

## Food and Beverage



At **Mary Valley Views B + B** we can provide a variety of food and beverage options during your stay. Our fixed daily menu varies with the seasons as we source locally grown or produced product while keeping our pricing reasonable. We can provide one, two and three course menus for our guests.

If you are vegan, vegetarian, gluten free or lactose intolerant, we can cater for you. If you have any special dietary requirements, let us know when booking so that we can work up a menu plan for your stay and take away all the worry about where to dine.

Guests may not experience the same meal on a return visit. However, some things can be relied on and that is our food will always be fresh, wholesome and hearty, embody the excellent Gympie regional produce and will be prepared and served to you personally by us.

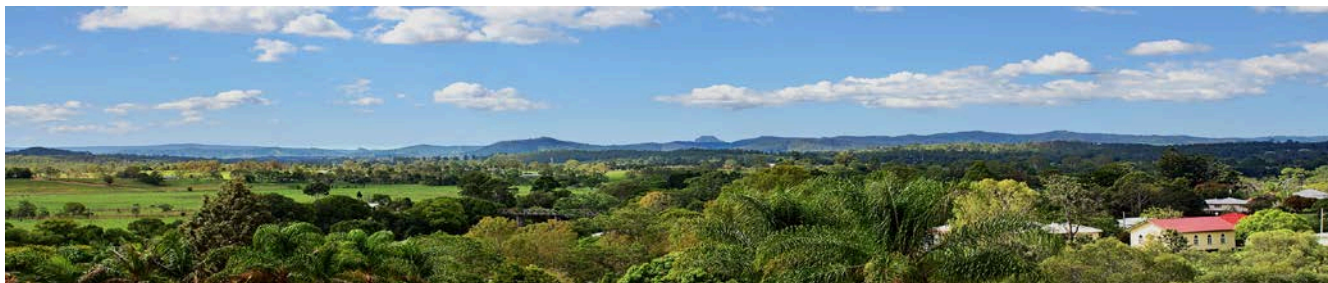
If you choose to dine in and to ensure the freshest ingredients, let us know when booking or at least within 24 hours of your arrival. Once you advise of your decision to dine in, we will prepare a menu specifically for you and forward by email soon after your booking is confirmed. Following are some of our specialties showing the variety of seasonal and local produce that is showcased in our fixed daily menus.

## Food

<b>Entree</b>	<b>Roasted Pumpkin, Onion and Fetta Tart</b>	<b>\$ 14</b>
	<b>Heirloom Tomato Salad</b> dressed with Chris' balsamic dressing	<b>\$ 14</b>
	<b>Soup</b> (Pumpkin and orange, Vegetable, Minestrone, Curried pumpkin and coconut)	<b>\$ 14</b>
	<b>Tomato and Basil Bruschetta</b> (3 pieces)	<b>\$ 10</b>
<b>Main</b>	<b>Roasted Moya Valley Chicken Breast</b> stuffed with roasted capsicum, spinach and Kenilworth fetta and wrapped in prosciutto served with seasonal vegetables	<b>\$ 32</b>
	<b>Nolan's Prime Selection Rib Fillet</b> barbequed to your liking and served with homemade potato salad or coleslaw and a green salad with garlic bread	<b>\$ 32</b>
	<b>Moya Valley Chicken</b> breast fillet in a creamy mushroom and white wine sauce served with egg pappardelle and seasonal vegetables	<b>\$ 32</b>
	<b>Risotto with crisp parmesan chips</b> (Mushroom; Roasted Pumpkin, Spinach and Kenilworth Fetta; Chicken and asparagus)	<b>\$ 30</b>
	<b>Rhodavale Pork Scotch Fillet</b> in pineapple and brown sugar glaze with seasonal vegetables	<b>\$ 34</b>
<b>Dessert</b>	<b>Baked Lemon and Lime Tart</b> with Cooloola Cream and Vanilla Ice Cream	<b>\$ 16</b>
	<b>Vanilla and Strawberry or Vanilla and Mango Panna Cotta</b> served with fresh Cooloola Berry strawberries	<b>\$ 14</b>
	<b>Chocolate Chip or Strawberry Mousse</b> served with Cooloola Cream and seasonal berries or fruit	<b>\$ 14</b>
	<b>Steamed Ginger Pudding</b> with Cooloola Cream and Vanilla Ice Cream	<b>\$ 16</b>
	<b>Individual Lemon Delicious</b> with Cooloola Cream and Vanilla Ice Cream	<b>\$ 14</b>
<b>Extras</b>	<b>Kenilworth Cheese Tasting Plate:</b> Selection of three cheeses	<b>\$ 30</b>
	<b>Picnic Hamper for Two:</b> Made to order. Condiments and crockery, cutlery included.	<b>From \$ 40</b>

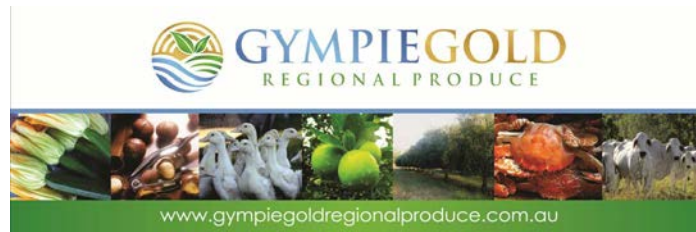
## Beverage

<b>Wine</b>	<b>Whites</b> - We offer a variety of white wines from producers from Western Australian and New Zealand including Chardonnay, Sauvignon Blanc and Pinot Grigio	<b>\$ 25</b>
	<b>Reds</b> – We offer a variety from producers in the Barossa and south west Victoria and include Merlot, Shiraz, Cabernet Sauvignon and some signature blends	<b>\$ 25</b>
<b>Beer</b>	Crown Lager - premium ale	<b>\$ 7</b>
	Hahn Super Dry 3.5 – mid strength	<b>\$ 6</b>
<b>Non-Alcoholic</b>	Coke, Lemonade, Ginger Beer, Lemon	<b>\$ 3</b>



# Our Food Provenance

Our philosophy at **Mary Valley Views B+B** is to provide quality, fresh ingredients in the food we serve to our guests. Just as important to us is supporting our local farmers and producers. The “Provenance” of our food tells where it comes from, its point of origin, where it is grown, raised or reared and by whom. In this region, many producers, providers and growers gather under the banner “Gympie Gold Regional Produce”. We too are proud to be members of Gympie Gold Regional Produce and support other members where possible. For further information, follow the link [www.gympiegoldregionalproduce.com.au](http://www.gympiegoldregionalproduce.com.au).



<b>Fresh Produce</b>	<b>Farmer and Sun – Southside Gympie</b> <b>Dagun Growers Market – Mary Valley</b>
<b>Poultry</b>	<b>Moya Valley Poultry – Imbil</b> (Free range and chemical free poultry)
<b>Beef</b>	<b>Imbil Colonial Butchers – Imbil</b> (Stockist of locally grown beef & meat products including Nolan’s Meats)
<b>Pork</b>	<b>Rhodavale Pork – free range, pastured pork</b>
<b>Cheese</b>	<b>Kenilworth Dairies</b> <b>Maleny Cheese</b>
<b>Berries &amp; Jams</b>	<b>Cooloola Berries - Wolvi</b>
<b>Relishes &amp; Pickles</b>	<b>CC’s Kitchen - Woolooga</b>
<b>General Produce and Condiments</b>	<b>Imbil Friendly Grocer - Imbil</b> (Stockists of local goods and produce)
<b>Dairy Products</b>	<b>Cooloola Dairies Pty Ltd – Mary Valley</b>

