

Chicken

MILD THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R92 R169 R334	CORONATION CHICKEN with toasted almonds and parsley	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R94 R172 R321
CHICKEN ALFREDO with mushrooms and parsley	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4)	R107 R206 R396	CHICKEN ENCHILADAS a spicy Mexican favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R96 R176 R349
CHINESE CHICKEN CHOW MEIN with stir-fried egg noodles and vegetables	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R91 R172 R325	STICKY CHICKEN with a sweet and sticky glaze	3 Pieces 12 Pieces	(Serves 1) (Serves 4)	R102 R352
CHICKEN A LA KING PIE with puff pastry	340g 640g 1.28kg 2.4 kg	(Serves 1) (Serves 2) (Serves 4) (Serves 6-8)	R104 R183 R341 R640	CHICKEN BAKE with an artichoke and spinach gratin	310g 620g 1.24kg	(Serves 1) (Serves 2) (Serves 4)	R98 R195 R374
BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R96 R180 R350	CHICKEN LASAGNE with spinach, hints of rosemary and mozzarella	430g 860g 1.72kg 3.44kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R98 R184 R343 R660
MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R96 R180 R350 R92	KAREN'S ASIAN CHICKEN marinated in soya sauce and ginger	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R93 R179 R350
THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R169 R334	GRANDPA'S CHICKEN STEW healthy and wholesome	420g 840g 1.68kg	(Serves 1) (Serves 2) (Serves 4)	R86 R164 R305
COQ AU VIN with mushrooms and crispy bacon	360g 720g	(Serves 1) (Serves 2)	R105 R203				

Lamb

DURBAN LAMB CURRY with fresh coriander	320g 640g	(Serves 1) (Serves 2)	R159 R310
LAMB TAGINE with spicy Moroccan flavours	320g 640g	(Serves 1) (Serves 2)	R176 R348
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	340g 640g	(Serves 1) (Serves 2)	R168 R321

LAMB CURRY with fresh coriander	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R208 R393 R776
SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1.3kg	(Serves 2)	R551
LAMB KNUCKLE BREDIE a classic South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R159 R315 R599

Beef

BALSAMIC FILLET MEDALLION with a light mustard sauce	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R142 R265 R532
BEEF LASAGNE with traditional Bolognese and white sauce	400g 800g 1.6kg 3.2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R96 R186 R336 R635
PASTA-FREE LASAGNE with courgettes	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R119 R225 R425
SPICY BEEF BOBOTIE our take on this South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R81 R145 R261
FRAGRANT MALAY BOBOTIE a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R81 R145 R261

SLOW COOKED OXTAIL with butter beans and brandy	1.3kg	(Serves 2)	R432
BEEF BOURGUIGNON with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R276 R521
TRADITIONAL COTTAGE PIE filled with vegetables	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R96 R174 R329
FAMILY FAVOURITE BOLOGNESE filled with vegetables	450g 900g	(Serves 2-3) (Serves 4-6)	R92 R174
STEAK PIE with short rib and puff pastry	340g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R128 R245 R475
BEEF STROGANOFF with crème fraîche	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R109 R212 R398

Pork

SLOW COOKED PORK BELLY 410g (Serves 2) R185
with Asian flavours and crispy crackling

CREAMY BACON LINGUINE 400g (Serves 1) R95
with pecorino cheese and basil 800g (Serves 2) R183

ADRIAN'S MUM'S MEATBALLS 4 Meatballs (Serves 1) R99
in a barbeque sauce 8 Meatballs (Serves 2) R194
16 Meatballs (Serves 4) R362

QUICHE LORRAINE 320g (Serves 1 -2) R136
made with Gruyère and bacon 1.2kg (Serves 8-10) R420

MAC AND CHEESE 400g (Serves 1) R70
with ham and peas 800g (Serves 2) R116
1.5 kg (Serves 4-6) R199

MAC AND CHEESE 800g (Serves 2) R130
with butternut and crispy pancetta

TUSCAN SAUSAGE PASTA 400g (Serves 1) R98
with pork sausage, fresh herbs and pasta 800g (Serves 2) R189
1.6 kg (Serves 4) R364

Fish

MAURITIAN PRAWN AND CHICKEN CURRY 470g (Serves 1) R175
940g (Serves 2) R345
with turmeric, coconut and lemon 1.88kg (Serves 4) R680

TRADITIONAL FISH PIE 400g (Serves 1) R102
with creamy mash and dill 800g (Serves 2) R199
1.6kg (Serves 4-6) R342

BRITISH FISH CAKES 2 Fish Cakes (Serves 1) R70
with creamy hake and potato 6 Fish Cakes (Serves 3) R189

SPICY THAI FISH CAKES 2 Fish Cakes (Serves 1) R86
with fresh ginger and lime 8 Fish Cakes (Serves 4) R324

GLAZED NORWEGIAN SALMON 320g (Serves 2) R440
with honey, ginger, soya and orange flavours

ANCHOVY FISH PASTE Pack of 3 R195

VEGETABLE BIRYANI	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4)	R82 R156 R298
SPINACH & RICOTTA CANNELLONI with mozzarella	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4)	R96 R186 R358
VEGETABLE AND CHICKPEA CURRY with mixed masala spice and yoghurt	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R59 R102 R195
VEGETARIAN BEAN CURRY with sweet potato and chilli	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R60 R105 R194
BUTTERNUT SAGE AND LENTIL LASAGNE with a creamy sage sauce	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4–6)	R105 R208 R395
VEGETARIAN COTTAGE PIE topped with creamy butternut and sweet potato mash	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4–6)	R53 R100 R189
BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R92 R170 R335

RATATOUILLE made with fresh aubergines, courgettes and red peppers	320g 640g	(Serves 1–2) (Serves 2–4)	R69 R130
SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry	320g 1.2kg	(Serves 1–2) (Serves 8–10)	R128 R439
VEGAN BOLOGNESE made with lentils, carrots and broccoli	450g 900g	(Serves 2–3) (Serves 4–6)	R80 R155
MELANZANE PARMIGIANA with tomato, aubergine, mozzarella and basil	410g 820g 1.64kg	(Serves 1) (Serves 2) (Serves 4)	R118 R225 R420
VEGAN CHILLI CON ‘CARNE’ meat-less version of this Mexican dish	450g	(Serves 2–3)	R115
MAC AND CHEESE with a crispy bread crumb topping	400g 800g 1.5kg	(Serves 1) (Serves 2) (Serves 4–6)	R56 R96 R170
MAC AND CHEESE with truffle oil and thyme	800g	(Serves 2)	R112

Soups

MINISTRONE SOUP without the pasta	450ml 900ml	(Serves 1) (Serves 2)	R54 R99
CREAMY MUSSEL SOUP with white wine and garlic	450g 900g	(Serves 1) (Serves 2)	R115 R205

MINTED PEA SOUP with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R48 R88
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R57 R102
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml	(Serves 1)	R99

ROASTED CARROT SOUP with coconut cream, lime and sumac	450ml	(Serves 1)	R48
BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R39 R74
CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R60 R106

HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R86 R160
CHICKEN SOUP for the soul	450ml 900ml	(Serves 1) (Serves 2)	R72 R138

Desserts

VEGAN & GLUTEN FREE BROWNIES with chocolate and pecan nuts	280g	(8 pieces)	R108
DATE SQUARES with crunchy biscuit and coconut	280g	(16 pieces)	R83
CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10–12)	R198
TARTE AU CITRON made with fresh lemons	230g 800g	(Serves 1–2) (Serves 10–12)	R67 R198
MERINGUE ROULADE with raspberry cream	450g	(Serves 10–12)	R245
CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g	(Serves 10–12)	R104
WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey	250g 1kg	(Serves 1–2) (Serves 10–12)	R90 R224

APPLE CAKE in a caramel sauce	250g 1kg	(Serves 2–3) (Serves 10–12)	R62 R221
TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or our Berry Coulis	220g 1kg	(Serves 1–2) (Serves 10–12)	R103 R435
OUR FAMOUS CHOCOLATE BROWNIES best served with our Salted Caramel Sauce	350g	(8 pieces)	R107
BERRY COULIS delicious on our Traditional Baked Cheesecake, ice-cream or roulade	200g	(Serves 6)	R74
SALTED CARAMEL SAUCE Karen's kid's favourite served hot on ice cream	200g	(Serves 6)	R59
CARROT CAKE with cream cheese icing	800g	(Serves 10–12)	R158
TIRAMISU with mascarpone, brandy and coffee	215g 430g	(Serves 1–2) (Serves 2–3)	R78 R147

Sauces & Sides

APPLE AND SAGE SAUSAGE ROLLS made with pork sausage	340g (9 sausage rolls)		R94
CHARLIE'S CRISPY CHICKEN WINGS served with a sticky Vietnamese sauce	650g 16 Pieces)		R278
MASHED PUMPKIN	310g 620g	(Serves 1-2) (Serves 2-4)	R35 R66
CAULIFLOWER AND BROCCOLI in a cheese sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R66 R129
SLOW COOKED LAMB GRAVY made with rosemary	450ml	(Serves 4-8)	R64
DAUPHINOISE POTATOES with a crispy parmesan topping	310g 620g 1.24kg	(Serves 1-2) (Serves 2-4) (Serves 6-8)	R59 R107 R199
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1-2) (Serves 2-4)	R46 R87
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1-2) (Serves 2-4)	R28 R50
SPICED YELLOW RICE with turmeric	250g 500g	(Serves 1-2) (Serves 2-4)	R31 R54
QUINOA SALAD with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1-2) (Serves 2-4)	R89 R168
CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1-2) (Serves 2-4)	R48 R89
CREAMED SPINACH	310g 620g	(Serves 2-3) (Serves 4-6)	R50 R89

CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R49 R96
BUTTERNUT FRITTERS with caramel sauce	12 Fritters	(Serves 4)	R89
RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R70 R135
FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch	310g	(Serves 2-3)	R53
CHERRY TOMATO PASTA SAUCE with fresh tomatoes and basil	450g	(Serves 2-3)	R102
PREGO SAUCE with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4-8) (Serves 10-12)	R77 R145
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml	(Serves 4-8)	R109
PESTO CREAM SAUCE with fresh basil and cashew nuts	450ml	(Serves 4-8)	R75
SLICED CRUSTY SOURDOUGH BREAD homemade artisanal sourdough	900g	(Serves 8-10)	R75
ROTI	6 pieces	(Serves 4-6)	R79
CHEESE AND ONION MARMALADE BARRELS	250g (12 barrels)		R109
BOBOTIE SPRINGROLLS best served with chutney	228g (8 springrolls)		R98

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