



Beef

BALSAMIC FILLET MEDALLION

With a light mustard sauce.

180g	(Serves 1)	R145
360g	(Serves 2)	R265

FRAGRANT MALAY BOBOTIE

Packed with minced beef with a golden egg topping.

320g	(Serves 1)	R85
640g	(Serves 2)	R145
1.28kg	(Serves 4)	R265

BEEF BOURGUIGNON

Red wine, beef fillet, pearl onions and crispy bacon lardons.

640g	(Serves 2)	R310
1.28kg	(Serves 4)	R580

PASTA-FREE LASAGNE

Blend of hearty ground beef with vibrant marinara ingredients.

400g	(Serves 1)	R120
800g	(Serves 2)	R225

BEEF LASAGNE

Beef Bolognese with Italian herbs and Italian tomato.

400g	(Serves 1)	R100
800g	(Serves 2)	R195
1.6kg	(Serves 4-6)	R355
3.2kg	(Serves 8-10)	R665

SLOW COOKED OXTAIL

With brandy, beef stock, onions and carrots.

1.3kg	(Serves 2)	R485
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BEEF STROGANOFF

In an indulgent crème fraîche, mushroom, onion and soya sauce.

320g	(Serves 1)	R125
640g	(Serves 2)	R245
1.28kg	(Serves 4)	R475

SPICY BEEF BOBOTIE

Filled with comforting rich spicy African flavours .

320g	(Serves 1)	R85
640g	(Serves 2)	R145
1.28kg	(Serves 4)	R265

BOBOTIE SPRING ROLLS

Our famous bobotie wrapped in layers of spring roll pastry.

228g	(8 Spring Rolls)	R110
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STEAK PIE

With a golden brown flaky pastry and rich beef filling.

340g	(Serves 1)	R140
640g	(Serves 2-4)	R275
1.28kg	(Serves 4-6)	R525

FAMILY FAVOURITE BOLOGNESE

A family favourite meat-based Italian sauce.

450ml	(Serves 2-3)	R100
900ml	(Serves 4-6)	R185

TRADITIONAL COTTAGE PIE

Minced beef and vegetables topped with creamy mashed potatoes.

400g	(Serves 1)	R95
800g	(Serves 2)	R180
1.6kg	(Serves 4-6)	R330



Chicken

BUTTER CHICKEN CURRY

In a fragrant rich tomato and coconut-based creamy curry sauce.

320g	(Serves 1)	R100
640g	(Serves 2)	R180
1.28kg	(Serves 4)	R350

CHARLIE'S CRISPY CHICKEN WINGS

A decadent sticky and ultra crispy fried chicken treat.

650g	(16 Pieces)	R295
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CHICKEN A LA KING PIE

Generously packed with creamy chicken and vegetables.

340g	(Serves 1)	R110
640g	(Serves 2)	R195
1.28kg	(Serves 4)	R360
2.40kg	(Serves 6-8)	R670

CHICKEN ALFREDO

Italian pasta drenched in a rich parmesan sauce.

400g	(Serves 1)	R110
800g	(Serves 2)	R210
1.6kg	(Serves 4-6)	R395

CHICKEN BAKE

A healthy spinach and artichoke chicken casserole.

310g	(Serves 1)	R105
620g	(Serves 2)	R205
1.24kg	(Serves 4)	R395

CHICKEN ENCHILADAS

An authentic Tex-mex dish, smothered with gooey cheese.

320g	(Serves 1)	R100
640g	(Serves 2)	R190
1.28kg	(Serves 4)	R365

CHICKEN LASAGNE

Tender shredded chicken accompanied by leeks, spinach and rosemary.

430g	(Serves 1)	R105
860g	(Serves 2)	R195
1.72kg	(Serves 4-6)	R360
3.44kg	(Serves 8-10)	R690

CHINESE CHICKEN CHOW MEIN

Chinese style noodles with chicken and julienne vegetables.

320g	(Serves 1)	R95
640g	(Serves 2)	R175
1.28kg	(Serves 4)	R330

COQ AU VIN

Braised slowly in red wine and yields a supremely rich sauce.

360g	(Serves 1)	R105
720g	(Serves 2)	R205

CORONATION CHICKEN

Coated in a delicately flavoured creamy curry mayonnaise dressing.

320g	(Serves 1)	R100
640g	(Serves 2)	R180
1.28kg	(Serves 4)	R335

GRANDPA'S CHICKEN STEW

A cosy, skinless chicken thigh stew packed full of vegetables.

420g	(Serves 1)	R90
840g	(Serves 2)	R170
1.68kg	(Serves 4)	R320

KAREN'S ASIAN CHICKEN

Infused with garlic ginger and soya.

180g	(Serves 1)	R95
360g	(Serves 2)	R185
720g	(Serves 4)	R350

MILD BUTTER CHICKEN CURRY

A milder version of a traditional butter chicken curry.

320g	(Serves 1)	R100
640g	(Serves 2)	R180
1.28kg	(Serves 4)	R350

MILD THAI GREEN CHICKEN CURRY

Infused with lemongrass, lime and a touch of spice.

320g	(Serves 1)	R100
640g	(Serves 2)	R185
1.28kg	(Serves 4)	R355

STICKY CHICKEN

With a sweet and sticky glaze.

3 Pieces	(Serves 1)	R105
12 Pieces	(Serves 4)	R375

THAI GREEN CHICKEN CURRY

Robustly flavoured with ginger, garlic and coconut milk.

320g	(Serves 1)	R100
640g	(Serves 2)	R185
1.28kg	(Serves 4)	R355

frozen for you

Fish

ANCHOVY FISH PASTE

Salty, satisfying and super tasty.

(Pack of 3) R195

MAURITIAN PRAWN AND CHICKEN CURRY

With turmeric, cinnamon, ginger and a hint of chilli.

470g (Serves 1) R185
940g (Serves 2) R365
1.88kg (Serves 4) R720

BRITISH FISH CAKES

Rolled in Japanese-style golden panko crumbs.

200g (2 Fish Cakes) R80
600g (6 Fish Cakes) R210

SPICY THAI FISH CAKES

Flavoursome springy, bouncy and coated in a sweet chilli sauce.

200g (2 Fish Cakes) R100

GLAZED NORWEGIAN SALMON

Crammed with aromatic flavours.

320g (Serves 2) R480

TRADITIONAL FISH PIE

Smothered in a creamy white sauce topped with fluffy potatoes.

400g (Serves 1) R120
800g (Serves 2) R235

frozen for you

Lamb

LAMB CURRY

Lamb off the bone infused with Durban curry flavours.

320g (Serves 1) R210
640g (Serves 2) R415
1.28kg (Serves 4) R815

SLOW COOKED LAMB SHANKS

Filled with winter root vegetables.

1.3kg (Serves 2) R580

LAMB KNUCKLE BREDIE

Karoo lamb knuckles cooked in tomato.

320g (Serves 1) R175
640g (Serves 2) R345
1.28kg (Serves 4) R665

frozen for you

Pork

ADRIAN'S MUM'S MEATBALLS

In a lusciously thick, sweet and tangy barbeque sauce.

400g (4 Meatballs) R100
800g (8 Meatballs) R195
1.6kg (16 Meatballs) R365

QUICHE LORRAINE

French tart combining Gruyère cheese, bacon and cream.

320g (Serves 1-2) R140
1.2kg (Serves 8-10) R440

CREAMY BACON LINGUINE

With a savoury and indulgent pecorino and bacon sauce.

400g (Serves 1) R100
800g (Serves 2) R195

SLOW COOKED PORK BELLY

Ultra tender and just pork belly with Asian spices.

410g (Serves 2) R195

MAC AND CHEESE WITH HAM AND PEAS

With boneless ham and peas.

400g (Serves 1) R75
800g (Serves 2) R125
1.5kg (Serves 4-6) R215

TUSCAN SAUSAGE PASTA

Italian-style sausage with penne pasta, tomato and fennel.

400g (Serves 1) R105
800g (Serves 2) R205

BLACK BEAN ENCHILADAS

With coriander and smothered with gooey cheese.

320g	(Serves 1)	R105
640g	(Serves 2)	R205
1.28kg	(Serves 4)	R395

SPINACH AND FETA QUICHE

With a rustic oat and whole-wheat crust.

320g	(Serves 1-2)	R145
1.2kg	(Serves 8-10)	R495

BUTTERNUT SAGE AND LENTIL LASAGNE

Gourmet dish layered butternut, lentils and cheese.

400g	(Serves 1)	R115
800g	(Serves 2)	R220
1.6kg	(Serves 4-6)	R420

VEGAN BOLOGNESE

With lentils, carrots and broccoli.

450ml	(Serves 2-3)	R85
900ml	(Serves 4-6)	R165

CHEESE AND ONION MARMALADE BARRELS

Canapé of gooey cheese and caramelised onions.

250g	(12 Barrels)	R135
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VEGAN CHILLI CON 'CARNE'

With a subtle spicy and smoky kick.

450ml	(Serves 2-3)	R120
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MAC AND CHEESE

With a home made cheese sauce topped with crunchy bread crumbs.

400g	(Serves 1)	R60
800g	(Serves 2)	R100
1.5kg	(Serves 4-6)	R180

VEGETABLE AND CHICKPEA CURRY

A protein-filled vegetarian curry with Indian spices.

320g	(Serves 1)	R60
640g	(Serves 2)	R105
1.28kg	(Serves 4)	R195

MELANZANE PARMIGIANA

With italian tomato sauce, mozzarella, parmesan and basil.

410g	(Serves 1-2)	R140
820g	(Serves 2-4)	R270
1.64kg	(Serves 4-6)	R500

VEGETABLE BIRYANI

Filled with vegetables, herbs and biryani spices.

400g	(Serves 1)	R85
800g	(Serves 2)	R160
1.6kg	(Serves 4)	R300

RATATOUILLE

Farm picked vegetables seasoned with Italian herbs and tomatoes.

320g	(Serves 1-2)	R70
640g	(Serves 2-4)	R130

VEGETARIAN BEAN CURRY

Packed with loads of protein, hearty sweet potato and spices.

320g	(Serves 1)	R75
640g	(Serves 2)	R130
1.28kg	(Serves 4)	R235

SPINACH & RICOTTA CANNELLONI

With a combination of delicious tomato and cheese sauce.

400g	(Serves 1)	R100
800g	(Serves 2)	R190
1.6kg	(Serves 4)	R360

VEGETARIAN COTTAGE PIE

Made with lentils carrots, onions, sweet potato and butternut.

400g	(Serves 1)	R60
800g	(Serves 2)	R110
1.6kg	(Serves 4-6)	R200

frozen for you

Soups

BUTTERNUT SOUP

Light and creamy vegan butternut soup.

450ml

(Serves 1)

R45

900ml

(Serves 2)

R80

MINESTRONE SOUP

A thick classic Italian vegetable soup without the pasta.

450ml

(Serves 1)

R55

900ml

(Serves 2)

R100

CHICKEN SOUP

Filled with chicken, vegetables and home-made broth.

450ml

(Serves 1)

R80

900ml

(Serves 2)

R150

MINTED PEA SOUP

Refreshing and delicious with an intense minted flavour pop.

450ml

(Serves 1)

R60

900ml

(Serves 2)

R110

CHORIZO BEAN AND BACON SOUP

Chunky rustic soup consisting of Chorizo, bacon and carrots.

450ml

(Serves 1)

R70

900ml

(Serves 2)

R120

ROASTED CARROT SOUP

Fruity and exotic Middle Eastern vegan soup with a hint of coconut.

450ml

(Serves 1)

R50

CREAMY MUSSEL SOUP

Perfectly cooked mussels in cream and white wine.

450ml

(Serves 1)

R115

900ml

(Serves 2)

R205

ROASTED TOMATO SOUP

With a hint of chilli and fresh basil.

450ml

(Serves 1)

R65

900ml

(Serves 2)

R120

HEARTY BEEF GOULASH SOUP

With smoked paprika.

450ml

(Serves 1)

R90

900ml

(Serves 2)

R160

WILD MUSHROOM SOUP

With intense earthy flavour, smooth in texture with a hint of truffles.

450ml

(Serves 1)

R135

frozen for you

Sauces & Sides

APPLE AND SAGE SAUSAGE ROLLS

Made with pork sausage.

340g

(Serves 1)

R105

FRAGRANT WHITE BASMATI RICE

With fresh coriander and cooked to perfection.

250g

(Serves 1-2)

R30

500g

(Serves 2-4)

R50

BAO BUNS

Authentic Asian.

550g

(10 Buns)

R90

MASHED PUMKIN

Silky smooth, delicate mashed pumpkin.

310g

(Serves 2-3)

R35

BUTTERNUT FRITTERS

Soft and fluffy with caramel sauce.

590g

(12 Fritters)

R90

MINTED PEAS

With sautéed leeks and fresh mint.

180g

(Serves 1-2)

R50

360g

(Serves 2-4)

R95

frozen for you

Sauces & Sides

CAULIFLOWER AND BROCCOLI

With a creamy cheddar cheese sauce.

310g (Serves 1-2) R70
620g (Serves 2-4) R135

PESTO CREAM SAUCE

With fresh basil and cashew nuts.

450ml (Serves 4-8) R80

CHERRRY TOMATO PASTA SAUCE

With fresh tomatoes and basil.

450ml (Serves 2-3) R115

PREGO SAUCE

With chilli, garlic, paprika and cream.

450ml (Serves 4-8) R85
900ml (Serves 10-12) R160

CREAMED SPINACH

With a silky-smooth cheese sauce, flavoured with onion and garlic.

310g (Serves 2-3) R50
620g (Serves 4-6) R90

QUINOA SALAD

With butternut, feta and toasted pumpkin seeds.

310g (Serves 1-2) R90
620g (Serves 2-4) R170

CREAMY MASHED POTATOES

Perfectly rich and creamy with real butter.

400g (Serves 1) R50
800g (Serves 2-4) R95

RAINBOW COUSCOUS SALAD

With pomegranate rubies and edamame beans

310g (Serves 1-2) R75
620g (Serves 2-4) R150

CREAMY MUSHROOM SAUCE

With a hint of truffle oil

450ml (Serves 4-8) R145

ROTI

Flatbread to accompany all our curries.

687g (6 Rotis) R85

CRISPY ROAST POTATOES

Crisp on the outside and fluffy on the inside.

250g (Serves 2) R55
500g (Serves 4) R100

SLICED CRUSTY SOURDOUGH BREAD

Homemade artisinal sourdough.

900g (Serves 8-10) R75

DAUPHINOIS POTATOES

With a crispy parmesan topping.

310g (Serves 1-2) R65
620g (Serves 2-4) R115
1.24kg (Serves 6-8) R210

SPICED YELLOW RICE

A turmeric-infused basmati rice.

250g (Serves 1-2) R35
500g (Serves 2-4) R60

frozen for you

Desserts

APPLE CAKE In a caramel sauce	250g 1kg	(Serves 2-3) (Serves 10-12)	R70 R235	OUR FAMOUS CHOCOLATE BROWNIES Best served with our Salted Caramel Sauce.	350g	(8 Triangles)	R110
BERRY COULIS A vibrant, intensely flavoured raspberry sauce.	200ml	(Serves 6)	R75	SALTED CARAMEL SAUCE Salty, sweet and irresistibly buttery.	200ml	(Serves 6)	R70
BROWNIES & CREAM ICE CREAM With generous chunks of our Famous Chocolate Brownies.	180ml 500ml	(Serves 1-2) (Serves 2-4)	R45 R100	TARTE AU CITRON With a custardy lemon filling in a golden butter crust.	230g 800g	(Serves 1-2) (Serves 10-12)	R70 R210
CARROT CAKE Moist and delicious with a tangy cream cheese frosting.	800g	(Serves 10-12)	R175	TIRAMISU With mascarpone, coffee and brandy	215g 430g	(Serves 1-2) (Serves 2-4)	R80 R150
CHOCOLATE ROULADE With white chocolate mousse	1kg	(Serves 10-12)	R200	TRADITIONAL BAKED CHEESECAKE Best served with cream, seasonal fruit or berry coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R105 R440
CHOCOLATE YOGHURT CAKE With a sticky chocolate ganache	800g	(Serves 10-12)	R110	VANILLA BEAN ICE CREAM Made to perfectly pair with our dessert range.	180ml 500ml	(Serves 1-2) (Serves 2-4)	R45 R100
DATE SQUARES With crunchy biscuit and coconut	280g	(16 Squares)	R85	VEGAN & GLUTEN FREE BROWNIES With chocolate and pecan nuts.	350g	(8 Triangles)	R110
MERINGUE ROULADE With a gorgeous raspberry cream filling.	450g	(Serves 10-12)	R260	WHITE CHOCOLATE CROISSANT BREAD & BUTTER PUDDING With hints of whiskey and white chocolate.	250g 1kg	(Serves 1-2) (Serves 10-12)	R90 R230