

# CHEF'S MENU

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

## PICK UP AVAILABILITY: Friday & Saturday 5.30pm – 7.30pm.

Dishes can be ordered HOT or COLD. Heating instructions will be provided.

## DELIVERY AVAILABILITY : Saturday & Sunday Between 10am and 5pm.

Packs will be delivered COLD. Heating instructions will be provided.

- To receive delivery, orders require minimum value of \$80
- Orders for cold delivery must be placed by 5pm for next day delivery.
- Deliveries are only available for COLD menu items.
- Dishes will contain capsicum, onion and garlic.
- Heating instructions will be provided for cold orders.
- No alterations can be made to the set menu.
- Deliveries will be contactless, and dropped to your door.
- A la carte menu is also available.

Aspendale	Dandenong South	Lilydale	Patterson Lakes
Avonsleigh	Dewhurst	Lynbrook	Ringwood
Bangholme	Dingley	Lyndhurst	Rowville
Bayswater	Doveton	Macclesfield	Sandhurst
Beaconsfield	Edithvale	Maryknoll	Sassafras
Beaconsfield Upper	Emerald	Mentone	Seaford
Beenak	Endeavour Hills	Menzies Creek	Selby
Belgrave	Eumemmerring	Mordialloc	Seville
Belgrave Heights	Ferny Creek	Monbulk	Seville East
Belgrave South	Ferntree Gully	Montrose	Silvan
Berwick	Ferntree Gully Upper	Mooroolbark	Skye
Bonbeach	Frankston North	Mount Burnett	Springvale
Boronia	Gembrook	Mount Dandenong	Tecoma
Braeside	Gruyere	Mount Evelyn	The Basin
Carrum	Guy's Hill	Nangana	The Patch
Carrum Downs	Hampton Park	Nar Nar Goon North	Tremont
Chelsea	Hallam	Narre Warren	Upwey
Chirnside Park	Harkaway	Narre Warren East	Wandin East
Clematis	Healesville	Narre Warren North	Wandin North
Clyde North	Hoddles Creek	Officer	Wantirna
Cockatoo	Kallista	Officer South	Waterways
Cranbourne	Kalorama	Olinda	Woori Yallock
Cranbourne West	Keysborough	Pakenham	Yarra Junction
Cranbourne North	Kilsyth South	Pakenham Upper	Yellingbo
Dandenong	Knoxfield		
	Launching Place	Pakenham South	

### FURTHER INFORMATION:

- Menu items may contain or come into contact with wheat, all nuts and other allergens.
- 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.

## CHEF'S MENU SERVING / REHEATING INSTRUCTIONS :

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### **PAN / BREAD**

Warm bread in hot oven for 4-5 mins. Serve with dip. \*Bread contains gluten

### **BEEF EMPANADA / SOUTH AMERICAN PASTIE**

Pre-heat oven to 180°C or medium heat. Place empanadas onto a non-stick tray or a tray with baking paper. Warm in oven until pastry is crispy and the center is hot. Approx 8-10 minutes depending on your oven. Serve with salsa.

### **VIEIRAS / LIME CURED SCALLOPS, SHALLOTS, GREEN CHILLI, SPICED SALT, ALMONDS (DF)(GF)**

Place scallops into a bowl . Add dressing, nuts and a small pinch of salt, mix well. Serve with cassava crackers.

### **CALAMAR / CALAMARI, HUMMUS, CUCUMBER, SPICED SALT, AIOLI (DF)(GF)**

Pre-heat oven to 200°C. Place calamari onto a non-stick tray or a tray. Heat until core temperature is very hot. Check by cutting pieces in half, also check if calamari is very hot to touch. Approx. 8- 10 mins depending on your oven. Serve with other garnishes provided. \*This item is not recommended to be frozen as it has been rolled in flours which may affect the quality of the dish after thawing. Item is recommended to be consume this dish within two days of purchase.

### **MEJILLA DE VACA / BRAISED BEEF CHEEKS (DF)(GF)**

Remove from packaging. Place beef and sauce 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 and to prevent burning. Remove lid and reduce to a low heat. Simmer until the core temperature of the beef is at least 68°C. Tip= Reheat in a microwave as per manufacture directions. \*This item can be frozen for up to 30 days.

### **VERDES / GARDEN GREENS, HOUSE DRESSING (GF)(V)**

Place all the greens into a mixing bowl. Drizzle with house dressing and transfer to a serving bowl.

### **PAPAS / ROASTED POTATOES, GARLIC & HERB BUTTER (GF)(V)(VEA)(OGA)**

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 mixing bowl. Stir in the garlic and herb butter over the potatoes. Return potatoes to the oven on the tray for a further 5 minutes, or until butter has melted. Season to taste.

### **ALGO DULCE / ASSORTED PETIT FOURS (V)**

## SERVING / REHEATING INSTRUCTIONS :

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### **TAPAS / TO PICK AT**

#### **PAN / BREAD**

Warm bread in hot oven for 4-5 mins. Serve with dip. \*Bread contains gluten

#### **BEEF EMPANADA / SOUTH AMERICAN PASTIE**

Pre-heat oven to 180°C or medium heat. Place empanadas onto a non-stick tray or a tray with baking paper. Warm in oven until pastry is crispy and the center is hot. Approx 8-10 minutes depending on your oven. Serve with salsa.

#### **COLIFLOR EMPANADA / SOUTH AMERICAN PASTIE (VE)**

Pre-heat oven to 180°C or medium heat. Place empanadas onto a non-stick tray or a tray with baking paper. Warm in oven until pastry is crispy and the center is hot. Approx 8-10 minutes depending on your oven. Serve with salsa.

#### **VIEIRAS / LIME CURED SCALLOPS, SHALLOTS, GREEN CHILLI, SPICED SALT, ALMONDS (DF)(GF)**

Place scallops into a bowl . Add dressing, nuts and a small pinch of salt, mix well. Serve with cassava crackers.

## **CALAMAR / CALAMARI, HUMMUS, CUCUMBER, SPICED SALT, AIOLI (DF)(GF)(OGA)**

Pre-heat oven to 200°C. Place calamari onto a non-stick tray or a tray. Heat until core temperature is very hot. Check by cutting pieces in half, also check if calamari is very hot to touch. Approx. 8– 10 mins depending on your oven. Serve with other garnishes provided. \*This item is not recommended to be frozen as it has been rolled in flours which may affect the quality of the dish after thawing. Item is recommended to be consume this dish within two days of purchase.

## **RACIONES / FOOD**

### **CORDERO / ROASTED LAMB SHOULDER (DF)(GF)**

Pre-heat oven to 170°C. Get an oven proof deep tray. Open bag, saving all the liquids. Place lamb, all juices and 200 ml of water in the tray. Cover with foil and heat for 20 mins. Increase oven temperature to 200°C. Remove foil, from tray and return to oven basting every 5 mins for at least 10 mins. The lamb shoulder be at least 68°C inside, with a nice brown golden crust. Remove from tray and serve. Tip= Strain off the juices from the tray, serve as a gravy. \*This item can be frozen for up to 30 days.

### **FALDA / GRILLED BRISKET (GF)(DFA)**

Pre-heat oven to 160°C or medium heat. Remove brisket from bag. Place beef and all of the liquid into an ovenproof tray. Baste the beef with the liquid in the tray regularly. Remove from oven when beef is hot in centre. Serve with chimichurri on top.

### **MEJILLA DE VACA / BRAISED BEEF CHEEKS (DF)(GF)**

Remove from

packaging. Place beef and sauce 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 and to prevent burning. Remove lid and reduce to a low heat. Simmer until the core temperature of the beef is at least 68°C. Tip= Reheat in a microwave as per manufacture directions. \*This item can be frozen for up to 30 days.

### **RAVIOLES / SPINACH & RICOTTA RAVIOLI, PINE NUTS (V)(OGA)**

Pre-heat

oven to 160°C or medium heat. Remove lid from foil tray and sprinkle cheese on top. Place tray in oven for approx. 15 mins. Remove when dish is hot in the middle and golden brown on top.

### **ÑOQUI / BEEF RAGOUT, RICOTTA GNOCCHI**

Due to the gnocchi being so delicate, we recommend to heat up in a microwave as per manufacture directions. Sprinkle cheese on top when serving. \*This item can be frozen for up to 30 days.

### **VERDES / GARDEN GREENS, HOUSE DRESSING (GF)(V)(VEA)(OGA)**

Place all the greens into a mixing bowl. Drizzle with house dressing and transfer to a serving bowl.

### **ZANAHORIA / SMOKED MAPLE CARROTS, CORIANDER DRESSING, CHILLI, PEANUTS (GF)(VE)**

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 centre. Approx 10–15 minutes depending on your oven Remove the carrots from the oven and place into a bowl. Stir in the dressing. Add nuts, season to taste. Mix well.

### **PAPAS / ROASTED POTATO, GARLIC & HERB BUTTER (GF)(V)(VEA)(OGA)**

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 mixing bowl. Stir in the garlic and herb butter over the potatoes. Return potatoes to the oven on the tray for a further 5 minutes, or until butter has melted. Season to taste.

### **HUMITA / PUMPKIN AND SWEETCORN STEW (VE)(GF)**

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.

## POSTRES / DESSERT

### DONUTS / DOUGHNUTS (V)

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 minutes depending on your oven. 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 (caramel sauce).

\*Doughnuts can be frozen for up to 30 days.

### LIMÓN / LEMON TRIFLE (V)(GFA)

Place lemon curd into a serving bowl. Crush the meringue. Sprinkle meringue and crumb over the top.

### ALGO DULCE / ASSORTED PETIT FOURS (V)(GFA)(VEA)

### HELADO / HOUSE MADE DULCE DE LECHE ICE CREAM (V)(GF)

\*This

item can be frozen for up to 30 days.

### SORBETE / HOUSE MADE STRAWBERRY SORBET (VE)(GF)

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

(V) vegetarian (VE) vegan (VEA) vegan adaptable (DF) dairy free (GF) gluten free  
(GFA) gluten free adaptable (OGA) onion garlic adaptable

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