

# LOOKS

## Takeaway Menu at Paramount House

Available for contactless  
collection or delivery. 7am - 2pm,  
Mon-Fri. 8am - 2pm Sat-Sun.  
Call us on 02 9211 1018 to order.

Times are changing but our approach to wellness  
through fresh, seasonal produce remains the same.

To support our local community we've  
adapted our wholesome menu to be available for  
contactless collection or delivery every day - no  
fees, no surcharges and with all proceeds going  
directly to keeping our team employed.

Rooftop  
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PARAMOUNT  
RECREATION  
CLUB

## DIETARY KEY

v-vegetarian, vv-vegan, gf-gluten free, df-dairy free

## SOUPS

Single Serve 450ml \$9.95 / Family Serve 1.5 litres \$22.5  
(Serves 4, vac-packed to preserve freshness)

All soups served with garlic bread

### Immune Booster Broth

6 hr beef bone broth, ginger, red wine, apple cider vinegar & garlic (df, gf)

### Soup Hug

Nutrient-rich homestyle soup with sweet potato & leek (v, df, gf)

### Anti Inflammatory Soup

A potent wholesome vegan soup of pumpkin, tofu & ginger (v, df, gf)

### Cure-all Chicken Soup

Slow-cooked chicken broth, coconut milk, celery, carrots, ginger, rice  
(df, gf)

## STEW

Single Serve 450ml \$12.50 / Family Serve 1.5 litres \$28.5  
(Serves 4, vac-packed to preserve freshness)

### Hearty Beef Stew

Slow-braised beef, seasonal vegetables, healing herbs & rice (df, gf)

### PRC Vegetable Stew

A changing seasonal vegetable stew to fortify immunity (v, df, gf)

## WARMING BOWLS

Single Serve \$12.95

### Kerala Curry Bowl

Slow-cooked coconut & turmeric dahl, pickled eggplant, charred broccoli,  
coriander & cucumber yoghurt, served on brown rice (v, df, gf)

Add chicken +\$4

### Burrito Bowl

House-made Marinated tofu with black beans, cheese, salsa verde,  
pico de gallo & hot sauce (v, df, gf)

Add chicken +\$4

## FRESH SALADS

Single Serve \$12.95, Family Serve \$28 Serves 4,  
vac-packed to preserve freshness

### Green Bowl (Single Serve Only)

A mix of seasonal greens, crispy polenta, pumpkin seeds and sun-dried  
tomato (v, df, gf)

### Grain Salad

PRC signature grain salad, seasonal greens, pearl barley and chickpeas,  
goat cheese (v, df, gf)

## HEALTHY TREATS

**Banana Bread** Slice \$5 / Loaf \$15

Baked daily (v, vv, df, gf)

**Bliss Balls** 4-pack \$5 / 10-pack \$10

Peanut butter, oats, sunflower seeds, walnuts (v, vv, df, gf)

## SMOOTHIES \$9.9

### Peanut Butter Dream

Peanut butter, banana, vanilla protein and almond milk (v, vv, df, gf)

### Berry Light

Strawberry, mango, coconut yoghurt, coconut milk, chia, honey  
and protein (v, vv, df, gf)

### Rise and Shine

Espresso, banana, dates, coconut yoghurt and chocolate protein  
(v, vv, df, gf)

## JUICE \$6

### Quarantini

Immune boosting and alkalising blend of coconut water, spinach,  
cucumber, celery, kale, parsley, lemon & lime

### Full Swing

Liver boosting, beta-carotene rich blend of mandarin, carrot, peach  
& turmeric

### Orange Juice

Freshly squeezed, vitamin C rich

## KOMBUCHA \$5

Ginger & Lemon Myrtle | Raspberry & Thyme