICKEN CURRY (GF)

Authentic green Thai chicken curry with green vegetables and steamed jasmine rice.

CHAR SIU PORK LOIN (GF)

Pork loin marinated in garlic, ginger and char siu sauce. Reverse seared and topped with a creamy balsamic and soy reduction sauce. Served with steamed greens and jasmine rice.

CHICKPEA AND DAHL VEGETABLE CURRY (V, GF)

Chickpeas, lentils and fresh vegetables in a fragrant, spiced tomato gravy. Served with basmati rice pilaf.

PASTA

Frozen

CHICKEN AND PRAWN ROSE LINGUINE

Linguine tossed with tender strips of chicken and prawn cutlets cooked in a white wine and cream sauce with a hint of tomato.

PENNE CARBONARA

Penne pasta tossed in a classic bacon, mushroom, garlic, white wine and cream sauce. Topped with a sprinkle of parmesan and fresh chopped parsley. Served with a side of fresh steamed vegetables.

LINGUINE PRIMA VERA (V)

Linguine tossed in a selection of fresh spring vegetables and herbs, in a creamy garlic, white wine and pesto sauce. Topped with a sprinkle of fresh chopped parsley.

SOUPS

All varieties available to order.

Served with a crusty bread roll & butter.

CREAM OF MUSHROOM SOUP (V)

CREAMY PUMPKIN SOUP (V)

VEGETABLE AND BARLEY SOUP (V)

HEARTY BEEF AND VEGETABLE SOUP

RICH PEA AND HAM SOUP

Menu

GLASSHOUSE
COUNTRY MEALS
OUR KITCHEN TO YOURS



2026 - ISSUE 1

V-VEGETARIAN, GF-GLUTEN FREE

FAMILY FAVOURITES

Frozen

JUICY BEEF RISsoles (GF)

Homemade succulent beef rissoles and onion gravy, served with mash, braised cabbage and green beans.

BRAISED LAMB SHANK (GF)

Tender slow braised lamb shanks in a rich, minted gravy, served with mash and steamed vegetables.

SLOW COOKED BEEF BRISKET (GF)

Beef brisket with a smokey coffee rub. Slow cooked to tender perfection and finished with a red wine and dark chocolate glaze. Served with mashed potatoes and steamed vegetables.

BEEF SILVERSIDE WITH MUSTARD AND PARSLEY SAUCE (GF)

Tender silverside with a creamy mustard and parsley sauce, served with mash and steamed vegetables.

SIDE OF VEGETABLES (V) Small meal only

Selection of fresh steamed vegetables, accompanied by a serve of creamy mashed potatoes.

SALADS

Fresh

GARDEN SALAD (V, GF)

Fresh tossed salad with dressing on the side.

GARDEN SALAD WITH HAM (GF)

Fresh tossed salad with sliced smoked ham.

GARDEN SALAD WITH CHICKEN (GF)

Fresh tossed salad with roast chicken breast.

SEAFOOD SALAD

Fresh mock crab (seafood extender) salad in a tangy, homemade seafood dressing. Served with mesclun lettuce and a lemon wedge.

PIES AND PASTRIES

Frozen

PEPPER STEAK PIE

Homemade pepper steak pie, served with vegetables, mash and gravy.

BEEF MINCE PIE WITH BACON AND CHEESE

Homemade rich bacon and cheese mince pie, served with vegetables, mash and gravy.

CHICKEN, LEEK AND MUSHROOM PIE

Homemade creamy chicken, leek and mushroom pie, served with vegetables and mash.

VEGETARIAN QUICHE (V)

Homemade vegetarian quiche served with steamed vegetables and roast potatoes.

SANDWICHES AND WRAPS

Fresh

Fresh made sandwiches on white or wholemeal.

HAM, CHEESE AND TOMATO

EGG AND LETTUCE (V)

CHICKEN MAYO AND LETTUCE

SWEET CHILLI CHICKEN WRAP

Chicken breast, salad and cheese with sour cream and sweet chilli sauce in a soft tortilla.

EGG SALAD WRAP (V)

Egg salad wrapped in a tortilla and fresh salad vegetables.

SNACK BOX (GF)

Fresh

Freshly cut vegetables, hummus dip, cheese and crackers, with or without kabana.

DESSERTS

Frozen

PINEAPPLE AND COCONUT CAKE WITH CUSTARD (V)

BAKED BLUEBERRY CHEESECAKE (V, GF)

TRIO OF VELVETY MOUSSE (V, GF)

Mango, berry and citrus.