



READY TO HEAT AT HOME MEALS

The Independent Gembrook provides all your favourite dishes to your home.
It's easy, just follow the instructions how to reheat meals.
Sit back, relax and enjoy.

Place your order by 4pm for next scheduled delivery day, alternatively you can collect from the restaurant
Thursday to Sunday from 11am to 4pm.

Deliveries will take place from 11am-4pm. We may be unable to deliver at the time you select when ordering.

All meals are served in recyclable take away containers.

Orders will be contactless. Deliveries will be dropped to your door. Pick ups are to be collected from the restaurant.

All meals will be dated with a use by stamp and are to be stored in refrigerator until required. Items that can be frozen can be stored in the freezer for up to 30 days.

Every order comes with our house made bread and dip.

PICK UP AVAILABILITY:

Thursday to Sunday 11am to 4pm (please request if you require an alternate time).

DELIVERY AVAILABILITY: Free delivery for orders above \$100, otherwise a \$15 delivery fee applies.

-Gembrook, Cockatoo, Avonsleigh, Macclesfield, Emerald, Mount Burnett and Nar Nar Goon North (Thursday to Sunday)

-Pakenham, Upper Pakenham, Officer, Dewhurst, Berwick, Beaconsfield and Upper Beaconsfield (Thursday and Saturday)

-Belgrave, Belgrave Heights, Belgrave South, Monbulk, The Patch, Kallista, Selby, Menzies Creek, Clematis, Sassafras, Mount Dandenong and Olinda. (Friday and Sunday)

Order and pay online www.theindependentgembrook.com.au

FURTHER INFORMATION:

- Please make note of any dietary requirements upon ordering. Menu items may contain or come into contact with wheat, egg, dairy, all nuts and other allergens.
- Dietaries that can be catered for are Vegetarian, Vegan, Dairy Free and Gluten Free.
- Photo ID is required upon delivery or pick up with orders including alcoholic beverages.
- Menu is subject to change due to produce availability.
- Contents of this flyer are subject to change.

For any inquiries please email us: hola@theindependentgembrook.com.au

79 Main Street Gembrook, Vic, AU 3783 03 5968 1110

READY TO HEAT AT HOME MENU

EMPANADAS / SOUTH AMERICAN PASTIE (ALL SERVED WITH TOMATO CAPSICUM SALSA)

CARNE	Beef empanada	Beef, egg, olive	5
ATUN	Tuna empanada	Tuna, capsicum, egg, olive	5
PAPA	Potato empanada	Potato, caramelized onion, coconut cheese (VE)	5

PICADA / TO PICK AT

PALMITO	Palm heart, cauliflower, cashews (VE)(GF)	12
VIEIRAS	Lime cured scallops, shallot, green chilli, spiced salt, almonds (GF)(DF)	19
CHORIZO	Grilled chorizo (two), prune puree, chimichurri (DF)(GF)	10

PARA COMPARTIR / TO SHARE

POLLO	Chicken piccata (two breasts), herb butter, roasted potato, garlic, parsley (GF)	27
CORDERO	Boneless lamb shoulder (1.2kg), salsa criolla carrots, chilli, coriander, peanuts (GF)(DF)	71
CASARECCE	House made pasta, mushroom ragù (VE)	21
ESTOFADO DE CARNE	Braised beef stew, beetroot, pine nuts, CHOBANI yoghurt, smoked almond salt (GF)	32
ÑOQUI	Ricotta gnocchi, chicken stew	23

HUERTA / GARDEN

HUMITA	Roasted pumpkin and sweetcorn stew (GF)(VE)	15
PAPAS	Roasted potato, garlic, parsley (GF)(V)	9
ZANAHORIA	Smoked maple carrot, chilli, coriander, peanuts (GF)(VE)	13
REMOLACHA	Roasted beetroot, pine nuts, CHOBANI yoghurt (V)	15

POSTRES / DESSERTS

DONUTS	Cinnamon doughnuts (four), dulce de leche (V)	9
HELADO	House made GIPPSLAND DAIRY vanilla yoghurt ice cream – 710 ml (V)(GF)	15
HELADO	House made dulce de leche ice cream - 710 ml (V)(GF)	15
SORBET	House made coconut - 710 ml (VE)(GF)	20

(GF) gluten free (DF) dairy free (VE) vegan (V) vegetarian

BEVERAGES

GO ONLINE TO VIEW THE BEVERAGES WE ARE OFFERING THIS WEEK

SERVING / REHEATING INSTRUCTIONS



Meals with condiments will have matching colour coded stickers.

BREAD

Warm in hot oven for 4-5 minutes. Serve with dip. *This item is best consumed on the day order is collected.

*The bread is not Gluten Free.

EMPANADAS / SOUTH AMERICAN PASTIE

Pre-heat oven to 200°C. Remove from packaging. Place on a non-stick tray or tray with baking paper. Warm up until pastry is crispy. (Approx. 5 – 10 mins). Serve with tomato and capsicum salsa. *This item can be frozen for up to 30 days.

PALM HEART / PALMITO

Remove from packaging and place into a bowl, add nuts and mix well. Serve with cassava crackers.

SCALLOPS / VIEIRAS

Remove from packaging and place into a bowl then add dressing, nuts and a small pinch of salt, mix well. Serve with cassava crackers.

CHORIZO

Pre-heat oven to 200°C. Remove from packaging and place onto a non-stick tray or a tray with baking paper. Heat until core temp is over 68°C or cut in half and check if chorizo is very hot inside (approx. 10 – 15 mins). Toss the chorizos in the chimichurri in a small mixing bowl. Smooth the prune puree on a plate and serve the chorizo on top with the chimichurri.

*This item can be frozen for up to 30 days.

CHICKEN PICCATA / POLLO

Pre-heat oven to 200°C. Remove from packaging. Place chicken on a non-stick tray or a tray with baking paper. Cook until golden in color for 5 mins, flip over and cook for a further 7 mins. Make an incision with the tip of a knife looking for a clear juice or core temp to be at least 68°C. Place butter on top of the chicken, cook for a further 2 mins. For potatoes: follow instructions provided. *This item can be frozen for up to 30 days.

LAMB SHOULDER / CORDERO

Pre-heat oven to 170°C. Get an oven proof deep tray. Open bag and remove net, saving all the liquids. Place lamb, all juices and 200 ml water in the tray. Cover with foil and heat for 30 mins. Increase oven temperature to 200°C. Remove foil, from tray and return to oven basting every 5 mins for at least 20 mins. Lamb shoulder should be at least 68°C inside, with a nice brown golden crust. Remove from tray and serve with salsa criolla over the top. For carrots: follow instructions provided.

Tip= Strain off the juices from the tray, serve as a gravy. *This item can be frozen for up to 30 days.

CASARECCE / PASTA, MUSHROOM RAGU

STOVETOP- Place pasta in a pot, add a little water if necessary. Stir to avoid catching the bottom to prevent burning.

MICROWAVE- Reheat in a microwave as per manufacture directions.

Drizzle with olive oil before serving and grate cheese on top. *This item can be frozen for up to 30 days.

BRAISED BEEF / ESTOFADO DE CARNE

Remove from packaging. Place beef stew in a pot, add a little water if necessary. Cover pot with a lid and heat for 5 mins. Stir to avoid catching the bottom of the pot to prevent burning. Remove lid and reduce to a low heat. Simmer until the core temperature of the beef is at least 68°C. For beetroot: follow instructions provided.

Tip= Reheat in a microwave as per manufacture directions. *This item can be frozen for up to 30 days.

RICOTTA GNOCCHI / ÑOQUI

STOVETOP- Place in a pot, add a little water if necessary. Warm up slowly until hot, stir carefully as gnocchi is very delicate. Drizzle with olive oil or add a tablespoon of butter before serving. Grate cheese on top.

Suggestion= Due to the gnocchi being so delicate you can heat in a microwave as per manufacture directions.

*This item can be frozen for up to 30 days.

HUMITA / PUMPKIN AND SWEETCORN STEW

Place stew in a pot, add a little water if necessary. Simmer for 5 mins. Stir to avoid catching the bottom of the pot to prevent burning. Reduce flame to low, keep stirring until hot. To finish sprinkle the caramelized pumpkin seeds on top.

Tip= Reheat in a microwave as per manufacture directions. *This item can be frozen for up to 30 days.

ROASTED POTATOES / PAPAS

Pre-heat oven to 200°C. Place potatoes onto a non-stick tray or on a tray with baking paper. Roast until golden in colour and hot on the inside. Remove potatoes from the oven, and place in a bowl.

ROASTED CARROTS / ZANAHORIA

Pre-heat oven to 200°C. Place carrots onto a non-stick tray or on a tray with baking paper. Roast until the carrots are hot in the center. (Approx 10 mins). Remove the carrots from the oven and place into a bowl. Add nuts and salt to taste. Mix well.

BEETROOT / REMOLACHA

Place beetroot into a bowl. Drizzle with olive oil and one teaspoon of any good quality vinegar. Mix well. To assemble: spread the beetroot puree onto the plate, place beetroot pieces on top, dollop with CHOBANI yoghurt. Sprinkle with pine nuts and spiced almond salt.

DOUGHNUTS / DONUTS

Pre-heat oven to 120°C. Place doughnuts onto a non-stick tray or on a tray with baking paper. Reheat until the doughnuts are soft and warm. (Approx 10 mins). Remove the doughnuts from the oven and place into a heatproof bowl. Dust doughnuts with the cinnamon sugar mix. Serve with dulce de leche sauce. *This item can be frozen for up to 30 days.

HELADO / DULCE DE LECHE ICE CREAM *This item can be frozen for up to 30 days.

HELADO / GIPPSLAND DAIRY VANILLA YOGHURT ICE CREAM *This item can be frozen for up to 30 days.

SORBET / MIXED BERRY SORBET *This item can be frozen for up to 30 days.

Thank you for supporting us!

Each Ready to Heat at Home purchase automatically enters into a draw to win a dinner for two at home.
Winner will be notified at the end of each month.

HOT FOOD

Friday and Saturday 5pm - 8pm.

Pick up only

All meals are served in recyclable takeaway containers.

Orders will be contactless

Every order comes with house made bread and dip.

Pick up only – from the restaurant: 79 Main Street, Gembrook

EMPANADAS / SOUTH AMERICAN PASTIE (ALL SERVED WITH TOMATO CAPSICUM SALSA)

CARNE	Beef empanada	beef, egg, olive	6.5
ATUN	Tuna empanada	tuna, capsicum, egg, olive	6.5
PAPA	Potato empanada	Potato, caramelized onion, coconut cheese (VE)	6.5

PICADA / TO PICK AT

PALMITO	Palm heart, cauliflower, cashews (VE)(GF)	14
VIEIRAS	Lime cured scallops, shallot, green chilli, spiced salt, almonds (GF)(DF)	22
CHORIZO	Grilled chorizo (two), prune puree, chimichurri (DF)(GF)	12
CALAMAR	Crispy calamari, hummus, cucumber, spiced salt, aioli (DF)(GF)	24

PARA COMPARTIR / TO SHARE

POLLO	Chicken piccata (two breasts), herb butter, roasted potato, garlic, parsley (GF)	38
CORDERO	Boneless lamb shoulder (1.2kg), salsa criolla, carrots, chilli, coriander, peanuts (GF)(DF)	74
CASARECCE	House made pasta, mushroom ragù (VE)	27
ESTOFADO DE CARNE	Braised beef stew, beetroot, pine nuts, CHOBANI yoghurt, smoked almond salt (GF)	36
ÑOQUI	Ricotta gnocchi, chicken stew	31
BBQ CERDO	BBQ pork belly (two), apple, sunflower seeds (DF)(GF)	33

HUERTA / GARDEN

HUMITA	Roasted pumpkin and sweetcorn stew (GF)(VE)	19
PAPAS	Roasted potato, garlic, parsley (GF)(V)	13
ZANAHORIA	Smoked maple carrot, chilli, coriander, peanuts (GF)(VE)	17
REMOLACHA	Roasted beetroot, pine nuts, CHOBANI yoghurt (V)	19
LECHUGA	Lettuce, mustard dressing, Pyengana cheddar (DF)(GF)	19

POSTRES / DESSERTS

DONUTS	Cinnamon doughnuts (four), dulce de leche (V)	14
HELADO	House made GIPPSLAND DAIRY vanilla yoghurt ice cream – 710 ml (V)(GF)	15
HELADO	House made dulce de leche ice cream - 710 ml (V)(GF)	15
SORBET	House made coco sorbet - 710 ml (VE)(GF)	20

(GF) gluten free (DF) dairy free (VE) vegan (V) vegetarian