Beef

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frozen	for you

BALSAMIC FILLET MEDALLION With a light mustard sauce.	180g 360g	(Serves 1) (Serves 2)	R145 R265	FRAGRANT MALAY BOBOTIE Packed with minced beef with a golden egg topping.	320g 640g 1.28k≨	(Serves 1) (Serves 2) (Serves 4)	R85 R145 R265
BEEF BOURGUIGNON Red wine, beef fillet, pearl onions and crispy bacon lardons.	640g	(Serves 2)	R310	PASTA-FREE LASAGNE Blend of hearty ground beef with vibrant marinara ingredients.	400g 800g	(Serves 1) (Serves 2)	R120 R225
BEEF LASAGNE Beef Bolognese with Italian herbs and Italian tomato.	400g 800g 1.6kg 3.2kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R100 R195 R355 R665	SLOW COOKED OXTAIL With brandy, beef stock, onions and carrots.	1.3kg	(Serves 2)	R485
BEEF STROGANOFF In an indulgent crème fraîche, mushroom, onion and soya sauce.	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R125 R245 R475	TRADITIONAL COTTAGE PIE Minced beef and vegetables topped with creamy mashed potatoes.	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R95 R180 R330
BOBOTIE SPRING ROLLS Our famous bobotie wrapped in layers of spring roll pastry.	228g	(8 Spring Rolls)	R110	STEAK PIE With a golden brown flaky pastry and rich beef filling.	340g 640g 1.28kg	(Serves 1) (Serves 2-4) (Serves 4-6)	R140 R275 R525
FAMILY FAVOURITE BOLOGNESE A family favourite meat-based Italian sauce.	450ml 900ml	(Serves 2-3) (Serves 4-6)	R100 R185	KOREAN PULLED BEEF Tender, flavour-packed beef with Korean spices	320G 640G	(Serves 1) (Serves 2)	R100 R195

frozen for you

Chicken

BUTTER CHICKEN CURRY 320g (Serves 1) R100 COQ AU VIN 360g (Serves 1) R105

In a fragrant rich tomato and coconut-based creamy curry sauce.	640g 1.28kg	(Serves 2) (Serves 4)	R180 R350	Braised slowly in red wine and yields a supremely rich sauce.	720g	(Serves 2)	R205
	8	(==::==::,)		CORONATION CHICKEN	320g	(Serves 1)	R100
CHARLIE'S CRISPY CHICKEN WINGS	650g	(16 Pieces)	R295	Coated in a delicately flavoured creamy curry mayonnaise dressing.	640g	(Serves 2)	R180
A decadent sticky and ultra crispy fried chicken treat.					1.28kg	(Serves 4)	R335
				GRANDPA'S CHICKEN STEW	420g	(Serves 1)	R90
CHICKEN A LA KING PIE	340g	(Serves 1)	R110	A cosy, skinless chicken thigh stew packed full of vegetables.	840g	(Serves 2)	R170
Generously packed with creamy chicken and vegetables.	640g	(Serves 2)	R195		1.68kg	(Serves 4)	R320
	1.28kg	(Serves 4)	R360				
	2.40kg	(Serves 6-8)	R670	KAREN'S ASIAN CHICKEN	180g	(Serves 1)	R95
				Infused with garlic ginger and soya.	360g	(Serves 2)	R185
CHICKEN ALFREDO	400g	(Serves 1)	R110		720g	(Serves 4)	R350
Italian pasta drenched in a rich parmesan sauce.	800g	(Serves 2)	R210				
				MILD BUTTER CHICKEN CURRY	320g	(Serves 1)	R100
OLUGUEN BAKE				A milder version of a traditional butter chicken curry.	640g	(Serves 2)	R180
CHICKEN BAKE	310g	(Serves 1)	R105		1.28kg	(Serves 4)	R350
A healthy spinach and artichoke chicken casserole.	620g	(Serves 2)	R205	AND THAT OPERA CHICKEN CURRY			
	1.24kg	(Serves 4)	R395	MILD THAI GREEN CHICKEN CURRY	320g	(Serves 1)	R100
CHICKEN ENCLU ADAC		<i>(</i> -		Infused with lemongrass, lime and a touch of spice.	640g	(Serves 2)	R185
CHICKEN ENCHILADAS	320g	(Serves 1)	R100		1.28kg	(Serves 4)	R355
An authentic Tex-mex dish, smothered with gooey cheese.	640g	(Serves 2)	R190	CTICKY CHICKEN		.	
	1.28kg	(Serves 4)	R365	STICKY CHICKEN	3 Pieces	(Serves 1)	R105
CHICKEN LACACNE	400	(0 1)	5405	With a sweet and sticky glaze.	12 Pieces	(Serves 4)	R375
CHICKEN LASAGNE	430g	(Serves 1)	R105				
Tender shredded chicken accompanied by leeks, spinach and rosemary.	860g	(Serves 2)	R195	THAI CREEN CHICKEN CHRRY	220	(6 4)	D400
	1.72kg	(Serves 4-6)	R360	THAI GREEN CHICKEN CURRY	320g	(Serves 1)	R100
				Robustly flavoured with ginger, garlic and coconut milk.	640g	(Serves 2)	R185
CHINESE CHICKEN CHOW MEIN	220-	(Serves 1)	R95		1.28kg	(Serves 4)	R355
Chinese style noodles with chicken and julienne vegetables.	320g 640g	,	R175	CHICKEN SUPREME	350G	(Serves 1)	R135
Chinese style hoodies with chicken and julienne vegetables.	1.28kg	(Serves 2) (Serves 4)	R330	With a Mediterranean-inspired filling, finished with pesto cream	700G	(Serves 1)	R260
	1.Zokg	(361765 4)	NOOU	with a Mediterranean-inspired minig, missied with pesto cream	7000	(Serves 2)	N200
frozen for you						Fish	
Lagre 0							
ANCHOVY FISH PASTE		(Pack of 3)	R195	MAURITIAN PRAWN AND CHICKEN CURRY	470g	(Serves 1)	R185
Salty, satisfying and super tasty.				With turmeric, cinnamon, ginger and a hint of chilli.	940g	(Serves 2)	R365
					1.88kg	(Serves 4)	R720
BRITISH FISH CAKES	200g	(2 Fish Cakes)	R80	SPICY THAI FISH CAKES	200g	(2 Fish Cakes)	R100
Rolled in Japanese-style golden panko crumbs.	600g	(6 Fish Cakes)	R210	Flavoursome springy, bouncy and coated in a sweet chilli sauce.			

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 800g	(Serves 1) (Serves 2)	R120 R235
frozen for you					-	Lamb	
LAMB CURRY Lamb off the bone infused with Durban curry flavours.	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R210 R415 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 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R175 R345 R665	LAMB MOUSSAKA A hearty Greek clasic layered with tender lamb and creamy bechamel	500g 1.00kg	(Serves 1) (Serves 2)	####### #######
frozen for you					-	Pork	
ADRIAN'S MUM'S MEATBALLS In a lusciously thick, sweet and tangy barbeque sauce.	400g 800g	(4 Meatballs) (8 Meatballs)	R100 R195	QUICHE LORRAINE French tart combining Gruyère cheese, bacon and cream.	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R140 R440
CREAMY BACON LINGUINE With a savoury and indulgent pecorino and bacon sauce.	400g 800g	(Serves 1) (Serves 2)	R100 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 800g 1.5kg	(Serves 1) (Serves 2) (Serves 4-6)	R75 R125 R215	TUSCAN SAUSAGE PASTA Italian-style sausage with penne pasta, tomato and fennel.	400g 800g	(Serves 1) (Serves 2)	R105 R205
frozen for you					Veg	etarian	
BLACK BEAN ENCHILADAS With coriander and smothered with gooey cheese.	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R105 R205 R395	SPINACH AND FETA QUICHE With a rustic oat and whole-wheat crust.	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R145 R495
BUTTERNUT SAGE AND LENTIL LASAGNE Gourmet dish layered butternut, lentils and cheese.	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R115 R220 R420	VEGAN BOLOGNESE With lentils, carrots and broccoli.	450ml 900ml	(Serves 2-3) (Serves 4-6)	R85 R165

CHEESE AND ONION MARMALADE BARRELS Canapé of gooey cheese and caramelised onions.	250g	(12 Barrels)	R135	VEGAN CHILLI CON 'CARNE' With a subtle spicy and smoky kick.	450ml	(Serves 2-3)	R120
MAC AND CHEESE	400g	(Serves 1)	R60	VEGETABLE AND CHICKPEA CURRY	320g	(Serves 1)	R60
With a home made cheese sauce topped with crunchy bread crumbs.	800g	(Serves 2)	R100	A protein-filled vegetarian curry with Indian spices.	640g	(Serves 2)	R105
	1.5kg	(Serves 4-6)	R180				
MELANZANE PARMIGIANA	410g	(Serves 1-2)	R140	VEGETABLE BIRYANI	400g	(Serves 1)	R85
With italian tomato sauce, mozzarella, parmesan and basil.	820g	(Serves 2-4)	R270	Filled with vegetables, herbs and biryani spices.	800g	(Serves 2)	R160
	1.64kg	(Serves 4-6)	R500		1.6kg	(Serves 4)	R300
RATATOUILLE	320g	(Serves 1-2)	R70	VEGETARIAN BEAN CURRY	320g	(Serves 1)	R75
Farm picked vegetables seasoned with Italian herbs and tomatoes.	640g	(Serves 2-4)	R130	Packed with loads of protein, hearty sweet potato and spices.	640g	(Serves 2)	R130
					1.28kg	(Serves 4)	R235
SPINACH & RICOTTA CANNELLONI	400g	(Serves 1)	R100	VEGETARIAN COTTAGE PIE	400g	(Serves 1)	R60
	O	, ,			•	, ,	R110
With a combination of delicious tomato and cheese sauce.	800g	(Serves 2)	R190	Made with lentils carrots, onions, sweet potato and butternut.	800g	(Serves 2)	NIIO
With a combination of delicious tomato and cheese sauce.	800g	(Serves 2)	R190	Made with lentils carrots, onions, sweet potato and butternut.	1.6kg	(Serves 4-6)	R200
With a combination of delicious tomato and cheese sauce. frozen for you	800g	(Serves 2)	R190	Made with lentils carrots, onions, sweet potato and butternut.	1.6kg		
	800g 450ml	(Serves 2)	R190	Made with lentils carrots, onions, sweet potato and butternut. MINESTRONE SOUP	1.6kg	(Serves 4-6)	
frozen for you					1.6kg	(Serves 4-6)	R200
frozer for you BUTTERNUT SOUP	450ml	(Serves 1)	R45	MINESTRONE SOUP	1.6kg	Soups (Serves 1)	R200
frozen for you BUTTERNUT SOUP Light and creamy vegan butternut soup.	450ml 900ml	(Serves 1) (Serves 2)	R45 R80	MINESTRONE SOUP A thick classic Italian vegetable soup without the pasta.	1.6kg	Soups (Serves 1) (Serves 2)	R200 R55 R100
Frozer for you BUTTERNUT SOUP Light and creamy vegan butternut soup. CHICKEN SOUP Filled with chicken, vegetables and home-made broth.	450ml 900ml 450ml 900ml	(Serves 1) (Serves 2) (Serves 1) (Serves 2)	R45 R80 R80 R150	MINESTRONE SOUP A thick classic Italian vegetable soup without the pasta. MINTED PEA SOUP Refreshing and delicious with an intense minted flavour pop.	450ml 900ml 450ml 900ml	(Serves 4-6) Soups (Serves 1) (Serves 2) (Serves 2)	R200 R55 R100 R60 R110
Frozen for you BUTTERNUT SOUP Light and creamy vegan butternut soup. CHICKEN SOUP	450ml 900ml 450ml	(Serves 1) (Serves 2) (Serves 1)	R45 R80 R80	MINESTRONE SOUP A thick classic Italian vegetable soup without the pasta. MINTED PEA SOUP	1.6kg 450ml 900ml	(Serves 4-6) Soups (Serves 1) (Serves 2)	R200 R55 R100
Forger for you BUTTERNUT SOUP Light and creamy vegan butternut soup. CHICKEN SOUP Filled with chicken, vegetables and home-made broth. CHORIZO BEAN AND BACON SOUP	450ml 900ml 450ml 900ml	(Serves 1) (Serves 2) (Serves 1) (Serves 2)	R45 R80 R80 R150	MINESTRONE SOUP A thick classic Italian vegetable soup without the pasta. MINTED PEA SOUP Refreshing and delicious with an intense minted flavour pop. ROASTED CARROT SOUP	450ml 900ml 450ml 900ml	(Serves 4-6) Soups (Serves 1) (Serves 2) (Serves 2)	R200 R55 R100 R60 R110
BUTTERNUT SOUP Light and creamy vegan butternut soup. CHICKEN SOUP Filled with chicken, vegetables and home-made broth. CHORIZO BEAN AND BACON SOUP Chunky rustic soup consisting of Chorizo, bacon and carrots.	450ml 900ml 450ml 900ml 450ml 900ml	(Serves 1) (Serves 2) (Serves 2) (Serves 1) (Serves 2)	R45 R80 R80 R150 R70 R120	MINESTRONE SOUP A thick classic Italian vegetable soup without the pasta. MINTED PEA SOUP Refreshing and delicious with an intense minted flavour pop. ROASTED CARROT SOUP Fruity and exotic Middle Eastern vegan soup with a hint of coconut.	450ml 900ml 450ml 900ml	(Serves 4-6) Soups (Serves 1) (Serves 2) (Serves 2)	R200 R55 R100 R60 R110

HEARTY BEEF GOULASH SOUP With smoked paprika.	450ml 900ml	(Serves 1) (Serves 2)	R90 R160	WILD MUSHROOM SOUP With intense earthy flavour, smooth in texture with a hint of truffles.	450ml	(Serves 1)	R135
frozen for you					Sauce	es & Side	S
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 500g	(Serves 1-2) (Serves 2-4)	R30 R50
ARANCINI With tomato, bazil and mozzarella served with a rich pesto cream	384g	(Serves 4)	R190	MASHED PUMPKIN 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 360g	(Serves 1-2) (Serves 2-4)	R50 R95
frozen for you					Sauce	es & Side	S
CAULIFLOWER AND BROCCOLI With a creamy cheddar cheese sauce.	310g 620g	(Serves 1-2) (Serves 2-4)	R70 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
CREAMED SPINACH With a silky-smooth cheese sauce, flavoured with onion and garlic.	310g 620g	(Serves 2-3) (Serves 4-6)	R50 R90	QUINOA SALAD With butternut, feta and toasted pumpkin seeds.	310g 620g	(Serves 1-2) (Serves 2-4)	R90 R170
CREAMY MASHED POTATOES Perfectly rich and creamy with real butter.	400g 800g	(Serves 1) (Serves 2-4)	R50 R95	RAINBOW COUSCOUS SALAD With pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R75 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 500g	(Serves 2) (Serves 4)	R55 R100	SLICED CRUSTY SOURDOUGH BREAD Homemade artisinal sourdough.	900g	(Serves 8-10)	R75
				SPICED YELLOW RICE	250g	(Serves 1-2)	R35
DAUPHINOIS POTATOES With a crispy parmesan topping.	310g 620g	(Serves 1-2) (Serves 2-4)	R65 R115	A turmeric-infused basmati rice.	500g	(Serves 2-4)	R60
With a crispy ранневан соррінд.	1.24kg	(Serves 6-8)	R210				
				CRUMBED OLIVES With a creamy gorgonzola centre	144g	(Serves 4)	R165
				with a creamy gorgonzola centre			
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
MALVA MILKTART	380g	(Serves 1-2)	R70	TARTE AU CITRON	230g	(Serves 1-2)	R70
Two South-African favourites combined	1.52kg	(Serves 6-8)	R250	With a custardy lemon filling in a golden butter crust.	800g	(Serves 10-12)	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	ZESTY ORANGE CAKE A nostalgic teatime treat, moist and full of citrus flavour	680g	(Serves 8-10)	R165
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