

SIMPLICITY
QUALITY
CONVENIENCE
GENEROSITY



BY WORD OF MOUTH

frozen for you

CHICKEN



BUTTER CHICKEN CURRY with coconut milk and aromatic spices	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	130 260
TRADITIONAL CHICKEN PIE with puff pastry	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6) 2,4kg (Serves 8 - 10)	132 255 460
THAI GREEN CHICKEN CURRY with coconut milk and green beans	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	130 260

LAMB



DURBAN LAMB CURRY with fresh coriander	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	220 420
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6) 2,4kg (Serves 8 - 10)	165 315 580
MOROCCAN LAMB TAGINE with chickpeas and fresh coriander	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	200 380

BEEF



BEEF BOBOTIE classic Cape Malay dish with aromatic spices	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	88 160
BEEF BANTING LASAGNE with courgettes	800g (Serves 2 - 4) 1,6kg (Serves 4 - 6) 3,2kg (Serves 8 - 10)	145 270 500
BEEF LASAGNE with traditional Bolognese and white sauce	800g (Serves 2 - 4) 1,6kg (Serves 4 - 6) 3,2kg (Serves 8 - 10)	100 190 365

SLOW-COOKED OXTAIL with butter beans and brandy	1,3g (Serves 2)	355
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FISH



TRADITIONAL FISH PIE with creamy mash and dill	800g (Serves 2 - 4) 1,6kg (Serves 4 - 6)	115 215
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VEGETARIAN



VEGETABLE & CHICKPEA CURRY with mixed masala spice and yoghurt	640g (Serves 2 - 4) 1,28kg (Serves 4 - 6)	80 145
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PASTA



MAC AND CHEESE with butternut and crispy pancetta	800g (Serves 2 - 4) 1,5kg (Serves 4 - 6)	99 170
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MAC AND CHEESE with ham and peas	800g (Serves 2 - 4) 1,5kg (Serves 4 - 6)	99 170
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MAC AND CHEESE with truffle oil and thyme	800g (Serves 2 - 4) 1,5kg (Serves 4 - 6)	112 199
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MAC AND CHEESE with crispy bread crumb topping	800g (Serves 2 - 4) 1,5kg (Serves 4 - 6)	82 145
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SOUP



MINTED PEA SOUP with fresh cream	900ml (Serves 2 - 4)	60
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ROASTED TOMATO SOUP with a hint of chilli and fresh basil	900ml (Serves 2 - 4)	78
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WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	900ml (Serves 2 - 4)	145
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SAUCES & SIDES



CREAMY MASHED POTATOES with real butter	800g (Serves 2 - 4)	48
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DAUPHINOIS POTATOES with a crispy parmesan topping	620g (Serves 2 - 4) 1,24kg (Serves 6 - 8)	75 135
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CREAMY MUSHROOM SAUCE with a hint of truffle oil	900ml (Serves 10 - 12)	150
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PREGO SAUCE with chilli, garlic, paprika and cream	900ml (Serves 10 - 12)	95
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BAKED CAULIFLOWER GRATIN with crispy parmesan bread crumb topping	620g (Serves 2 - 4)	125
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CRUSTY PLAIN LOAF homemade artisanal sourdough	900g (Serves 8 - 10)	48
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MINTED PEAS with sautéed leeks and fresh mint	360g (Serves 2 - 4)	65
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DESSERTS



CHOCOLATE ROULADE with white chocolate mousse	1kg (Serves 10 - 12)	145
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CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g (Serves 10 - 12)	85
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MERINGUE ROULADE with raspberry cream	450g (Serves 10 - 12)	185
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TARTE AU CITRON made with fresh lemons	1kg (Serves 10 - 12)	145
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