



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			

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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 ALE 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

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LAMB CURRY Lamb off the bone infused with Durban curry flavours. <i>Carb Conscious. Dairy Free.</i>	320g	(Serves 1)	R275	LAMB MOUSSAKA Layers of tender lamb, roasted aubergine, and creamy béchamel.	500g	(Serves 1)	R215
	640g	(Serves 2)	R540		1kg	(Serves 2)	R425
	1.18kg	(Serves 4)	R990				

LAMB KNUCKLE BREDIE Karoo lamb knuckles cooked in tomato. <i>Dairy Free. Gluten Free.</i>	320g	(Serves 1)	R195	SLOW COOKED LAMB SHANKS Filled with winter root vegetables. <i>Dairy Free. Gluten Free.</i>	1.3kg	(Serves 2)	R695
	640g	(Serves 2)	R385				

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MAURITIAN PRAWN AND CHICKEN CURRY With turmeric, cinnamon, ginger and a hint of chilli. <i>Carb Conscious. Gluten Free.</i>	470g	(Serves 1)	R205	SPICY THAI FISH CAKES Flavoursome springy, bouncy and coated in a sweet chilli sauce. <i>Carb Conscious. Dairy Free. Vitality.</i>	200g	(2 Fish Cakes)	R100
	940g	(Serves 2)	R400				

BRITISH FISH CAKES Rolled in Japanese-style golden panko crumbs.	200g	(2 Fish Cakes)	R85	TRADITIONAL FISH PIE Smothered in a creamy white sauce topped with fluffy potatoes.	400g	(Serves 1)	R120
	600g	(6 Fish Cakes)	R215		800g	(Serves 2)	R235

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



VEGETARIAN

BLACK BEAN ENCHILADAS With coriander and smothered with gooey cheese. <i>Vegetarian.</i>	320g 640g	(Serves 1) (Serves 2)	R105 R205	SPINACH & RICOTTA CANNELLONI With a combination of delicious tomato and cheese sauce. <i>Vegetarian.</i>	400g 800g	(Serves 1) (Serves 2)	R100 R190
BUTTERNUT SAGE AND LENTIL LASAGNE Gourmet dish layered butternut, lentils and cheese. <i>Vegetarian.</i>	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R115 R220 R420	VEGAN BOLOGNESE With lentils, carrots and broccoli. <i>Vegetarian. Vegan. Carb Conscious. Dairy Free. Low Fat. Vitality.</i>	450ml	(Serves 2-3)	R85
CHEESE AND ONION MARMALADE BARRELS Canapé of gooey cheese and caramelised onions. <i>Vegetarian.</i>	250g	(12 Barrels)	R145	VEGAN CHILLI CON 'CARNE' With a subtle spicy and smoky kick. <i>Vegetarian. Vegan. Dairy Free. Low Fat. Vitality.</i>	450ml	(Serves 2-3)	R135
MAC AND CHEESE With a home made cheese sauce topped with crunchy bread crumbs. <i>Vegetarian.</i>	400g 800g 1.5kg	(Serves 1) (Serves 2) (Serves 4-6)	R65 R125 R210	VEGETABLE AND CHICKPEA CURRY A protein-filled vegetarian curry with Indian spices. <i>Vegetarian.</i>	320g 640g	(Serves 1) (Serves 2)	R65 R125
MELANZANE PARMIGIANA With italian tomato sauce, mozzarella, parmesan and basil. <i>Vegetarian. Gluten Free.</i>	410g 820g 1.64kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R140 R270 R500	VEGETABLE BIRYANI Filled with vegetables, herbs and biryani spices. <i>Vegetarian.</i>	400g 800g	(Serves 1) (Serves 2)	R85 R160
RATATOUILLE Farm picked vegetables seasoned with Italian herbs and tomatoes. <i>Vegetarian. Vegan. Dairy Free. Gluten Free. Vitality.</i>	320g 640g	(Serves 1-2) (Serves 2-4)	R75 R145	VEGETARIAN BEAN CURRY Packed with loads of protein, hearty sweet potato and spices. <i>Vegetarian. Vegan. Dairy Free. Low Fat. Vitality.</i>	320g 640g	(Serves 1) (Serves 2)	R75 R130
SPINACH AND FETA QUICHE With a rustic oat and whole-wheat crust. <i>Vegetarian.</i>	320g 1.2kg	(Serves 1-2) (Serves 8-10)	R155 R515	VEGETARIAN COTTAGE PIE Made with lentils carrots, onions, sweet potato and butternut. <i>Vegetarian. Vitality.</i>	400g 800g	(Serves 1) (Serves 2)	R60 R110

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SOUPS

BUTTERNUT SOUP Light and creamy vegan butternut soup. <i>Dairy Free. Vegetarian. Vegan.</i>	450ml 900ml	(Serves 1) (Serves 2)	R45 R80	MINESTRONE 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>	450g 900g	(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



DESSERTS

APPLE, BERRY AND ALMOND CRUMBLE <i>Sweet apples and tart berries topped with a golden almond crumble.</i> <i>Vegan.</i>	370g 1.48kg	(Serves 1-2) (Serves 8)	R100 R375	OUR FAMOUS CHOCOLATE BROWNIES <i>Best served with our Salted Caramel Sauce.</i> <i>Vegetarian.</i>	350g	(8 Triangles)	R110
APPLE CAKE <i>In a caramel sauce.</i> <i>Vegetarian.</i>	250g 1kg	(Serves 2-3) (Serves 10-12)	R70 R235	SALTED CARAMEL SAUCE <i>Salty, sweet and irresistibly buttery.</i> <i>Vegetarian. Gluten Free.</i>	200ml	(Serves 6)	R70
BERRY COULIS <i>A vibrant, intensely flavoured raspberry sauce.</i> <i>Vegetarian. Vegan. Dairy Free. Gluten Free. Low Fat.</i>	200ml	(Serves 6)	R90	TARTE AU CITRON <i>With a custardy lemon filling in a golden butter crust.</i> <i>Vegetarian.</i>	230g 800g	(Serves 1-2) (Serves 10-12)	R70 R210
CARROT CAKE <i>Moist and delicious with a tangy cream cheese frosting.</i> <i>Vegetarian.</i>	800g	(Serves 10-12)	R175	TIRAMISU <i>With mascarpone, coffee and brandy.</i> <i>Vegetarian.</i>	215g 430g	(Serves 1-2) (Serves 2-3)	R80 R150
CHOCOLATE ROULADE <i>With white chocolate mousse.</i> <i>Gluten Free.</i>	1kg	(Serves 10-12)	R200	TRADITIONAL BAKED CHEESECAKE <i>Best served with cream, seasonal fruit or berry coulis.</i> <i>Vegetarian.</i>	220g 1kg	(Serves 1-2) (Serves 10-12)	R105 R440
CHOCOLATE YOGHURT CAKE <i>With a sticky chocolate ganache.</i> <i>Vegetarian.</i>	800g	(Serves 10-12)	R110	VEGAN & GLUTEN FREE BROWNIES <i>With chocolate and pecan nuts.</i> <i>Vegetarian. Vegan. Dairy Free. Gluten Free.</i>	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				

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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