



## Sides & Main Potts Point

### Take Home Meals

#### How it works?

**Why?** Because you deserve a helping hand. If you're busy with a crazy schedule its hard to pull together a delicious nutritious mid week meal. Who wants to spend their evenings at the supermarket or Sundays cooking for the week? Nobody i know. To eat well with nourishing wholefoods takes time, effort and lots of organisation and its just an impossibility if you're pulling in serious hours at work. Throw in the mix special dietary needs and intolerances and up goes the difficulty factor. Traditional take away and home delivery is not only expensive its often full of trans fats, fillers, dodgy oils and loads of sugar and salt. Thats why its fast food.

**How many?** We are not a classic dinner service where you are required to order a whole weeks worth of meals. We give you the opportunity to order just one meal if you like. The Dinner Club operates Monday, Tuesday, Wednesday and Thursday so you can select what meals on what day works best for you. Some clients join together with neighbours or family members to join their orders together so it qualifies for delivery (\$120 minimum).

**What are they?** Most of our menu changes every 2 weeks and offers a selection of healthy options that serve one person. Just heat at home in the oven or microwave. Our menu offers meals for those with food intolerances and also just plain and simple delicious comfort food. Our meals serve one person unless stated. To serve simply reheat in the microwave (usually takes about 2 mins on medium) or in the oven approximately 10 min at 180 degrees.

#### How do i order:

- Send an email to [karen@sidesandmain.com.au](mailto:karen@sidesandmain.com.au) with the menu options you would like to order and the date/s of collection or delivery alternatively call on 9360 9119 and place your order
- Send the email by Sunday evening for the following week (plan ahead)
- Collect your meals from Potts Point 7/5-15 Orwell St between 1-5pm
- Pay on collection or we can process your credit card
- If you would prefer delivery please order a minimum of \$120 worth of meals -\$30 delivery fee to Eastern Suburbs and City