



Chicken

BUTTER CHICKEN CURRY In a fragrant rich tomato and coconut-based creamy curry sauce.	320g	(Serves 1)	R100	CHINESE CHICKEN CHOW MEIN Chinese style noodles with chicken and julienne vegetables.	320g	(Serves 1)	R95
	640g	(Serves 2)	R180		640g	(Serves 2)	R175
	1.28kg	(Serves 4)	R350		1.28kg	(Serves 4)	R330
CHARLIE'S CRISPY CHICKEN WINGS A decadent sticky and ultra crispy fried chicken treat.	650g	(16 Pieces)	R330	COQ AU VIN Braised slowly in red wine and yields a supremely rich sauce.	360g	(Serves 1)	R105
					720g	(Serves 2)	R205
CHICKEN A LA KING PIE Generously packed with creamy chicken and vegetables.	340g	(Serves 1)	R125	CORONATION CHICKEN Coated in a delicately flavoured creamy curry mayonnaise dressing.	320g	(Serves 1)	R105
	640g	(Serves 2)	R205		640g	(Serves 2)	R195
	1.28kg	(Serves 4)	R390		1.28kg	(Serves 4)	R380
	2.40kg	(Serves 6-8)	R720				
CHICKEN ALFREDO Italian pasta drenched in a rich parmesan sauce.	400g	(Serves 1)	R120	GRANDPA'S CHICKEN STEW A cosy, skinless chicken thigh stew packed full of vegetables.	420g	(Serves 1)	R95
	800g	(Serves 2)	R240		840g	(Serves 2)	R175
					1.68kg	(Serves 4)	R335
CHICKEN BAKE A healthy spinach and artichoke chicken casserole.	310g	(Serves 1)	R105	KAREN'S ASIAN CHICKEN Infused with garlic ginger and soya.	180g	(Serves 1)	R105
	620g	(Serves 2)	R205		360g	(Serves 2)	R195
	1.24kg	(Serves 4)	R395				
CHICKEN ENCHILADAS An authentic Tex-mex dish, smothered with gooey cheese.	320g	(Serves 1)	R105	MILD BUTTER CHICKEN CURRY A milder version of a traditional butter chicken curry.	320g	(Serves 1)	R100
	640g	(Serves 2)	R195		640g	(Serves 2)	R180
	1.28kg	(Serves 4)	R365		1.28kg	(Serves 4)	R350
CHICKEN LASAGNE Tender shredded chicken accompanied by leeks, spinach and rosemary.	430g	(Serves 1)	R110	MILD THAI GREEN CHICKEN CURRY Infused with lemongrass, lime and a touch of spice.	320g	(Serves 1)	R100
	860g	(Serves 2)	R205		640g	(Serves 2)	R185
	1.72kg	(Serves 4-6)	R410		1.28kg	(Serves 4)	R355
CHICKEN SUPREME With a Mediterranean- inspired filling, finished with pesto cream.	350g	(Serves 1)	R135	STICKY CHICKEN With a sweet and sticky glaze.	3 Pieces	(Serves 1)	R105
	700g	(Serves 2)	R260		12 Pieces	(Serves 4)	R375



Beef

BALSAMIC FILLET MEDALLION With a light mustard sauce.	180g	(Serves 1)	R145	KOREAN PULLED BEEF Tender, flavour- packed beef with Korean spices.	320g	(Serves 1)	R100
	360g	(Serves 2)	R265		640g	(Serves 2)	R195

BEEF BOURGUIGNON	640g	(Serves 2)	R310
Red wine, beef fillet, pearl onions and crispy bacon lardons.			
BEEF LASAGNE	400g	(Serves 1)	R115
Beef Bolognese with Italian herbs and Italian tomato.	800g	(Serves 2)	R225
	1.6kg	(Serves 4-6)	R430
	3.2kg	(Serves 8-10)	R820
BEEF STROGANOFF	320g	(Serves 1)	R175
In an indulgent crème fraîche, mushroom, onion and soya sauce.	640g	(Serves 2)	R340
	1.28kg	(Serves 4)	R665
FAMILY FAVOURITE BOLOGNESE	450g	(Serves 2-3)	R115
A family favourite meat-based Italian sauce.	900g	(Serves 4-6)	R220
FRAGRANT MALAY BOBOTIE	320g	(Serves 1)	R90
Packed with minced beef with golden egg topping.	640g	(Serves 2)	R170
	1.28kg	(Serves 4)	R315

PASTA-FREE LASAGNE	400g	(Serves 1)	R165
Blend of hearty ground beef with vibrant marinara ingredients.	800g	(Serves 2)	R290
SLOW COOKED OXTAIL	1.3kg	(Serves 2)	R595
With brandy, beef stock, onions and carrots.			
STEAK PIE	340g	(Serves 1)	R170
With a golden brown flaky pastry and rich beef filling.	640g	(Serves 2-4)	R310
TRADITIONAL COTTAGE PIE	400g	(Serves 1)	R110
Minced beef and vegetables topped with creamy mashed potatoes.	800g	(Serves 2)	R195
	1.6kg	(Serves 4-6)	R380

frozen for you				Pork			
ADRIAN'S MUM'S MEATBALLS	400g	(4 Meatballs)	R100	QUICHE LORRAINE	320g	(Serves 1-2)	R150
	800g	(8 Meatballs)	R195		French tart combining Gruyère cheese, bacon and cream.	1.2kg	(Serves 8-10)
CREAMY BACON LINGUINE	400g	(Serves 1)	R115	SLOW COOKED PORK BELLY	410g	(Serves 2)	R220
	800g	(Serves 2)	R225		Ultra tender and just pork belly with Asian spices.		
MAC AND CHEESE WITH HAM AND PEAS	400g	(Serves 1)	R80	TUSCAN SAUSAGE PASTA	400g	(Serves 1)	R115

With boneless ham and peas.	800g	(Serves 2)	R140	Italian-style sausage with penne pasta, tomato and fennel.	800g	(Serves 2)	R225
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Lamb

LAMB CURRY	320g	(Serves 1)	R275	LAMB MOUSSAKA	500g	(Serves 1)	R215
Lamb off the bone infused with Durban curry flavours.	640g	(Serves 2)	R540	A hearty Greek classic layered with tender lamb and creamy bechamel	1.00kg	(Serves 2)	R425
	1.28kg	(Serves 4)	R990				
LAMB KNUCKLE BREDIE	320g	(Serves 1)	R195	SLOW COOKED LAMB SHANKS	1.3kg	(Serves 2)	R695
Karoo lamb knuckles cooked in tomato.	640g	(Serves 2)	R385	Filled with winter root vegetables.			

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Fish

MAURITIAN PRAWN AND CHICKEN CURRY	470g	(Serves 1)	R205				
With turmeric, cinnamon, ginger and a hint of chilli.	940g	(Serves 2)	R400	SPICY THAI FISH CAKES	200g	(2 Fish Cakes)	R100
				Flavoursome springy, bouncy and coated in a sweet chilli sauce.			
BRITISH FISH CAKES	200g	(2 Fish Cakes)	R85	TRADITIONAL FISH PIE	400g	(Serves 1)	R120
Rolled in Japanese-style golden panko crumbs.	600g	(6 Fish Cakes)	R215	Smothered in a creamy white sauce topped with fluffy potatoes.	800g	(Serves 2)	R235
GLAZED NORWEGIAN SALMON	320g	(Serves 2)	R490				
Crammed with aromatic flavours.							

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Vegetarian

BLACK BEAN ENCHILADAS	320g	(Serves 1)	R105	SPINACH & RICOTTA CANELLONI	400G	(Serves 1)	R100
With coriander and smothered with gooey cheese.	640g	(Serves 2)	R205	Spinach & Ricotta filled cannelloni topped with a tamato and cheese sauce.	800g	(Serves 2)	R190
BUTTERNUT SAGE AND LENTIL LASAGNE	400g	(Serves 1)	R115	VEGAN BOLOGNESE	450g	(Serves 2-3)	R85
Gourmet dish layered butternut, lentils and cheese.	800g	(Serves 2)	R220	With lentils, carrots and broccoli.			
	1.6kg	(Serves 4-6)	R420				
CHEESE AND ONION MARMALADE BARRELS	250g	(12 Barrels)	R145	VEGAN CHILLI CON 'CARNE'	450g	(Serves 2-3)	R135
Canapé of gooey cheese and caramelised onions.				With a subtle spicy and smoky kick.			

MAC AND CHEESE	400g	(Serves 1)	R65
With a home made cheese sauce topped with crunchy bread crumbs.	800g	(Serves 2)	R125
	1.5kg	(Serves 4-6)	R210

MELANZANE PARMIGIANA	410g	(Serves 1-2)	R140
With italian tomato sauce, mozzarella, parmesan and basil.	820g	(Serves 2-4)	R270
	1.64kg	(Serves 4-6)	R500

RATATOUILLE	320g	(Serves 1-2)	R75
Farm picked vegetables seasoned with Italian herbs and tomatoes.	640g	(Serves 2-4)	R145

SPINACH & FETA QUICHE	320g	(Serves 1-2)	R155
With a rustic oat and whole-wheat crust.	1.2kg	(Serves 8-10)	R515

VEGETABLE AND CHICKPEA CURRY	320g	(Serves 1)	R65
A protein-filled vegetarian curry with Indian spices.	640g	(Serves 2)	R125

VEGETABLE BIRYANI	400g	(Serves 1)	R85
Filled with vegetables, herbs and biryani spices.	800g	(Serves 2)	R160

VEGETARIAN BEAN CURRY	320g	(Serves 1)	R75
Packed with loads of protein, hearty sweet potato and spices.	640g	(Serves 2)	R130

VEGETARIAN COTTAGE PIE	400g	(Serves 1)	R60
Made with lentils carrots, onions, sweet potato and butternut.	800g	(Serves 2)	R110



Soups

BUTTERNUT SOUP	450ml	(Serves 1)	R45
Light and creamy vegan butternut soup.	900ml	(Serves 2)	R80

CHICKEN SOUP	450ml	(Serves 1)	R80
Filled with chicken, vegetables and home-made broth.	900ml	(Serves 2)	R150

CHORIZO BEAN AND BACON SOUP	450ml	(Serves 1)	R80
Chunky rustic soup consisting of Chorizo, bacon and carrots.	900ml	(Serves 2)	R150

CREAMY MUSSEL SOUP	450g	(Serves 1)	R120
Perfectly cooked mussels in cream and white wine.	900g	(Serves 2)	R250

MINISTRONE SOUP	450ml	(Serves 1)	R55
A thick classic Italian vegetable soup without the pasta.	900ml	(Serves 2)	R100

MINTED PEA SOUP	450ml	(Serves 1)	R60
Refreshing and delicious with an intense minted flavour pop.	900ml	(Serves 2)	R110

ROASTED CARROT SOUP	450ml	(Serves 1)	R50
Fruity and exotic Middle Eastern vegan soup with a hint of coconut.			

ROASTED TOMATO SOUP	450ml	(Serves 1)	R65
With a hint of chilli and fresh basil.	900ml	(Serves 2)	R120

HEARTY BEEF GOULASH SOUP	450ml	(Serves 1)	R120	WILD MUSHROOM SOUP	450ml	(Serves 1)	R135
With smoked paprika.	900ml	(Serves 2)	R215	With intense earthy flavour, smooth in texture with a hint of truffles.			

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



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 500g	(Serves 1-2) (Serves 2-4)	R30 R50
ARANCINI With tomato, basil and mozzarella served with a rich pesto cream	384g	(Serves 4)	R190	MASHED PUMPKIN Silky smooth, delicate mashed pumpkin.	310g	(Serves 2-3)	R45
BOBOTIE SPRING ROLLS Our famous bobotie wrapped in layers of spring roll pastry.	228g	(Serves 1)	R110	MINTED PEAS With sautéed leeks and fresh mint.	180g 360g	(Serves 1-2) (Serves 2-4)	R55 R95
BUTTERNUT FRITTERS Soft and fluffy with caramel sauce.	590g	(12 Fritters)	R90	PESTO CREAM SAUCE With fresh basil and cashew nuts.	450ml	(Serves 4-8)	R90
CAULIFLOWER AND BROCCOLI With a creamy cheddar cheese sauce.	310g 620g	(Serves 1-2) (Serves 2-4)	R70 R135	PREGO SAUCE With chilli, garlic, paprika and cream.	450ml	(Serves 4-8)	R90
CHERRY TOMATO PASTA SAUCE With fresh tomatoes and basil.	450g	(Serves 2-3)	R115	QUINOA SALAD With butternut, feta and toasted pumpkin seeds.	310g 620g	(Serves 1-2) (Serves 2-4)	R90 R170
CREAMED SPINACH With a silky-smooth cheese sauce, flavoured with onion and garlic.	310g 620g	(Serves 2-3) (Serves 4-6)	R60 R110	RAINBOW COUSCOUS SALAD With pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R85 R160
CREAMY MASHED POTATOES Perfectly rich and creamy with real butter.	400g 800g	(Serves 1) (Serves 2-4)	R50 R95	ROTI Flatbread to accompany all our curries.	687g	(6 Rotis)	R90
CRISPY ROAST POTATOES Crisp on the outside and fluffy on the inside.	250g 500g	(Serves 2) (Serves 4)	R60 R110	SLICED CRUSTY SOURDOUGH BREAD Homemade artisanal sourdough.	900g	(Serves 8-10)	R80
CRUMBED OLIVES With a creamy gorgonzola centre.	144g	(Serves 4)	R165	SPICED YELLOW RICE A turmeric-infused basmati rice.	250g 500g	(Serves 1-2) (Serves 2-4)	R35 R60
DAUPHINOIS POTATOES	310g	(Serves 1-2)	R65				

With a crispy parmesan topping.

620g	(Serves 2-4)	R125
1.24kg	(Serves 6-8)	R210

