

MILD THAI GREEN CHICKEN CURRY
with coconut milk and green beans
320g (Serves 1) R100
640g (Serves 2) R185
1.28kg (Serves 4) R355

CHICKEN ALFREDO
with mushrooms and parsley
400g (Serves 1) R110
800g (Serves 2) R210
1.6kg (Serves 4) R395

CHINESE CHICKEN CHOW MEIN
with stir-fried egg noodles and vegetables
320g (Serves 1) R95
640g (Serves 2) R175
1.28kg (Serves 4) R330

CHICKEN A LA KING PIE
with puff pastry
340g (Serves 1) R110
640g (Serves 2) R195
1.28kg (Serves 4) R360
2.4 kg (Serves 6–8) R670

BUTTER CHICKEN CURRY
with coconut milk and aromatic spices
320g (Serves 1) R100
640g (Serves 2) R180
1.28kg (Serves 4) R350

MILD BUTTER CHICKEN CURRY
with coconut milk and aromatic spices
320g (Serves 1) R100
640g (Serves 2) R180
1.28kg (Serves 4) R350

THAI GREEN CHICKEN CURRY
with coconut milk and green beans
320g (Serves 1) R100
640g (Serves 2) R185
1.28kg (Serves 4) R355

COQ AU VIN
with mushrooms and crispy bacon
360g (Serves 1) R105
720g (Serves 2) R205

CORONATION CHICKEN
with toasted almonds and parsley
320g (Serves 1) R100
640g (Serves 2) R180
1.28kg (Serves 4) R335

CHICKEN ENCHILADAS
a spicy Mexican favourite
320g (Serves 1) R100
640g (Serves 2) R190
1.28kg (Serves 4) R365

STICKY CHICKEN
with a sweet and sticky glaze
3 Pieces (Serves 1) R105
12 Pieces (Serves 4) R375

CHICKEN BAKE
with an artichoke and spinach gratin
310g (Serves 1) R105
620g (Serves 2) R205
1.24kg (Serves 4) R395

CHICKEN LASAGNE
with spinach, hints of rosemary and mozzarella
430g (Serves 1) R105
860g (Serves 2) R195
1.72kg (Serves 4–6) R360
3.44kg (Serves 8–10) R690

KAREN'S ASIAN CHICKEN
marinated in soya sauce and ginger
180g (Serves 1) R95
360g (Serves 2) R185
720g (Serves 4) R350

GRANDPA'S CHICKEN STEW
healthy and wholesome
420g (Serves 1) R90
840g (Serves 2) R170
1.68kg (Serves 4) R320

Lamb

DURBAN LAMB CURRY with fresh coriander	320g 640g	(Serves 1) (Serves 2)	R165 R325
LAMB TAGINE with spicy Moroccan flavours	320g 640g	(Serves 1) (Serves 2)	R185 R360
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	340g 640g	(Serves 1) (Serves 2)	R175 R335

LAMB CURRY with fresh coriander	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R210 R415 R815
SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1.3kg	(Serves 2)	R580
LAMB KNUCKLE BREDIE a classic South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R175 R345 R665

Beef

BALSAMIC FILLET MEDALLION with a light mustard sauce	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R145 R265 R535
BEEF LASAGNE with traditional Bolognese and white sauce	400g 800g 1.6kg 3.2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R100 R195 R355 R665
PASTA-FREE LASAGNE with courgettes	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R120 R225 R425
SPICY BEEF BOTOTIE our take on this South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R145 R265
FRAGRANT MALAY BOTOTIE a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R145 R265

SLOW COOKED OXTAIL with butter beans and brandy	1.3kg	(Serves 2)	R485
BEEF BOURGUIGNON with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R310 R580
TRADITIONAL COTTAGE PIE filled with vegetables	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R95 R180 R330
FAMILY FAVOURITE BOLOGNESE filled with vegetables	450g 900g	(Serves 2-3) (Serves 4-6)	R100 R185
STEAK PIE with short rib and puff pastry	340g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R140 R275 R525
BEEF STROGANOFF with Crème fraîche	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R125 R245 R475

SLOW COOKED PORK BELLY 410g (Serves 2) R195
with Asian flavours and crispy crackling

CREAMY BACON LINGUINE 400g (Serves 1) R100
with pecorino cheese and basil 800g (Serves 2) R195

ADRIAN'S MUM'S MEATBALLS 4 Meatballs (Serves 1) R100
in a barbeque sauce 8 Meatballs (Serves 2) R195
16 Meatballs (Serves 4) R365

PORK SAUSAGES 3 Sausages (Serves 1) R85
with brown onion gravy

QUICHE LORRAINE 320g (Serves 1 – 2) R140
made with Gruyère and bacon 1.2kg (Serves 8 – 10) R440

MAC AND CHEESE 400g (Serves 1) R75
with ham and peas 800g (Serves 2) R125
1.5kg (Serves 4 – 6) R215

MAC AND CHEESE 800g (Serves 2) R135
with butternut and crispy pancetta

TUSCAN SAUSAGE PASTA 400g (Serves 1) R105
with pork sausage, fresh herbs and pasta 800g (Serves 2) R205
1.6kg (Serves 4) R395

MAURITIAN PRAWN AND CHICKEN CURRY 470g (Serves 1) R185
940g (Serves 2) R365
with turmeric, coconut and lemon 1.88kg (Serves 4) R720

TRADITIONAL FISH PIE 400g (Serves 1) R120
with creamy mash and dill 800g (Serves 2) R235
1.6kg (Serves 4 – 6) R410

BRITISH FISH CAKES 2 Fish Cakes (Serves 1) R80
with creamy hake and potato 6 Fish Cakes (Serves 3) R210

SPICY THAI FISH CAKES 2 Fish Cakes (Serves 1) R100
with fresh ginger and lime 8 Fish Cakes (Serves 4) R370

GLAZED NORWEGIAN SALMON 320g (Serves 2) R480
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)	R85 R160 R300
SPINACH & RICOTTA CANNELLONI with mozzarella	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4)	R100 R190 R360
VEGETABLE AND CHICKPEA CURRY with mixed masala spice and yoghurt	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R60 R105 R195
VEGETARIAN BEAN CURRY with sweet potato and chilli	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R75 R130 R235
BUTTERNUT SAGE AND LENTIL LASAGNE with a creamy sage sauce	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R115 R220 R420
VEGETARIAN COTTAGE PIE topped with creamy butternut and sweet potato mash	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R60 R110 R200
BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R105 R205 R395

RATATOUILLE made with fresh aubergines, courgettes and red peppers	320g 640g	(Serves 1-2) (Serves 2-4)	R70 R130
SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R145 R495
VEGAN BOLOGNESE made with lentils, carrots and broccoli	450g 900g	(Serves 2-3) (Serves 4-6)	R85 R165
MELANZANE PARMIGIANA with tomato, aubergine, mozzarella and basil	410g 820g 1.64kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R140 R270 R500
VEGAN CHILLI CON 'CARNE' meat-less version of this Mexican dish	450g	(Serves 2-3)	R120
MAC AND CHEESE with a crispy bread crumb topping	400g 800g 1.5kg	(Serves 1) (Serves 2) (Serves 4-6)	R60 R100 R180
MAC AND CHEESE with truffle oil and thyme	800g	(Serves 2)	R115

MINISTRONE SOUP without the pasta	450ml 900ml	(Serves 1) (Serves 2)	R55 R100
COUNTRY VEGETABLE SOUP	450ml 900ml	(Serves 1) (Serves 2)	R55 R105
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)	R60 R110
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R65 R120
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml	(Serves 1)	R135

ROASTED CARROT SOUP with coconut cream, lime and sumac	450ml	(Serves 1)	R50
BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R45 R80
CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R70 R120

HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R90 R160
CHICKEN SOUP for the soul	450ml 900ml	(Serves 1) (Serves 2)	R80 R150

Desserts

VEGAN & GLUTEN FREE BROWNIES with chocolate and pecan nuts	280g	(8 pieces)	R110
DATE SQUARES with crunchy biscuit and coconut	280g	(16 pieces)	R85
CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10–12)	R200
TARTE AU CITRON made with fresh lemons	230g 800g	(Serves 1–2) (Serves 10–12)	R70 R210
MERINGUE ROULADE with raspberry cream	450g	(Serves 10–12)	R260
CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g	(Serves 10–12)	R110
WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey	250g 1kg	(Serves 1–2) (Serves 10–12)	R90 R230

APPLE CAKE in a caramel sauce	250g 1kg	(Serves 2–3) (Serves 10–12)	R70 R235
TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or Berry Coulis	220g 1kg	(Serves 1–2) (Serves 10–12)	R105 R440
OUR FAMOUS CHOCOLATE BROWNIES best served with our Salted Caramel Sauce	350g	(8 pieces)	R110
BERRY COULIS delicious on Traditional Baked Cheesecake, ice-cream or roulade	200g	(Serves 6)	R75
SALTED CARAMEL SAUCE Karen's kid's favourite served hot on ice cream	200g	(Serves 6)	R70
CARROT CAKE with cream cheese icing	800g	(Serves 10–12)	R175
TIRAMISU with mascarpone, brandy and coffee	215g 430g	(Serves 1–2) (Serves 2–3)	R80 R150

APPLE AND SAGE SAUSAGE ROLLS made with pork sausage	340g (9 sausage rolls)		R105
CHARLIE'S CRISPY CHICKEN WINGS served with a sticky Vietnamese sauce	650g 16 Pieces)		R295
MASHED PUMPKIN	310g 620g	(Serves 2 – 3) (Serves 2 – 4)	R35 R65
EGG FRIED RICE	250g 500g	(Serves 1 – 2) (Serves 2 – 4)	R55 R105
CAULIFLOWER AND BROCCOLI in a cheese sauce	310g 620g	(Serves 1 – 2) (Serves 2 – 4)	R70 R135
CHICKEN GRAVY made the traditional way	450ml	(Serves 4 – 8)	R60
SLOW COOKED LAMB GRAVY made with rosemary	450ml	(Serves 4 – 8)	R65
DAUPHINOIS POTATOES with a crispy parmesan topping	310g 620g 1.24kg	(Serves 1 – 2) (Serves 2 – 4) (Serves 6 – 8)	R65 R115 R210
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1 – 2) (Serves 2 – 4)	R50 R95
BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce	310g	(Serves 1 – 2)	R85
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1 – 2) (Serves 2 – 4)	R30 R50
SPICED YELLOW RICE with turmeric	250g 500g	(Serves 1 – 2) (Serves 2 – 4)	R35 R60
QUINOA SALAD with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1 – 2) (Serves 2 – 4)	R90 R170
CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1 – 2) (Serves 2 – 4)	R50 R95
CREAMED SPINACH	310g 620g	(Serves 2 – 3) (Serves 4 – 6)	R50 R90

CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R55 R100
BUTTERNUT FRITTERS with caramel sauce	12 Fritters	(Serves 4)	R90
RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans	310g 620g	(Serves 1 – 2) (Serves 2 – 4)	R75 R150
FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch	310g	(Serves 2 – 3)	R55
CHERRY TOMATO PASTA SAUCE with fresh tomatoes and basil	450g	(Serves 2 – 3)	R115
PREGO SAUCE with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4 – 8) (Serves 10 – 12)	R85 R160
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml	(Serves 4 – 8)	R145
PESTO CREAM SAUCE with fresh basil and cashew nuts	450ml	(Serves 4 – 8)	R80
CRUSTY PLAIN LOAF homemade artisanal sourdough	900g	(Serves 8 – 10)	R75
ROTI	6 pieces	(Serves 2 – 4)	R85
CHEESE AND ONION MARMALADE BARRELS	250g (12 barrels)		R135
BOBOTIE SPRINGROLLS best served with chutney	228g (8 springrolls)		R110

ORDER ONLINE FOR SAME-DAY DELIVERY

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FREE delivery applies to all orders over R2000.

Minimum order of R600 to qualify for delivery, a R85 delivery fee does apply.

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