

Chicken



NEW

CHINESE CHICKEN CHOW MEIN with stir-fried egg noodles and vegetables	320g 640g 1.29kg	(Serves 1) (Serves 2) (Serves 4)	R75 R145 R280	CHICKEN ENCHILADAS a spicy Mexican favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R156 R305
CHICKEN A LA KING PIE with puff pastry	640g 1.28kg 2.4 kg	(Serves 2) (Serves 4) (Serves 6-8)	R148 R279 R517	STICKY CHICKEN with a sweet and sticky glaze	3 Pieces 12 Pieces	(Serves 1) (Serves 4)	R85 R304
HOT BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289	CHICKEN BAKE with an artichoke and spinach gratin	310g 620g 1.24kg	(Serves 1) (Serves 2) (Serves 4)	R80 R159 R299
MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R73 R146 R289	CHICKEN GALANTINE filled with chicken, pecan nuts and spinach	1.3kg	(Serves 6-8)	R376
THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R80 R149 R298	CHICKEN LASAGNE with spinach, hints of rosemary and mozzarella	400g 800g 1.60kg 3.20kg	(Serves 1) (Serves 2) (Serves 4) (Serves 8-10)	R68 R130 R244 R475
COQ AU VIN with mushrooms and crispy bacon	360g 720g 1.44kg	(Serves 1) (Serves 2) (Serves 4)	R88 R170 R325	KAREN'S ASIAN CHICKEN marinated in soya sauce and ginger	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R82 R160 R303
CORONATION CHICKEN with toasted almonds and parsley	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R157 R293	GRANDPA'S CHICKEN STEW healthy and wholesome	420g 840g 1.68kg	(Serves 1) (Serves 2) (Serves 4)	R80 R154 R289

Lamb



DURBAN LAMB CURRY with fresh coriander	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R159 R310 R610	LAMB CURRY with fresh coriander	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R177 R338 R667
LAMB TAGINE with spicy Moroccan flavours	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R144 R284 R558	SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1.3kg	(Serves 2)	R492
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	640g 1.28kg 2.40kg	(Serves 2) (Serves 4) (Serves 6-8)	R263 R518 R962	LAMB KNUCKLE BREDIE a classic South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R143 R286 R551

Beef



BALSAMIC FILLET MEDALLION with a light mustard sauce	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R115 R230 R450	SLOW COOKED OXTAIL with butter beans and brandy	1.30kg	(Serves 2)	R395
BEEF LASAGNE with traditional bolognese and white sauce	400g 800g 1.60kg 3.20kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R76 R147 R270 R504	BEEF BOURGUIGNON with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R246 R465
PASTA-FREE LASAGNE with courgettes	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R107 R199 R366	TRADITIONAL COTTAGE PIE filled with vegetables	800g 1.60kg 3.20kg	(Serves 1) (Serves 2) (Serves 4-6)	R70 R132 R248
SPICY BEEF BOBOTIE our take on this South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189	FAMILY FAVOURITE BOLOGNESE filled with vegetables	450g 900g	(Serves 2-3) (Serves 4-6)	R66 R122
FRAGRANT MALAY BOBOTIE a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R58 R105 R189	STEAK PIE with short rib and puff pastry	640g 1.28kg 2.40kg	(Serves 2-4) (Serves 4-6) (Serves 6-8)	R207 R403 R747
				BEEF STROGANOFF with crème fraiche and herbs	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R92 R180 R340

Pork



NEW SLOW COOKED PORK BELLY with Asian flavours and crispy crackling	410g	(Serves 2)	R175	QUICHE LORRAINE made with Gruyère and bacon	320g 1.20kg	(Serves 1-2) (Serves 8-10)	R125 R365
CREAMY BACON LINGUINE with pecorino, cheese and basil	400g 800g	(Serves 1) (Serves 2)	R89 R172	MAC AND CHEESE with ham and peas	400g 800g 1.50kg	(Serves 1) (Serves 2) (Serves 4-6)	R69 R113 R194
ADRIAN'S MUM'S MEATBALLS in a barbeque sauce	4 Meatballs 8 Meatballs 16 Meatballs	(Serves 1) (Serves 2) (Serves 4)	R80 R158 R305	MAC AND CHEESE with butternut and crispy pancetta	800g	(Serves 2)	R116
PORK SAUSAGES with brown onion gravy	3 Sausages 12 Sausages	(Serves 1) (Serves 4)	R72 R268	TUSCAN SAUSAGE PASTA with pork sausage, fresh herbs and pasta	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4)	R84 R162 R310

Fish



NEW

CREAMY MUSSEL SOUP
with white wine and garlic

900g (Serves 2) R175

MAURITIAN PRAWN AND CHICKEN CURRY
with tumeric, cocnut and lemon

470g (Serves 1) R172
940g (Serves 2) R340
1.88kg (Serves 4) R650

TRADITIONAL FISH PIE
with creamy mash and dill

400g (Serves 1) R98
800g (Serves 2) R191
1.60kg (Serves 4-6) R320

BRITISH FISH CAKES
with creamy hake and potato

2 Fish Cakes (Serves 1) R61
6 Fish Cakes (Serves 3) R165

SPICY THAI FISH CAKES
with fresh ginger and lime

2 Fish Cakes (Serves 1) R77
8 Fish Cakes (Serves 4) R289

GLAZED NORWEGIAN SALMON
with honey, ginger, soya and orange flavours

320g (Serves 2) R440

Vegetarian



NEW

CAULIFLOWER AND BROCCOLI
in a cheese sauce

310g (Serves 1-2) R60
620g (Serves 2-4) R118

SPINACH & RICOTTA CANNELLONI
with mozzarella

400g (Serves 1) R85
800g (Serves 2) R166
1.60kg (Serves 4-6) R320

VEGETABLE AND CHICKPEA CURRY
with mixed masala spice and yoghurt

320g (Serves 1) R51
640g (Serves 2) R90
1.28kg (Serves 4) R163

VEGETARIAN BEAN CURRY
with sweet potato and chilli

320g (Serves 1) R51
640g (Serves 2) R90
1.28kg (Serves 4) R163

BUTTERNUT SAGE AND LENTIL LASAGNE
with a creamy sage sauce

400g (Serves 1) R98
800g (Serves 2) R192
1.60kg (Serves 4-6) R371

VEGETARIAN COTTAGE PIE
topped with creamy butternut and sweet potato mash

400g (Serves 1) R51
800g (Serves 2) R95
1.60kg (Serves 4-6) R180

BLACK BEAN ENCHILADAS
a mildly spiced Mexican vegetarian favourite

320g (Serves 1) R80
640g (Serves 2) R149
1.28kg (Serves 4) R294

RATATOUILLE
made with fresh aubergines, courgettes and red peppers

320g (Serves 1-2) R58
640g (Serves 2-4) R110

SPINACH AND FETA QUICHE
with a healthy whole-wheat and oat pastry

320g (Serves 1-2) R110
1.20kg (Serves 8-10) R358

VEGAN BOLOGNESE
made with lentils, carrots and broccoli

450g (Serves 2-3) R80
900g (Serves 4-6) R155

MELANZANE PARMIGIANA
the best Melanzane in town

410g (Serves 1-2) R110
820g (Serves 2-4) R210
1.64kg (Serves 4-6) R395

VEGAN CHILLI CON 'CARNE'
a meat-free version of this Mexican dish

450g (Serves 2-3) R115
900g (Serves 4-6) R225

MAC AND CHEESE
with a crispy bread crumb topping

400g (Serves 1) R56
800g (Serves 2) R94
1.50kg (Serves 4-6) R166

MAC AND CHEESE
with truffle oil and thyme

800g (Serves 2) R112
1.50kg (Serves 4-6) R199

Soups



MINTED PEA SOUP with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R45 R83	BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R35 R64
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R51 R89	CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R56 R95
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml 900ml	(Serves 1) (Serves 2)	R94 R169	HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R66 R121
ROASTED CARROT SOUP with coconut cream, lime and sumac	450ml 900ml	(Serves 1) (Serves 2)	R45 R69	CHICKEN SOUP for the soul	450ml 900ml	(Serves 1) (Serves 2)	R60 R115

Desserts



DATE SQUARES with crunchy biscuit and coconut	280g	(16 portions)	R70	TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or Berry Coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R74 R317
CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10-12)	R159	OUR FAMOUS CHOCOLATE BROWNIES best served with our salted caramel sauce	350g	(4 Portions)	R90
TARTE AU CITRON made with fresh lemons	230g 1kg	(Serves 1-2) (Serves 10-12)	R59 R160	BERRY COULIS delicious on Traditional Cheesecake, ice cream or Meringue Roulade	200ml	(Serves 6)	R74
MERINGUE ROULADE with raspberry cream	450g	(Serves 10-12)	R196	SALTED CARAMEL SAUCE Karen's kid's favourite served hot on ice cream	200ml	(Serves 6)	R57
CHOCOLATE YOGHURT CAKE with a sticky chocolate ganache	800g	(Serves 10-12)	R93	CARROT CAKE with cream cheese icing	800g	(Serves 10-12)	R130
WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey	230g 1kg	(Serves 1-2) (Serves 10-12)	R68 R185	TIRAMISU Italian dessert	215g 430g	(Serves 1-2) (Serves 2-4)	R65 R125
APPLE CAKE in a caramel sauce	230g 1kg	(Serves 1-2) (Serves 10-12)	R49 R185				

Sauces & Sides



CHICKEN GRAVY made the traditional way	450ml 620g 1.24kg	(Serves 4-8) (Serves 2-4) (Serves 6-8)	R54 R89 R164
DAUPHINOIS POTATOES with a crispy parmesan topping	320g 640g 1.28kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R52 R89 R164
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1-2) (Serves 2-4)	R40 R75
BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R71 R137
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1-2) (Serves 2-4)	R23 R39
SPICED YELLOW RICE with turmeric	250g 500g	(Serves 1-2) (Serves 2-4)	R29 R52
QUINOA SALAD with butternut, feta and toasted pumpkin seeds	310g 620g	(Serves 1-2) (Serves 2-4)	R82 R155
SLOW COOKED LAMB GRAVY with rosemary	450ml	(Serves 4-8)	R64
CREAMED SPINACH	310g 620g	(Serves 2-3) (Serves 4-6)	R42 R75
KAROO SHEEBA SAUCE	450ml	(Serves 4-8)	R64
CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R43 R81
BUTTERNUT FRITTERS with caramel sauce	12 Fritters	(Serves 4)	R74
RAINBOW COUSCOUS SALAD with pomegranate rubies and edamame beans	310g 620g	(Serves 1-2) (Serves 2-4)	R68 R131
FOUR BEAN SALAD add fresh peppers and chilli for colour and crunch	310g	(Serves 2-3)	R49

CHERRY TOMATO PASTA SAUCE with fresh tomatoes and basil	450g 900g	(Serves 2-3) (Serves 4-6)	R102 R195
PREGO SAUCE with chilli, garlic, paprika and cream	450ml 900ml	(Serves 4-8) (Serves 10-12)	R65 R120
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml 900ml	(Serves 4-8) (Serves 10-12)	R95 R169
PESTO CREAM SAUCE with fresh basil and cashew nuts	450ml 900ml	(Serves 4-8) (Serves 10-12)	R64 R106
CRUSTY PLAIN LOAF homemade artisanal sourdough	900g	(Serves 8-10)	R55
CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1) (Serves 2-4)	R40 R73



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