



## Beef

### BALSAMIC FILLET MEDALLION

With a light mustard sauce.

180g	(Serves 1)	R195
360g	(Serves 2)	R370

### FRAGRANT MALAY BOBOTIE

Packed with minced beef with a golden egg topping.

320g	(Serves 1)	R90
640g	(Serves 2)	R170
1.28kg	(Serves 4)	R315

### BEEF BOURGUIGNON

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

640g	(Serves 2)	R395
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### PASTA-FREE LASAGNE

Blend of hearty ground beef with vibrant marinara ingredients.

400g	(Serves 1)	R165
800g	(Serves 2)	R290

### BEEF LASAGNE

Beef Bolognese with Italian herbs and Italian tomato.

400g	(Serves 1)	R115
800g	(Serves 2)	R225
1.6kg	(Serves 4-6)	R430
3.2kg	(Serves 8-10)	R820

### SLOW COOKED OXTAIL

With brandy, beef stock, onions and carrots.

1.3kg	(Serves 2)	R595
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### BEEF STROGANOFF

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

320g	(Serves 1)	R175
640g	(Serves 2)	R340
1.28kg	(Serves 4)	R665

### TRADITIONAL COTTAGE PIE

Minced beef and vegetables topped with creamy mashed potatoes.

400g	(Serves 1)	R110
800g	(Serves 2)	R195
1.6kg	(Serves 4-6)	R380

### 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)	R170
640g	(Serves 2-4)	R310

### FAMILY FAVOURITE BOLOGNESE

A family favourite meat-based Italian sauce.

450ml	(Serves 2-3)	R115
900ml	(Serves 4-6)	R220

### KOREAN PULLED BEEF

Tender, flavour-packed beef with Korean spices

320G	(Serves 1)	R100
640G	(Serves 2)	R195



## Chicken

<b>BUTTER CHICKEN CURRY</b>	320g	(Serves 1)	R100
In a fragrant rich tomato and coconut-based creamy curry sauce.	640g	(Serves 2)	R180
	1.28kg	(Serves 4)	R350
<b>CHARLIE'S CRISPY CHICKEN WINGS</b>	650g	(16 Pieces)	R330
A decadent sticky and ultra crispy fried chicken treat.			
<b>CHICKEN A LA KING PIE</b>	340g	(Serves 1)	R125
Generously packed with creamy chicken and vegetables.	640g	(Serves 2)	R205
	1.28kg	(Serves 4)	R390
	2.40kg	(Serves 6-8)	R720
<b>CHICKEN ALFREDO</b>	400g	(Serves 1)	R120
Italian pasta drenched in a rich parmesan sauce.	800g	(Serves 2)	R240
<b>CHICKEN BAKE</b>	310g	(Serves 1)	R105
A healthy spinach and artichoke chicken casserole.	620g	(Serves 2)	R205
	1.24kg	(Serves 4)	R395
<b>CHICKEN ENCHILADAS</b>	320g	(Serves 1)	R105
An authentic Tex-mex dish, smothered with gooey cheese.	640g	(Serves 2)	R195
<b>CHICKEN LASAGNE</b>	430g	(Serves 1)	R110
Tender shredded chicken accompanied by leeks, spinach and rosemary.	860g	(Serves 2)	R205
	1.72kg	(Serves 4-6)	R410
<b>CHINESE CHICKEN CHOW MEIN</b>	320g	(Serves 1)	R95
Chinese style noodles with chicken and julienne vegetables.	640g	(Serves 2)	R175
	1.28kg	(Serves 4)	R330

<b>COQ AU VIN</b>	360g	(Serves 1)	R105
Braised slowly in red wine and yields a supremely rich sauce.	720g	(Serves 2)	R205
<b>CORONATION CHICKEN</b>	320g	(Serves 1)	R105
Coated in a delicately flavoured creamy curry mayonnaise dressing.	640g	(Serves 2)	R195
	1.28kg	(Serves 4)	R380
<b>GRANDPA'S CHICKEN STEW</b>	420g	(Serves 1)	R95
A cosy, skinless chicken thigh stew packed full of vegetables.	840g	(Serves 2)	R175
	1.68kg	(Serves 4)	R335
<b>KAREN'S ASIAN CHICKEN</b>	180g	(Serves 1)	R105
Infused with garlic ginger and soya.	360g	(Serves 2)	R195
<b>MILD BUTTER CHICKEN CURRY</b>	320g	(Serves 1)	R100
A milder version of a traditional butter chicken curry.	640g	(Serves 2)	R180
	1.28kg	(Serves 4)	R350
<b>MILD THAI GREEN CHICKEN CURRY</b>	320g	(Serves 1)	R100
Infused with lemongrass, lime and a touch of spice.	640g	(Serves 2)	R185
	1.28kg	(Serves 4)	R355
<b>STICKY CHICKEN</b>	3 Pieces	(Serves 1)	R105
With a sweet and sticky glaze.	12 Pieces	(Serves 4)	R375
<b>CHICKEN SUPREME</b>	350G	(Serves 1)	R135
With a Mediterranean-inspired filling, finished with pesto cream	700G	(Serves 2)	R260

frozen for you

## Fish

### BRITISH FISH CAKES

Rolled in Japanese-style golden panko crumbs.

200g	(2 Fish Cakes)	R85
600g	(6 Fish Cakes)	R215

### SPICY THAI FISH CAKES

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

200g	(2 Fish Cakes)	R100
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### GLAZED NORWEGIAN SALMON

Crammed with aromatic flavours.

320g	(Serves 2)	R490
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### TRADITIONAL FISH PIE

Smothered in a creamy white sauce topped with fluffy potatoes.

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

### MAURITIAN PRAWN AND CHICKEN CURRY

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

470g	(Serves 1)	R205
940g	(Serves 2)	R400

frozen for you

## Lamb

### LAMB CURRY

Lamb off the bone infused with Durban curry flavours.

320g	(Serves 1)	R275
640g	(Serves 2)	R540
1.28kg	(Serves 4)	R990

### SLOW COOKED LAMB SHANKS

Filled with winter root vegetables.

1.3kg	(Serves 2)	R695
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### LAMB KNUCKLE BREDIE

Karoo lamb knuckles cooked in tomato.

320g	(Serves 1)	R195
640g	(Serves 2)	R385

### LAMB MOUSSAKA

A hearty Greek classic layered with tender lamb and creamy bechamel

500g	(Serves 1)	R215
1.00kg	(Serves 2)	R425

frozen for you

## Pork

### ADRIAN'S MUM'S MEATBALLS

In a lusciously thick, sweet and tangy barbeque sauce.

400g	(4 Meatballs)	R110
800g	(8 Meatballs)	R215

### QUICHE LORRAINE

French tart combining Gruyère cheese, bacon and cream.

320g	(Serves 1-2)	R150
1.2kg	(Serves 8-10)	R485

### CREAMY BACON LINGUINE

With a savoury and indulgent pecorino and bacon sauce.

400g	(Serves 1)	R115
800g	(Serves 2)	R225

### SLOW COOKED PORK BELLY

Ultra tender and just pork belly with Asian spices.

410g	(Serves 2)	R220
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### MAC AND CHEESE WITH HAM AND PEAS

With boneless ham and peas.

400g	(Serves 1)	R80
800g	(Serves 2)	R140

### TUSCAN SAUSAGE PASTA

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

400g	(Serves 1)	R115
800g	(Serves 2)	R225



## Vegetarian

### BLACK BEAN ENCHILADAS

With coriander and smothered with gooey cheese.

320g (Serves 1) R105

640g (Serves 2) R205

### SPINACH AND FETA QUICHE

With a rustic oat and whole-wheat crust.

320g (Serves 1-2) R155

1.4kg (Serves 8-10) R515

### 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) R145

### VEGAN CHILLI CON 'CARNE'

With a subtle spicy and smoky kick.

450ml (Serves 2-3) R135

### MAC AND CHEESE

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

400g (Serves 1) R65

800g (Serves 2) R125

1.5kg (Serves 4-6) R210

### VEGETABLE AND CHICKPEA CURRY

A protein-filled vegetarian curry with Indian spices.

320g (Serves 1) R65

640g (Serves 2) R125

### 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

### RATATOUILLE

Farm picked vegetables seasoned with Italian herbs and tomatoes.

320g (Serves 1-2) R75

640g (Serves 2-4) R145

### VEGETARIAN BEAN CURRY

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

320g (Serves 1) R75

640g (Serves 2) R130

### SPINACH & RICOTTA CANNELLONI

With a combination of delicious tomato and cheese sauce.

400g (Serves 1) R100

800g (Serves 2) R190

### VEGETARIAN COTTAGE PIE

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

400g (Serves 1) R60

800g (Serves 2) R110

frozen for you

## Soups

### BUTTERNUT SOUP

Light and creamy vegan butternut soup.

450ml (Serves 1) R45  
900ml (Serves 2) R80

### CHICKEN SOUP

Filled with chicken, vegetables and home-made broth.

450ml (Serves 1) R80  
900ml (Serves 2) R150

### CHORIZO BEAN AND BACON SOUP

Chunky rustic soup consisting of Chorizo, bacon and carrots.

450ml (Serves 1) R80  
900ml (Serves 2) R150

### CREAMY MUSSEL SOUP

Perfectly cooked mussels in cream and white wine.

450ml (Serves 1) R120  
900ml (Serves 2) R250

### HEARTY BEEF GOULASH SOUP

With smoked paprika.

450ml (Serves 1) R120  
900ml (Serves 2) R215

### MINESTRONE SOUP

A thick classic Italian vegetable soup without the pasta.

450ml (Serves 1) R55  
900ml (Serves 2) R100

### MINTED PEA SOUP

Refreshing and delicious with an intense minted flavour pop.

450ml (Serves 1) R60  
900ml (Serves 2) R110

### ROASTED CARROT SOUP

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

450ml (Serves 1) R50

### ROASTED TOMATO SOUP

With a hint of chilli and fresh basil.

450ml (Serves 1) R65  
900ml (Serves 2) R120

### 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

### ARANCINI

With tomato, basil and mozzarella served with a rich pesto cream

384g (Serves 4) R190

### MASHED PUMKIN

Silky smooth, delicate mashed pumpkin.

310g (Serves 2-3) R45

### BUTTERNUT FRITTERS

Soft and fluffy with caramel sauce.

590g (12 Fritters) R90

### MINTED PEAS

With sautéed leeks and fresh mint.

180g (Serves 1-2) R55  
360g (Serves 2-4) R95

**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) R90

**CHERRY 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) R90

**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) R60  
800g (Serves 2-4) R110

**RAINBOW COUSCOUS SALAD**

With pomegranate rubies and edamame beans

310g (Serves 1-2) R85  
620g (Serves 2-4) R160

**CREAMY MUSHROOM SAUCE**

With a hint of truffle oil

450ml (Serves 4-8) R145

**ROTI**

Flatbread to accompany all our curries.

687g (6 Rotis) R90

**CRISPY ROAST POTATOES**

Crisp on the outside and fluffy on the inside.

250g (Serves 2) R60  
500g (Serves 4) R110

**SLICED CRUSTY SOURDOUGH BREAD**

Homemade artisinal sourdough.

900g (Serves 8-10) R80

**DAUPHINOIS POTATOES**

With a crispy parmesan topping.

310g (Serves 1-2) R65  
620g (Serves 2-4) R125  
1.24kg (Serves 6-8) R240

**SPICED YELLOW RICE**

A turmeric-infused basmati rice.

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

**CRUMBED OLIVES**

With a creamy gorgonzola centre

144g (Serves 4) R165

<b>APPLE CAKE</b> In a caramel sauce	250g 1kg	(Serves 2-3) (Serves 10-12)	R70 R235	<b>OUR FAMOUS CHOCOLATE BROWNIES</b> Best served with our Salted Caramel Sauce.	350g	(8 Triangles)	R110
<b>BERRY COULIS</b> A vibrant, intensely flavoured raspberry sauce.	200ml	(Serves 6)	R90	<b>SALTED CARAMEL SAUCE</b> Salty, sweet and irresistibly buttery.	200ml	(Serves 6)	R70
<b>MALVA MILKTART</b> Two South-African favourites combined	380g 1.52kg	(Serves 1-2) (Serves 6-8)	R70 R250	<b>TARTE AU CITRON</b> With a custardy lemon filling in a golden butter crust.	230g 800g	(Serves 1-2) (Serves 10-12)	R70 R210
<b>CARROT CAKE</b> Moist and delicious with a tangy cream cheese frosting.	800g	(Serves 10-12)	R175	<b>TIRAMISU</b> With mascarpone, coffee and brandy	215g 430g	(Serves 1-2) (Serves 2-4)	R80 R150
<b>CHOCOLATE ROULADE</b> With white chocolate mousse	1kg	(Serves 10-12)	R200	<b>TRADITIONAL BAKED CHEESECAKE</b> Best served with cream, seasonal fruit or berry coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R105 R440
<b>CHOCOLATE YOGHURT CAKE</b> With a sticky chocolate ganache	800g	(Serves 10-12)	R110	<b>ZESTY ORANGE CAKE</b> A nostalgic teatime treat, moist and full of citrus flavour	680g	(Serves 8-10)	R165
<b>DATE SQUARES</b> With crunchy biscuit and coconut	280g	(16 Squares)	R85	<b>VEGAN &amp; GLUTEN FREE BROWNIES</b> With chocolate and pecan nuts.	350g	(8 Triangles)	R110
<b>MERINGUE ROULADE</b> With a gorgeous raspberry cream filling.	450g	(Serves 10-12)	R260	<b>WHITE CHOCOLATE CROISSANT BREAD &amp; BUTTER PUDDING</b> With hints of whiskey and white chocolate.	250g 1kg	(Serves 1-2) (Serves 10-12)	R105 R365