

CHICKEN



HOT BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g	(Serves 1)	R69
	640g	(Serves 2)	R138
	1,28kg	(Serves 4)	R276
MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g	(Serves 1)	R69
	640g	(Serves 2)	R138
	1,28kg	(Serves 4)	R276
CHICKEN A LA KING PIE with puff pastry	640g	(Serves 2)	R140
	1,28kg	(Serves 4)	R270
	2,4kg	(Serves 6 - 8)	R488
HOT THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g	(Serves 1)	R74
	640g	(Serves 2)	R138
	1,28kg	(Serves 4)	R276
COQ AU VIN with onions and crispy bacon	320g	(Serves 1)	R80
	640g	(Serves 2)	R148
	1,28kg	(Serves 4)	R297
CORONATION CHICKEN with toasted almonds and parsley	320g	(Serves 1)	R80
	640g	(Serves 2)	R148
	1,28kg	(Serves 4)	R276
CHICKEN ENCHILADAS a spicy Mexican favorite, best served with sour cream and guacamole	320g	(Serves 1)	R79
	640g	(Serves 2)	R148
	1,28kg	(Serves 4)	R290
STICKY CHICKEN with a sweet and sticky glaze	3 Pieces	(Serves 1)	R80
	12 Pieces	(Serves 4)	R295
CHICKEN BAKE with an artichoke and spinach gratin	310g	(Serves 1)	R75
	620g	(Serves 2)	R150
	1,24kg	(Serves 4)	R285
NEW CHICKEN GALANTINE filled with chicken, pecan nuts and spinach	1.3kg	(Serves 6 - 8)	R376

LAMB



HOT DURBAN LAMB CURRY with fresh coriander	320g	(Serves 1)	R155
	640g	(Serves 2)	R295
	1,28kg	(Serves 4)	R570
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	640g	(Serves 2)	R230
	1,28kg	(Serves 4)	R450
	2,4kg	(Serves 6 - 8)	R720
LAMB TAGINE with spicy Moroccan flavours	320g	(Serves 1)	R125
	640g	(Serves 2)	R240
	1,28kg	(Serves 4)	R450
SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1,3kg	(Serves 2)	R450
LAMB KNUCKLE BREDIE a classic South African dish	320g	(Serves 1)	R135
	640g	(Serves 2)	R270
	1,28kg	(Serves 4)	R520

BEEF



SPICY BEEF BOBOTIE our take on this South African dish	320g	(Serves 1)	R52
	640g	(Serves 2)	R93
	1,28kg	(Serves 4)	R170
FRAGRANT MALAY BOBOTIE a South African favourite	320g	(Serves 1)	R52
	640g	(Serves 2)	R93
	1,28kg	(Serves 4)	R170
PASTA-FREE LASAGNE with courgettes	400g	(Serves 1)	R97
	800g	(Serves 2)	R185
	1,6 kg	(Serves 4 - 6)	R345
BEEF LASAGNE with traditional Bolognese and white sauce	400g	(Serves 1)	R68
	800g	(Serves 2)	R135
	1,6kg	(Serves 4 - 6)	R245
	3,2kg	(Serves 8 - 10)	R475
SLOW-COOKED OXTAIL with butter beans and brandy	1.3kg	(Serves 2)	R376
BEEF BOURGUIGNON with red wine and bacon	640g	(Serves 2)	R239
	1,28kg	(Serves 4)	R450
TRADITIONAL COTTAGE PIE filled with vegetables	400g	(Serves 1)	R64
	800g	(Serves 2)	R122
	1,6kg	(Serves 4 - 6)	R230
FAMILY FAVOURITE BOLOGNESE filled with vegetables	450ml	(Serves 2 - 3)	R62
	900ml	(Serves 4 - 6)	R115
STEAK PIE with puff pastry	640g	(Serves 2 - 4)	R195
	1,28kg	(Serves 4 - 6)	R380
	2,4kg	(Serves 6 - 8)	R705
NEW BEEF MASSAMAN CURRY a fragrant dish with aubergine and lime	320g	(Serves 1)	R90
	640g	(Serves 2)	R175
	1,28kg	(Serves 4)	R335

FISH



TRADITIONAL FISH PIE with creamy mash and dill	400g	(Serves 1)	R95
	800g	(Serves 2)	R185
	1,6kg	(Serves 4 - 6)	R310
BRITISH FISH CAKES with creamy hake and potato	200g	(Serves 1)	R55
	600g	(Serves 3)	R150
SPICY THAI FISH CAKES with fresh ginger and lime	200g	(Serves 1)	R72
	800g	(Serves 4)	R270
NEW GLAZED NORWEGIAN SALMON with honey, ginger, soya and orange flavours	320g	(Serves 2)	R440

PORK



PORK SAUSAGES with brown onion gravy	320g	(Serves 1)	R70
	1,28kg	(Serves 4)	R260
QUICHE LORRAINE made with Gruyere and bacon	320g	(Serves 1-2)	R128
	1.2kg	(Serves 8 - 10)	R420

ADRIAN'S MUM'S MEATBALLS in a barbeque sauce	400g	(Serves 1)	R76
	800g	(Serves 2)	R150
	1,6kg	(Serves 4 - 6)	R290

VEGETARIAN



VEGETABLE & CHICKPEA CURRY with mixed masala spice and yoghurt	320g	(Serves 1)	R48
	640g	(Serves 2)	R85
	1,28kg	(Serves 4)	R154
VEGETARIAN BEAN CURRY with sweet potato and chilli	320g	(Serves 1)	R48
	640g	(Serves 2)	R85
	1,28kg	(Serves 4)	R154
BUTTERNUT SAGE AND LENTIL LASAGNE with a creamy sage sauce	400g	(Serves 1)	R95
	800g	(Serves 2)	R186
	1,6kg	(Serves 4 - 6)	R360
VEGETARIAN COTTAGE PIE with creamy butternut and sweet potato mash	400g	(Serves 1)	R48
	800g	(Serves 2)	R90
	1,6kg	(Serves 4 - 6)	R170
BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favorite, best served with sour cream and guacamole	320g	(Serves 1)	R78
	640g	(Serves 2)	R145
	1,28kg	(Serves 4 - 6)	R285
SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry	320g	(Serves 1 - 2)	R122
	1,2kg	(Serves 8 - 10)	R350
RATATOUILLE made with fresh aubergines, courgettes and red peppers	320g	(Serves 1 - 2)	R58
	640g	(Serves 2 - 4)	R110
VEGAN BOLOGNESE made with lentils, carrots and broccoli	450ml	(Serves 2 - 3)	R78
	900ml	(Serves 4 - 6)	R150
MELANZANE PARMIGIANA a new and improved recipe	410g	(Serves 1 - 2)	R110
	820g	(Serves 2 - 4)	R210
	1,64kg	(Serves 4 - 6)	R395
VEGAN CHILLI CON 'CARNE' a meat-free version of this Mexican dish	450ml	(Serves 2 - 3)	R115
	900ml	(Serves 4 - 6)	R225

PASTA



MAC AND CHEESE with ham and peas	400g	(Serves 1)	R64
	800g	(Serves 2)	R105
	1,5kg	(Serves 4 - 6)	R180
MAC AND CHEESE with truffle oil and thyme	800g	(Serves 2)	R112
	1,5kg	(Serves 4 - 6)	R199
MAC AND CHEESE with crispy bread crumb topping	400g	(Serves 1)	R52
	800g	(Serves 2)	R87
	1,5kg	(Serves 4 - 6)	R154
MAC AND CHEESE butternut and pancetta	800g	(Serves 2)	R99


SAUCES & SIDES



CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1) (Serves 2 - 4)	R31 R51
DAUPHINOIS POTATOES with a crispy parmesan topping	310g 620g 1,24kg	(Serves 1 - 2) (Serves 2 - 4) (Serves 6 - 8)	R48 R80 R143
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml 900ml	(Serves 4 - 8) (Serves 10 - 12)	R90 R159
PREGO SAUCE with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4 - 8) (Serves 10 - 12)	R54 R100
BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce	310g 620g	(Serves 1 - 2) (Serves 2 - 4)	R69 R133
CRUSTY PLAIN LOAF homemade artisanal sourdough	900g	(Serves 8 - 10)	R52
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1 - 2) (Serves 2 - 4)	R37 R69
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1 - 2) (Serves 2 - 4)	R21 R37
SPICED YELLOW RICE with turmeric	250g 500g	(Serves 1 - 2) (Serves 2 - 4)	R27 R48
PESTO CREAM SAUCE with fresh basil & cashew nuts	450ml 900ml	(Serves 4 - 8) (Serves 10 - 12)	R60 R100
QUINOA SALAD with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1) (Serves 2 - 4)	R80 R150
CREAMED SPINACH	310g 620g	(Serves 2 - 3) (Serves 4 - 6)	R39 R69
KAROO SHEEBA SAUCE	450ml	(Serves 4 - 8)	R64
CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R34 R65
BUTTERNUT FRITTERS with caramel sauce	590g	(Serves 4)	R72
SLOW COOKED LAMB GRAVY with rosemary	450ml	(Serves 4 - 8)	R64
RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans	310g 620g	(Serves 1 - 2) (Serves 2 - 4)	R48 R95
FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch	310g	(Serves 2-3)	R45

SOUP



MINTED PEA SOUP with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R42 R64
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R48 R83
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml 900ml	(Serves 1) (Serves 2)	R85 R154
ROASTED CARROT SOUP  with coconut cream, lime and sumac	450ml 900ml	(Serves 1) (Serves 2)	R42 R64
BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R32 R58
CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R53 R90
HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R64 R117
CHICKEN SOUP for the soul	450ml 900ml	(Serves 1) (Serves 2)	R58 R112

DESSERTS



CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10 - 12)	R154
CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g	(Serves 10 - 12)	R90
MERINGUE ROULADE with raspberry cream	450g	(Serves 10 - 12)	R196
TARTE AU CITRON made with fresh lemons	1kg	(Serves 10 - 12)	R154
WHITE CHOCOLATE CROISSANT BREAD & BUTTER PUDDING with whiskey	1kg	(Serves 10 - 12)	R220
APPLE CAKE in a caramel sauce	250g 1kg	(Serves 2 - 3) (Serves 10 - 12)	R45 R154
TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or berry coulis	1kg 200g	(Serves 10 - 12) (Serves 1 - 2)	R299 R70
OUR FAMOUS CHOCOLATE BROWNIES best served with our caramel sauce	350g	(4 portions)	R90
BERRY COULIS delicious on Traditional Cheesecake, ice cream or meringue roulade	200ml	(Serves 6)	R70
SALTED CARAMEL SAUCE Karen's kids favorite served hot on ice cream	200ml	(Serves 6)	R55
CARROT CAKE with cream cheese icing	800g	(Serves 8 - 10)	R130



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