



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

CHARLIE'S CRISPY CHICKEN WINGS

A decadent sticky and ultra crispy fried chicken treat.

Dairy Free.

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
2.40kg	(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.

Carb Conscious. Gluten Free. Vitality.

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)	R190

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

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

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

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

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

KAREN'S ASIAN CHICKEN

Infused with garlic ginger and soya.

Carb Conscious. Dairy free.

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

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

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
With a sweet and sticky glaze.	12 Pieces	(Serves 4)	R375
Carb Conscious. Dairy Free. Gluten Free.			

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

frozen for you

BEEF

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

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

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
Blend of hearty ground beef with vibrant marinara ingredients.	800g	(Serves 2)	R290
Carb Conscious. Gluten Free.			

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

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

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

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

BOBOTIE PIE Gently spiced curried mince with a hint of sweetness, baked in flaky pastry.	800g	2 Pies	R245	STEAK AND GUINNESS PIE Slow-cooked beef in a rich ale gravy, wrapped in golden, flaky pastry.	800g	2 Pies	R350
FAMILY FAVOURITE BOLOGNESE A family favourite meat-based Italian sauce. Carb Conscious. Dairy Free. Gluten Free.	450g 900g	(Serves 2-3) (Serves 4-6)	R115 R220	STEAK PIE With a golden brown flaky pastry and rich beef filling. Carb Conscious.	340g 640g	(Serves 1) (Serves 2)	R170 R310
FRAGRANT MALAY BOBOTIE Packed with minced beef with a golden egg topping.	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R90 R170 R315	TRADITIONAL COTTAGE PIE Minced beef and vegetables topped with creamy mashed potatoes. Gluten Free.	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R110 R195 R380

				PORK			
ADRIAN'S MUM'S MEATBALLS In a lusciously thick, sweet and tangy barbeque sauce.	400g 800g	(4 Meatballs) (8 Meatballs)	R110 R215	QUICHE LORRAINE French tart combining Gruyère cheese, bacon and cream.	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R150 R485
CREAMY BACON LINGUINE With a savoury and indulgent pecorino and bacon sauce.	400g 800g	(Serves 1) (Serves 2)	R115 R225	SLOW COOKED PORK BELLY Ultra tender and just pork belly with Asian spices. Dairy Free.	410g	(Serves 2)	R220
MAC AND CHEESE WITH HAM AND PEAS With boneless ham and peas.	400g 800g	(Serves 1) (Serves 2)	R80 R140	TUSCAN SAUSAGE PASTA Italian-style sausage with penne pasta, tomato and fennel.	400g 800g	(Serves 1) (Serves 2)	R115 R225

frozen for you

				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		1kg	(Serves 2)	R425
	Carb Conscious. Dairy Free.	1.18kg	(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.			
Dairy Free. Gluten Free.				Dairy Free. Gluten Free.			

frozen for you

				FISH				
MAURITIAN PRAWN AND CHICKEN CURRY		470g	(Serves 1)	R205	SPICY THAI FISH CAKES	200g	(2 Fish Cakes)	R100
	With turmeric, cinnamon, ginger and a hint of chilli.	940g	(Serves 2)	R400				
	Carb Conscious. Gluten Free.					Carb Conscious. Dairy Free. Vitality.		

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		800g	(Serves 2)	R235

GLAZED NORWEGIAN SALMON	160g	(Serves 1)	R250
Crammed with aromatic flavours.	320g	(Serves 2)	R490
Carb Conscious. Dairy Free. Vitality.			



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
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CHEESE AND ONION MARMALADE BARRELS

Canapé of gooey cheese and caramelised onions.

Vegetarian.

250g	(12 Barrels)	R145
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VEGAN CHILLI CON 'CARNE'

With a subtle spicy and smoky kick.

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

450ml	(Serves 2-3)	R135
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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

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

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.

Dairy Free. Vegetarian. Vegan.

450ml	(Serves 1)	R45
900ml	(Serves 2)	R80

MINESTRONE SOUP

A thick classic Italian vegetable soup without the pasta.

Carb Conscious. Vegetarian.

450ml	(Serves 1)	R55
900ml	(Serves 2)	R100

CHICKEN SOUP

Filled with chicken, vegetables and home-made broth.

Carb Conscious. Dairy Free.

450ml	(Serves 1)	R80
900ml	(Serves 2)	R150

MINTED PEA SOUP

Refreshing and delicious with an intense minted flavour pop.

Vegetarian. Vitality.

450ml	(Serves 1)	R60
900ml	(Serves 2)	R110

CHORIZO BEAN AND BACON SOUP

Chunky rustic soup consisting of Chorizo, bacon and carrots.

Carb Conscious.

450ml	(Serves 1)	R80
900ml	(Serves 2)	R150

ROASTED CARROT SOUP

Fruity and exotic Middle Eastern vegan soup with a hint of coconut.

Dairy Free. Gluten Free. Vegetarian. Vegan.

450ml	(Serves 1)	R50
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CREAMY MUSSEL SOUP

Perfectly cooked mussels in cream and white wine.

Carb Conscious. Gluten Free.

450g	(Serves 1)	R120
900g	(Serves 2)	R250

ROASTED TOMATO SOUP

With a hint of chilli and fresh basil.

Vegetarian. Vitality.

450ml	(Serves 1)	R65
900ml	(Serves 2)	R120

HEARTY BEEF GOULASH SOUP

With smoked paprika.

Dairy Free. Gluten Free.

450ml	(Serves 1)	R120
900ml	(Serves 2)	R215

WILD MUSHROOM SOUP

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

Vegetarian.

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 2-3) 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 <i>With crunchy biscuit and coconut.</i> <i>Vegetarian.</i>	280g	(16 Pieces)	R85	WHITE CHOCOLATE CROISSANT BREAD & BUTTER PUDDING <i>With hints of whiskey and white chocolate.</i> <i>Vegetarian.</i>	250g 1kg	(Serves 1-2) (Serves 10-12)	R105 R365
MALVA MILKTART <i>Two South African favourites combined.</i> <i>Vegetarian.</i>	380g 1.52kg	(Serves 1-2) (Serves 6-8)	R70 R250	ZESTY ORANGE CAKE <i>A nostalgic teatime treat, moist and full of citrus flavour.</i> <i>Vegetarian.</i>	680g	(Serves 8-10)	R165
MERINGUE ROULADE <i>With a gorgeous raspberry cream filling.</i> <i>Vegetarian. Gluten Free.</i>	450g	(Serves 10-12)	R260				

frozen for you

SAUCES & SIDES

APPLE AND SAGE SAUSAGE ROLLS <i>Made with pork sausage.</i>	340g	(Serves 1)	R105	DAUPHINOIS POTATOES <i>With a crispy parmesan topping.</i>	310g 620g 1.24kg	(Serves 1-2) (Serves 2-4) (Serves 6-8)	R65 R125 R240
BOBOTIE SPRING ROLLS <i>Our famous bobotie wrapped in layers of spring roll pastry.</i>	228g	(8 Pieces)	R110	FRAGRANT WHITE BASMATI RICE <i>With fresh coriander and cooked to perfection.</i> <i>Dairy Free. Gluten Free. Low Fat. Vegetarian. Vegan.</i>	250g 500g	(Serves 1-2) (Serves 2-4)	R30 R50
BUTTERNUT FRITTERS <i>Soft and fluffy with caramel sauce.</i> <i>Vegetarian.</i>	590g	(12 Fritters)	R90	MASHED PUMKIN <i>Silky smooth, delicate mashed pumpkin.</i> <i>Gluten Free. Low Fat. Vegetarian. Vitality.</i>	310g	(Serves 2-3)	R45

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