

frozen for you

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)	R330
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CHICKEN A LA KING PIE

Generously packed with creamy chicken and vegetables.

340g	(Serves 1)	R125
640g	(Serves 2)	R205
1.28kg	(Serves 4)	R390
2.4kg	(Serves 6-8)	R720

CHICKEN ALFREDO

Italian pasta drenched in a rich parmesan sauce.

400g	(Serves 1)	R120
800g	(Serves 2)	R240

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)	R105
640g	(Serves 2)	R195

CHICKEN LASAGNE

Tender shredded chicken accompanied by leeks, spinach and rosemary.

430g	(Serves 1)	R110
860g	(Serves 2)	R205
1.72kg	(Serves 4-6)	R410

CHICKEN SUPREME

With a Mediterranean- inspired filling, finished with pesto cream.

350g	(Serves 1)	R135
700g	(Serves 2)	R260

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)	R105
640g	(Serves 2)	R195
1.28kg	(Serves 4)	R380

GRANDPA'S CHICKEN STEW

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

420g	(Serves 1)	R95
840g	(Serves 2)	R175
1.68kg	(Serves 4)	R335

KAREN'S ASIAN CHICKEN

Infused with garlic ginger and soya.

180g	(Serves 1)	R105
360g	(Serves 2)	R195

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

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Beef

BALSAMIC FILLET MEDALLION

With a light mustard sauce.

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

BEEF BOURGUIGNON

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

640g	(Serves 2)	R395
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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

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

FAMILY FAVOURITE BOLOGNESE

A family favourite meat-based Italian sauce.

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

FRAGRANT MALAY BOBOTIE

Packed with minced beef with golden egg topping.

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

KOREAN PULLED BEEF

Tender, flavour- packed beef with Korean spices.

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

PASTA-FREE LASAGNE

Blend of hearty ground beef with vibrant marinara ingredients.

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

SLOW COOKED OXTAIL

With brandy, beef stock, onions and carrots.

1.3kg	(Serves 2)	R595
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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

TRADITIONAL COTTAGE PIE

Minced beef and vegetables topped with creamy mashed potatoes.

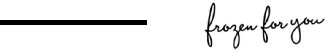
400g	(Serves 1)	R110
800g	(Serves 2)	R195
1.6kg	(Serves 4-6)	R380



ADRIAN'S MUM'S MEATBALLS	400g	(4 Meatballs)	R110
	800g	(8 Meatballs)	R215
In a lusciously thick, sweet and tangy barbeque sauce.			
CREAMY BACON LINGUINE	400g	(Serves 1)	R115
	800g	(Serves 2)	R225
With a savoury and indulgent pecorino and bacon sauce.			
MAC AND CHEESE WITH HAM AND PEAS	400g	(Serves 1)	R80
	800g	(Serves 2)	R140
With boneless ham and peas.			

QUICHE LORRAINE	320g	(Serves 1-2)	R150
	1.2kg	(Serves 8-10)	R485
French tart combining Gruyère cheese, bacon and cream.			
SLOW COOKED PORK BELLY	410g	(Serves 2)	R220
Ultra tender and just pork belly with Asian spices.			
TUSCAN SAUSAGE PASTA	400g	(Serves 1)	R115
	800g	(Serves 2)	R225
Italian-style sausage with penne pasta, tomato and fennel.			

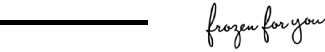
Pork



LAMB CURRY	320g	(Serves 1)	R275
	640g	(Serves 2)	R540
	1.28kg	(Serves 4)	R990
Lamb off the bone infused with Durban curry flavours.			
LAMB KNUCKLE BREDIE	320g	(Serves 1)	R195
	640g	(Serves 2)	R385
Karoo lamb knuckles cooked in tomato.			

LAMB MOUSSAKA	500g	(Serves 1)	R215
	1kg	(Serves 2)	R425
A hearty Greek classic layered with tender lamb and creamy bechamel.			
SLOW COOKED LAMB SHANKS	1.3kg	(Serves 2)	R695
Filled with winter root vegetables.			

Lamb



MAURITIAN PRAWN AND CHICKEN CURRY	470g	(Serves 1)	R205
	940g	(Serves 2)	R400
With turmeric, cinnamon, ginger and a hint of chilli.			
BRITISH FISH CAKES	200g	(2 Fish Cakes)	R85
	600g	(6 Fish Cakes)	R215
Rolled in Japanese-style golden panko crumbs.			
GLAZED NORWEGIAN SALMON	320g	(Serves 2)	R490
Crammed with aromatic flavours.			

SPICY THAI FISH CAKES	200g	(2 Fish Cakes)	R100
Flavoursome springy, bouncy and coated in a sweet chilli sauce.			
TRADITIONAL FISH PIE	400g	(Serves 1)	R120
	800g	(Serves 2)	R235
Smothered in a creamy white sauce topped with fluffy potatoes.			

Fish

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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)

R80

900ml

(Serves 2)

R150

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.

450g

(Serves 1)

R120

900g

(Serves 2)

R250

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)

R120

900ml

(Serves 2)

R215

WILD MUSHROOM SOUP

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

450ml

(Serves 1)

R135

BLACK BEAN ENCHILADAS

With coriander and smothered with gooey cheese.

320g

(Serves 1)

R105

640g

(Serves 2)

R205

SPINACH & RICOTTA CANELLONI

Spinach & Ricotta filled cannelloni topped with a tamato and cheese sauce.

400g

(Serves 1)

R100

800g

(Serves 2)

R190

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.

450g

(Serves 2-3)

R85

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.

450g

(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 & FETA QUICHE

With a rustic oat and whole-wheat crust.

320g

(Serves 1-2)

R155

1.2kg

(Serves 8-10)

R515

VEGETARIAN COTTAGE PIE

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

400g

(Serves 1)

R60

800g

(Serves 2)

R110

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



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 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 (Serves 1-2) R55
360g (Serves 2-4) 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 (Serves 1-2) R70
620g (Serves 2-4) R135

PREGO SAUCE

With chilli, garlic, paprika and cream.

450ml (Serves 4-8) R90

CHERRRY TOMATO PASTA SAUCE

With fresh tomatoes and basil.

450g (Serves 2-3) R115

QUINOA SALAD

With butternut, feta and toasted pumpkin seeds.

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

CREAMED SPINACH

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

310g (Serves 2-3) R60
620g (Serves 4-6) R110

RAINBOW COUSCOUS SALAD

With pomegranate rubies and edamame beans.

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

CREAMY MASHED POTATOES

Perfectly rich and creamy with real butter.

400g (Serves 1-2) R50
800g (Serves 2-4) 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 (Serves 2) R60
500g (Serves 4) R110

SLICED CRUSTY SOURDOUGH BREAD

Homemade artisinal 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 (Serves 1-2) R35
500g (Serves 2-4) R60

DAUPHINOIS POTATOES

With a crispy parmesan topping.

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