

frozen for you

CHICKEN

BUTTER CHICKEN CURRY

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

Carb Conscious

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

CHINESE CHICKEN CHOW MEIN

Chinese style noodles with chicken and julienne vegetables.

Carb Conscious. Dairy Free.

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

CHARLIE'S CRISPY CHICKEN WINGS

A decadent sticky and ultra crispy fried chicken treat.

Dairy Free.

650g	(16 Pieces)	R330
------	-------------	------

COQ AU VIN

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

Carb Conscious. Dairy Free.

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

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
2.40kg	(Serves 6-8)	R720

CORONATION CHICKEN

Coated in a delicately flavoured creamy curry mayonnaise dressing.

Carb Conscious. Dairy Free. Vitality.

320g	(Serves 1)	R105
640g	(Serves 2)	R195
1.28kg	(Serves 4)	R380

CHICKEN ALFREDO

Italian pasta drenched in a rich parmesan sauce.

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

GRANDPA'S CHICKEN STEW

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

Dairy Free. Vitality.

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

CHICKEN BAKE

A healthy spinach and artichoke chicken casserole.

Carb Conscious. Gluten Free. Vitality.

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

KAREN'S ASIAN CHICKEN

Infused with garlic ginger and soya.

Carb Conscious. Dairy free.

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

CHICKEN ENCHILADAS

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

320g	(Serves 1)	R105
640g	(Serves 2)	R190

MILD BUTTER CHICKEN CURRY

A milder version of a traditional butter chicken curry.

Carb Conscious

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

CHICKEN LASAGNE

Tender shredded chicken accompanied by leeks, spinach and rosemary.

Carb Conscious

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

MILD THAI GREEN CHICKEN CURRY

Infused with lemongrass, lime and a touch of spice.

Carb Conscious. Dairy Free. Gluten Free.

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

CHICKEN PIE 800g 2 Pies R235
 Tender chicken with mushrooms, onions and leeks in a creamy mustard sauce.

STICKY CHICKEN 3 Pieces (Serves 1) R105
 12 Pieces (Serves 4) R375
 With a sweet and sticky glaze.
 Carb Conscious. Dairy Free. Gluten Free.

CHICKEN SUPREME 350g (Serves 1) R135
 700g (Serves 2) R260
 With a Mediterranean-inspired filling, finished with pesto cream.
 Carb Conscious

frozen for you

BEEF

BALSAMIC FILLET MEDALLION 180g (Serves 1) R195
 360g (Serves 2) R370
 With a light mustard sauce.
 Carb Conscious. Gluten Free.

KOREAN PULLED BEEF 320g (Serves 1) R100
 640g (Serves 2) R195
 Tender, flavour-packed beef with Korean spices.

BEEF BOURGUIGNON 640g (Serves 2) R395
 Red wine, beef fillet, pearl onions and crispy bacon lardons.
 Carb Conscious.

PASTA-FREE LASAGNE 400g (Serves 1) R165
 800g (Serves 2) R290
 Blend of hearty ground beef with vibrant marinara ingredients.
 Carb Conscious. Gluten Free.

BEEF LASAGNE 400g (Serves 1) R115
 800g (Serves 2) R225
 1.6kg (Serves 4-6) R430
 3.2kg (Serves 8-10) R820
 Beef Bolognese with Italian herbs and Italian tomato.

SLOW COOKED OXTAIL 1.3kg (Serves 2) R595
 With brandy, beef stock, onions and carrots.
 Carb Conscious.

BEEF STROGANOFF 320g (Serves 1) R175
 640g (Serves 2) R340
 1.28kg (Serves 4) R665
 In an indulgent crème fraîche, mushroom, onion and soya sauce.
 Carb Conscious. Vitality.

SPAGHETTI BOLOGNESE 400g (Serves 1) R120
 800g (Serves 2) R230
 Al dente spaghetti with a rich, slow-simmered beef sauce.

BOBOTIE PIE 800g 2 Pies R245
Gently spiced curried mince with a hint of sweetness, baked in flaky pastry.

FAMILY FAVOURITE BOLOGNESE 450ml (Serves 2-3) R115
900ml (Serves 4-6) R220
A family favourite meat-based Italian sauce.
Carb Conscious. Dairy Free. Gluten Free.

FRAGRANT MALAY BOBOTIE 320g (Serves 1) R90
640g (Serves 2) R170
1.28kg (Serves 4) R315
Packed with minced beef with a golden egg topping.

STEAK AND ALE PIE 800g 2 Pies R350
Slow-cooked beef in a rich ale gravy, wrapped in golden, flaky pastry.

STEAK PIE 340g (Serves 1) R170
640g (Serves 2-4) R310
With a golden brown flaky pastry and rich beef filling.
Carb Conscious.

TRADITIONAL COTTAGE PIE 400g (Serves 1) R110
800g (Serves 2) R195
1.6kg (Serves 4-6) R380
Minced beef and vegetables topped with creamy mashed potatoes.
Gluten Free.

frozen for you

PORK

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.
Dairy Free.

TUSCAN SAUSAGE PASTA 400g (Serves 1) R115
800g (Serves 2) R225
Italian-style sausage with penne pasta, tomato and fennel.

frozen for you

LAMB

LAMB CURRY

Lamb off the bone infused with Durban curry flavours.

Carb Conscious. Dairy Free.

320g	(Serves 1)	R275
640g	(Serves 2)	R540
1.18kg	(Serves 4)	R990

LAMB MOUSSAKA

Layers of tender lamb, roasted aubergine, and creamy béchamel.

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

LAMB KNUCKLE BREDIE

Karoo lamb knuckles cooked in tomato.

Dairy Free. Gluten Free.

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

SLOW COOKED LAMB SHANKS

Filled with winter root vegetables.

Dairy Free. Gluten Free.

1.3kg	(Serves 2)	R695
-------	------------	------

frozen for you

FISH

MAURITIAN PRAWN AND CHICKEN CURRY

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

Carb Conscious. Gluten Free.

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

SPICY THAI FISH CAKES

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

Carb Conscious. Dairy Free. Vitality.

200g	(2 Fish Cakes)	R100
------	----------------	------

BRITISH FISH CAKES

Rolled in Japanese-style golden panko crumbs.

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

TRADITIONAL FISH PIE

Smothered in a creamy white sauce topped with fluffy potatoes.

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

GLAZED NORWEGIAN SALMON

Crammed with aromatic flavours.

Carb Conscious. Dairy Free. Vitality.

160g	(Serves 1)	R250
320g	(Serves 2)	R490

frozen for you

VEGETARIAN

BLACK BEAN ENCHILADAS

With coriander and smothered with gooey cheese.

Vegetarian.

320g (Serves 1) R105
640g (Serves 2) R205

SPINACH & RICOTTA CANNELLONI

With a combination of delicious tomato and cheese sauce.

Vegetarian.

400g (Serves 1) R100
800g (Serves 2) R190

BUTTERNUT SAGE AND LENTIL LASAGNE

Gourmet dish layered butternut, lentils and cheese.

Vegetarian.

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

VEGAN BOLOGNESE

With lentils, carrots and broccoli.

Vegetarian. Vegan. Carb Conscious. Dairy Free. Low Fat. Vitality.

450ml (Serves 2-3) R85

CHEESE AND ONION MARMALADE BARRELS

Canapé of gooey cheese and caramelised onions.

Vegetarian.

250g (12 Barrels) R145

VEGAN CHILLI CON 'CARNE'

With a subtle spicy and smoky kick.

Vegetarian. Vegan. Dairy Free. Low Fat. Vitality.

450ml (Serves 2-3) R135

MAC AND CHEESE

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

Vegetarian.

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.

Vegetarian.

320g (Serves 1) R65
640g (Serves 2) R125

MELANZANE PARMIGIANA

With italian tomato sauce, mozzarella, parmesan and basil.

Vegetarian. Gluten Free.

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.

Vegetarian.

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

RATATOUILLE

Farm picked vegetables seasoned with Italian herbs and tomatoes.

Vegetarian. Vegan. Dairy Free. Gluten Free. Vitality.

320g (Serves 1-2) R75
640g (Serves 2-4) R145

VEGETARIAN BEAN CURRY

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

Vegetarian. Vegan. Dairy Free. Low Fat. Vitality.

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

SPINACH AND FETA QUICHE

With a rustic oat and whole-wheat crust.

Vegetarian.

320g (Serves 1-2) R155
1.2kg (Serves 8-10) R515

VEGETARIAN COTTAGE PIE

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

Vegetarian. Vitality.

400g (Serves 1) R60
800g (Serves 2) R110

frozen for you

SOUPS

BUTTERNUT SOUP Light and creamy vegan butternut soup. <i>Dairy Free. Vegetarian. Vegan.</i>	450ml 900ml	(Serves 1) (Serves 2)	R45 R80	MINISTRONE SOUP A thick classic Italian vegetable soup without the pasta. <i>Carb Conscious. Vegetarian.</i>	450ml 900ml	(Serves 1) (Serves 2)	R55 R100
CHICKEN SOUP Filled with chicken, vegetables and home-made broth. <i>Carb Conscious. Dairy Free.</i>	450ml 900ml	(Serves 1) (Serves 2)	R80 R150	MINTED PEA SOUP Refreshing and delicious with an intense minted flavour pop. <i>Vegetarian. Vitality.</i>	450ml 900ml	(Serves 1) (Serves 2)	R60 R110
CHORIZO BEAN AND BACON SOUP Chunky rustic soup consisting of Chorizo, bacon and carrots. <i>Carb Conscious.</i>	450ml 900ml	(Serves 1) (Serves 2)	R80 R150	ROASTED CARROT SOUP Fruity and exotic Middle Eastern vegan soup with a hint of coconut. <i>Dairy Free. Gluten Free. Vegetarian. Vegan.</i>	450ml	(Serves 1)	R50
CREAMY MUSSEL SOUP Perfectly cooked mussels in cream and white wine. <i>Carb Conscious. Gluten Free.</i>	450ml 900ml	(Serves 1) (Serves 2)	R120 R250	ROASTED TOMATO SOUP With a hint of chilli and fresh basil. <i>Vegetarian. Vitality.</i>	450ml 900ml	(Serves 1) (Serves 2)	R65 R120
HEARTY BEEF GOULASH SOUP With smoked paprika. <i>Dairy Free. Gluten Free.</i>	450ml 900ml	(Serves 1) (Serves 2)	R120 R215	WILD MUSHROOM SOUP With intense earthy flavour, smooth in texture with a hint of truffles. <i>Vegetarian.</i>	450ml	(Serves 1)	R135

frozen for you

DESSERTS

APPLE, BERRY AND ALMOND CRUMBLE

Sweet apples and tart berries topped with a golden almond crumble.
Vegan.

370g (Serves 1-2) R100
1.48kg (Serves 8) R375

OUR FAMOUS CHOCOLATE BROWNIES

Best served with our Salted Caramel Sauce.
Vegetarian.

350g (8 Triangles) R110

APPLE CAKE

In a caramel sauce.
Vegetarian.

250g (Serves 2-3) R70
1kg (Serves 10-12) R235

SALTED CARAMEL SAUCE

Salty, sweet and irresistibly buttery.
Vegetarian. Gluten Free.

200ml (Serves 6) R70

BERRY COULIS

A vibrant, intensely flavoured raspberry sauce.
Vegetarian. Vegan. Dairy Free. Gluten Free. Low Fat.

200ml (Serves 6) R90

TARTE AU CITRON

With a custardy lemon filling in a golden butter crust.
Vegetarian.

230g (Serves 1-2) R70
800g (Serves 10-12) R210

CARROT CAKE

Moist and delicious with a tangy cream cheese frosting.
Vegetarian.

800g (Serves 10-12) R175

TIRAMISU

With mascarpone, coffee and brandy.
Vegetarian.

215g (Serves 1-2) R80
430g (Serves 2-4) R150

CHOCOLATE ROULADE

With white chocolate mousse.
Gluten Free.

1kg (Serves 10-12) R200

TRADITIONAL BAKED CHEESECAKE

Best served with cream, seasonal fruit or berry coulis.
Vegetarian.

220g (Serves 1-2) R105
1kg (Serves 10-12) R440

CHOCOLATE YOGHURT CAKE

With a sticky chocolate ganache.
Vegetarian.

800g (Serves 10-12) R110

VEGAN & GLUTEN FREE BROWNIES

With chocolate and pecan nuts.
Vegetarian. Vegan. Dairy Free. Gluten Free.

280g (8 Triangles) R110

DATE SQUARES 280g (16 Pieces) R85
*With crunchy biscuit and coconut.
Vegetarian.*

MALVA MILKTART 380g (Serves 1-2) R70
1.52kg (Serves 6-8) R250
*Two South African favourites combined.
Vegetarian.*

MERINGUE ROULADE 450g (Serves 10-12) R260
*With a gorgeous raspberry cream filling.
Vegetarian. Gluten Free.*

WHITE CHOCOLATE CROISSANT BREAD & BUTTER PUDDING 250g (Serves 1-2) R105
1kg (Serves 10-12) R365
*With hints of whiskey and white chocolate.
Vegetarian.*

ZESTY ORANGE CAKE 680g (Serves 8-10) R165
*A nostalgic teatime treat, moist and full of citrus flavour.
Vegetarian.*

frozen for you

SAUCES & SIDES

APPLE AND SAGE SAUSAGE ROLLS 340g (Serves 1) R105
Made with pork sausage.

BOBOTIE SPRING ROLLS 228g (8 Pieces) R110
Our famous bobotie wrapped in layers of spring roll pastry.

BUTTERNUT FRITTERS 590g (12 Fritters) R90
*Soft and fluffy with caramel sauce.
Vegetarian.*

DAUPHINOIS POTATOES 310g (Serves 1-2) R65
620g (Serves 2-4) R125
1.24kg (Serves 6-8) R240
With a crispy parmesan topping.

FRAGRANT WHITE BASMATI RICE 250g (Serves 1-2) R30
500g (Serves 2-4) R50
*With fresh coriander and cooked to perfection.
Dairy Free. Gluten Free. Low Fat. Vegetarian. Vegan.*

MASHED PUMKIN 310g (Serves 2-3) R45
*Silky smooth, delicate mashed pumpkin.
Gluten Free. Low Fat. Vegetarian. Vitality.*

<p>CAPRESE ARANCINI Golden risotto balls with tomato, basil, and mozzarella. Vegetarian.</p>	384g	(Serves 4)	R190	<p>MINTED PEAS With sautéed leeks and fresh mint. Gluten Free. Vegetarian. Vitality.</p>	180g	(Serves 1-2)	R55
					360g	(Serves 2-4)	R95
<p>CAULIFLOWER AND BROCCOLI With a creamy cheddar cheese sauce. Vegetarian.</p>	310g	(Serves 1-2)	R70	<p>PESTO CREAM SAUCE With fresh basil and cashew nuts. Carb Conscious. Gluten Free. Vegetarian.</p>	450ml	(Serves 4-8)	R90
	620g	(Serves 2-4)	R135				
<p>CHERRY TOMATO PASTA SAUCE With fresh tomatoes and basil. Carb Conscious. Dairy Free. Gluten Free. Low Fat. Vegetarian. Vegan. Vitality</p>	450ml	(Serves 2-3)	R115	<p>PREGO SAUCE With chilli, garlic, paprika and cream. Carb Conscious. Gluten free. Vegetarian.</p>	450ml	(Serves 4-8)	R90
<p>CREAMED SPINACH With a silky-smooth cheese sauce, flavoured with onion and garlic. Carb Conscious. Vegetarian. Vitality.</p>	310g	(Serves 2-3)	R60	<p>QUINOA SALAD With butternut, feta and toasted pumpkin seeds. Vegetarian. Vitality.</p>	310g	(Serves 1-2)	R90
	620g	(Serves 4-6)	R110		620g	(Serves 2-4)	R170
<p>CREAMY MASHED POTATOES Perfectly rich and creamy with real butter. Gluten Free. Vegetarian. Vitality.</p>	400g	(Serves 1-2)	R50	<p>RAINBOW COUSCOUS SALAD With pomegranate rubies and edamame beans Dairy Free. Vegetarian. Vitality.</p>	310g	(Serves 1-2)	R85
	800g	(Serves 2-4)	R95		620g	(Serves 2-4)	R160
<p>CREAMY MUSHROOM SAUCE With a hint of truffle oil. Carb Conscious. Gluten Free. Vitality.</p>	450ml	(Serves 4-8)	R145	<p>ROTI Flatbread to accompany all our curries.</p>	687g	(6 Rotis)	R90
<p>CRISPY ROAST POTATOES Crisp on the outside and fluffy on the inside. Dairy Free. Gluten Free. Vegetarian. Vegan.</p>	250g	(Serves 2)	R60	<p>SLICED CRUSTY SOURDOUGH BREAD Homemade artisanal sourdough. Dairy Free. Vegetarian. Vegan.</p>	900g	(Serves 8-10)	R80
	500g	(Serves 4)	R110				
<p>CRUMBED OLIVES Crispy golden olives with a creamy gorgonzola centre. Vegetarian.</p>	144g	(Serves 4)	R165	<p>SPICED YELLOW RICE A turmeric-infused basmati rice. Dairy Free. Gluten Free. Low Fat. Vegetarian. Vegan. Vitality.</p>	250g	(Serves 1-2)	R35
					500g	(Serves 2-4)	R60