

Chicken



CHICKEN A LA KING PIE with puff pastry	640g 1.28kg 2.4 kg	(Serves 2) (Serves 4) (Serves 6-8)	R148 R279 R517
HOT BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289
MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289
THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R149 R298
COQ AU VIN with mushrooms and crispy bacon	360g 720g 1,44kg	(Serves 1) (Serves 2) (Serves 4)	R88 R170 R325
CORONATION CHICKEN with toasted almonds and parsley	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R157 R293
CHICKEN ENCHILADAS a spicy Mexican favourite	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R156 R305
STICKY CHICKEN with a sweet and sticky glaze	3 Pieces 12 Pieces	(Serves 1) (Serves 4)	R85 R304
CHICKEN BAKE with an artichoke and spinach gratin	310g 620g 1.24kg	(Serves 1) (Serves 2) (Serves 4)	R80 R159 R299
CHICKEN GALANTINE filled with chicken, pecan nuts and spinach	1.3kg	(Serves 6-8)	R376
CHICKEN LASAGNE with spinach, hints of rosemary and mozzarella	400g 800g 1,6kg 3.2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R68 R130 R244 R475
KAREN'S ASIAN CHICKEN marinated in soya sauce and ginger	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R82 R160 R303
GRANDPA'S CHICKEN STEW healthy and wholesome	420g 840g 1.68kg	(Serves 1) (Serves 2) (Serves 4)	R80 R154 R289

Beef



BALSAMIC FILLET MEDALLION - NEW with a light mustard sauce	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R115 R230 R450
BEEF LASAGNE with traditional bolognese and white sauce	400g 800g 1,6kg 3,2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R76 R147 R270 R504
PASTA-FREE LASAGNE with courgettes	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R107 R199 R366
SPICY BEEF BOBOTIE our take on this South African dish	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189
FRAGRANT MALAY BOBOTIE a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189
SLOW COOKED OXTAIL with butter beans and brandy	1,3kg	(Serves 2)	R395
BEEF BOURGUIGNON with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R246 R465
TRADITIONAL COTTAGE PIE filled with vegetables	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R70 R132 R248
FAMILY FAVOURITE BOLOGNESE filled with vegetables	450g 900g	(Serves 2-3) (Serves 4-6)	R66 R122
STEAK PIE with short rib and puff pastry	640g 1.28kg 2.4kg	(Serves 2-4) (Serves 4-6) (Serves 6-8)	R207 R403 R747
BEEF STROGANOFF with crème fraiche and herbs	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R92 R180 R340

Lamb



DURBAN LAMB CURRY - NEW with fresh coriander	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R159 R310 R610
LAMB TAGINE with spicy Moroccan flavours	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R144 R284 R558
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	640g 1,28kg 2,4kg	(Serves 2) (Serves 4) (Serves 6-8)	R263 R518 R962
LAMB CURRY with fresh coriander	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R177 R338 R667
SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1.3kg	(Serves 2)	R492
LAMB KNUCKLE BREDIE a classic South African dish	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R143 R286 R551

Fish



MAURITIAN PRAWN AND CHICKEN CURRY - NEW with tumeric, cocnut and lemon	470g 940g 1.88kg	(Serves 1) (Serves 2) (Serves 4)	R172 R340 R650
TRADITIONAL FISH PIE with creamy mash and dill	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R191 R320
BRITISH FISH CAKES with creamy hake and potato	2 Fish Cakes 6 Fish Cakes	(Serves 1) (Serves 3)	R61 R165
SPICY THAI FISH CAKES with fresh ginger and lime	2 Fish Cakes 8 Fish Cakes	(Serves 1) (Serves 4)	R77 R289
GLAZED NORWEGIAN SALMON with honey, ginger, soya and orange flavours	320g	(Serves 2)	R440

Pork



CREAMY BACON LINGUINE - NEW with pecorino, cheese and basil	400g 800g	(Serves 1) (Serves 2)	R89 R172
ADRIAN'S MUM'S MEATBALLS in a barbeque sauce	4 Meatballs 8 Meatballs 16 Meatballs	(Serves 1) (Serves 2) (Serves 4)	R80 R158 R305
PORK SAUSAGES with brown onion gravy	3 Sausages 12 Sausages	(Serves 1) (Serves 4)	R72 R268
QUICHE LORRAINE made with Gruyère and bacon	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R125 R365
MAC AND CHEESE with ham and peas	400g 800g 1,5kg	(Serves 1) (Serves 2) (Serves 4-6)	R69 R113 R194
MAC AND CHEESE with butternut and crispy pancetta	800g	(Serves 2)	R116
TUSCAN SAUSAGE PASTA with pork sausage, fresh herbs and pasta	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4)	R84 R162 R310

Vegetarian



SPINACH & RICOTTA CANNELLONI - NEW with mozzarella	400g 800g 1,6kg	(Serves 1) (Serves 2) (Serves 4)	R85 R166 R320
VEGETABLE AND CHICKPEA CURRY with mixed masala spice and yoghurt	320g 640g 1,28kg	(Serves 1) (Serves 2) (Serves 4)	R51 R90 R163
VEGETARIAN BEAN CURRY with sweet potato and chilli	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R51 R90 R163
BUTTERNUT SAGE AND LENTIL LASAGNE with a creamy sage sauce	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R192 R371
VEGETARIAN COTTAGE PIE topped with creamy butternut and sweet potato mash	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R51 R95 R180
BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R149 R294

Vegetarian



RATATOUILLE made with fresh aubergines, courgettes and red peppers	320g 640g	(Serves 1-2) (Serves 2-4)	R58 R110
SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R110 R358
VEGAN BOLOGNESE made with lentils, carrots and broccoli	450g 900g	(Serves 2-3) (Serves 4-6)	R80 R155
MELANZANE PARMIGIANA the best Melanzane in town	410g 820g 1.64kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R110 R210 R395
VEGAN CHILLI CON 'CARNE' a meat-free version of this Mexican dish	450g 900g	(Serves 2-3) (Serves 4-6)	R115 R225
MAC AND CHEESE with a crispy bread crumb topping	400g 800g 1,5kg	(Serves 1) (Serves 2) (Serves 4-6)	R56 R94 R166
MAC AND CHEESE with truffle oil and thyme	800g 1,5kg	(Serves 2) (Serves 4-6)	R112 R199

Soup



MINTED PEA SOUP with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R45 R83
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R51 R89
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml 900ml	(Serves 1) (Serves 2)	R94 R169
ROASTED CARROT SOUP with coconut cream, lime and sumac	450ml 900ml	(Serves 1) (Serves 2)	R45 R69
BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R35 R64
CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R56 R95
HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R66 R121
CHICKEN SOUP for the soul	450g 900g	(Serves 1) (Serves 2)	R60 R115

Sauces & Sides



CHICKEN GRAVY - NEW made the traditional way	450ml 620g 1,24kg	(Serves 4-8) (Serves 2-4) (Serves 6-8)	R54 R89 R164
DAUPHINOIS POTATOES with a crispy parmesan topping	310g 620g 1,24kg	(Serves 1-2) (Serves 2-4) (Serves 6-8)	R52 R89 R164
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1-2) (Serves 2-4)	R40 R75
BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R71 R137
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1-2) (Serves 2-4)	R23 R39
SPICED YELLOW RICE with turmeric	250g 500g	(Serves 1-2) (Serves 2-4)	R29 R52
QUINOA SALAD with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1-2) (Serves 2-4)	R82 R155
SLOW COOKED LAMB GRAVY with rosemary	450ml	(Serves 4-8)	R64
CREAMED SPINACH	310g 620g	(Serves 2-3) (Serves 4-6)	R42 R75
KAROO SHEEBA SAUCE	450ml	(Serves 4-8)	R64
CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R43 R81
BUTTERNUT FRITTERS with caramel sauce	12 Fritters	(Serves 4)	R74
RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R68 R131
FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch	310g	(Serves 2-3)	R49
CHERRY TOMATO PASTA SAUCE with fresh tomatoes and basil	450g 900g	(Serves 2-3) (Serves 4-6)	R102 R195

Sauces & Sides



PREGO SAUCE with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4-8) (Serves 10-12)	R65 R120
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml 900ml	(Serves 4-8) (Serves 10-12)	R95 R169
PESTO CREAM SAUCE with fresh basil and cashew nuts	450ml 900ml	(Serves 4-8) (Serves 10-12)	R64 R106
CRUSTY PLAIN LOAF homemade artisanal sourdough	900g	(Serves 8-10)	R55
CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1) (Serves 2-4)	R40 R73

Desserts



DATE SQUARES - NEW with crunchy biscuit and coconut	280g	(16 portions)	R70
CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10-12)	R159
TARTE AU CITRON made with fresh lemons	230g 1kg	(Serves 1-2) (Serves 10-12)	R59 R160
MERINGUE ROULADE with raspberry cream	450g	(Serves 10-12)	R196
CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g	(Serves 10-12)	R93
WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey	250g 1kg	(Serves 1-2) (Serves 10-12)	R68 R185
APPLE CAKE in a caramel sauce	250g 1kg	(Serves 2-3) (Serves 10-12)	R49 R163

Desserts



TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or Berry Coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R74 R317
OUR FAMOUS CHOCOLATE BROWNIES best served with our salted caramel sauce	350g	(4 Portions)	R90
BERRY COULIS delicious on Traditional Cheesecake, ice cream or Meringue Roulade	200ml	(Serves 6)	R74
SALTED CARAMEL SAUCE Karen's kid's favourite served hot on ice cream	200ml	(Serves 6)	R57
CARROT CAKE with cream cheese icing	800g	(Serves 10-12)	R130
TIRAMISU Italian dessert	215g 430g	(Serves 1-2) (Serves 2-4)	R65 R125

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