

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
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### 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

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## 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.

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## 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.

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## LAMB

### LAMB CURRY

Lamb off the bone infused with Durban curry flavours.

Carb Conscious. Dairy Free.

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

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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

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## SOUPS

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

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## 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.*

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## 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.*

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