

Chicken



CHINESE CHICKEN CHOW MEIN with stir-fried egg noodles and vegetables	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R84 R158 R299
CHICKEN A LA KING PIE with puff pastry	640g 1.28kg 2.4 kg	(Serves 2) (Serves 4) (Serves 6-8)	R166 R312 R579
HOT BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R82 R164 R324
MILD BUTTER CHICKEN CURRY with coconut milk and aromatic spices	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R82 R164 R324
THAI GREEN CHICKEN CURRY with coconut milk and green beans	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R156 R309
COQ AU VIN with mushrooms and crispy bacon	360g 720g 1.44kg	(Serves 1) (Serves 2) (Serves 4)	R99 R190 R364
CORONATION CHICKEN with toasted almonds and parsley	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R85 R157 R293

CHICKEN ENCHILADAS a spicy Mexican favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R88 R161 R317
STICKY CHICKEN with a sweet and sticky glaze	3 Pieces 12 Pieces	(Serves 1) (Serves 4)	R98 R340
CHICKEN BAKE with an artichoke and spinach gratin	310g 620g 1.24kg	(Serves 1) (Serves 2) (Serves 4)	R90 R178 R335
CHICKEN GALANTINE filled with chicken, pecan nuts and spinach	1.3kg	(Serves 6-8)	R376
CHICKEN LASAGNE with spinach, hints of rosemary and mozzarella	400g 800g 1.60kg 3.20kg	(Serves 1) (Serves 2) (Serves 4) (Serves 8-10)	R76 R146 R273 R532
KAREN'S ASIAN CHICKEN marinated in soya sauce and ginger	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R92 R179 R339
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 TAGINE with spicy Moroccan flavours	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R176 R348 R685
LAMB MINT AND PUMPKIN PIE with puff pastry and toasted cumin seeds	640g 1.28kg 2.40kg	(Serves 2) (Serves 4) (Serves 6-8)	R321 R634 R1184

LAMB CURRY with fresh coriander	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R208 R393 R776
SLOW COOKED LAMB SHANKS with fresh rosemary and wine	1.3kg	(Serves 2)	R551
LAMB KNUCKLE BREDIE a classic South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R155 R308 R584

Beef



BALSAMIC FILLET MEDALLION with a light mustard sauce	180g 360g 720g	(Serves 1) (Serves 2) (Serves 4)	R129 R258 R504	SLOW COOKED OXTAIL with butter beans and brandy	1.30kg	(Serves 2)	R422
BEEF LASAGNE with traditional bolognese and white sauce	400g 800g 1.60kg 3.20kg	(Serves 1) (Serves 2) (Serves 4-6) (Serves 8-10)	R85 R159 R292 R548	BEEF BOURGUIGNON with red wine and bacon	640g 1.28kg	(Serves 2) (Serves 4)	R276 R521
PASTA-FREE LASAGNE with courgettes	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R109 R206 R399	TRADITIONAL COTTAGE PIE filled with vegetables	400g 800g 1.6kg	(Serves 1) (Serves 2) (Serves 4-6)	R78 R148 R278
SPICY BEEF BOBOTIE our take on this South African dish	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R65 R118 R212	FAMILY FAVOURITE BOLOGNESE filled with vegetables	450g 900g	(Serves 2-3) (Serves 4-6)	R74 R137
FRAGRANT MALAY BOBOTIE a South African favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R65 R118 R212	STEAK PIE with short rib and puff pastry	640g 1.28kg 2.40kg	(Serves 2-4) (Serves 4-6) (Serves 6-8)	R224 R435 R815
				BEEF STROGANOFF with crème fraiche and herbs	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R103 R202 R381

Pork



SLOW COOKED PORK BELLY with Asian flavours and crispy crackling	410g	(Serves 2)	R178	QUICHE LORRAINE made with Gruyère and bacon	320g 1.20kg	(Serves 1-2) (Serves 8-10)	R125 R389
CREAMY BACON LINGUINE with pecorino, cheese and basil	400g 800g	(Serves 1) (Serves 2)	R95 R183	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)	R90 R177 R342	MAC AND CHEESE with butternut and crispy pancetta	800g	(Serves 2)	R130
PORK SAUSAGES with brown onion gravy	3 Sausages 12 Sausages	(Serves 1) (Serves 4)	R78 R283	TUSCAN SAUSAGE PASTA with pork sausage, fresh herbs and pasta	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4)	R92 R177 R339

Fish



MAURITIAN PRAWN AND CHICKEN CURRY with tumeric, cocnut and lemon	470g 940g 1.88kg	(Serves 1) (Serves 2) (Serves 4)	R172 R340 R650
TRADITIONAL FISH PIE with creamy mash and dill	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R191 R320
BRITISH FISH CAKES with creamy hake and potato	2 Fish Cakes 6 Fish Cakes	(Serves 1) (Serves 3)	R68 R185

SPICY THAI FISH CAKES with fresh ginger and lime	2 Fish Cakes 8 Fish Cakes	(Serves 1) (Serves 4)	R86 R324
GLAZED NORWEGIAN SALMON with honey, ginger, soya and orange flavours	320g	(Serves 2)	R440
ANCHOVY FISH PASTE	Pack of 3 Pack of 6		R195 R370

Vegetarian



SPINACH & RICOTTA CANNELLONI with mozzarella	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R87 R167 R321
VEGETABLE AND CHICKPEA CURRY with mixed masala spice and yoghurt	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R54 R94 R175
VEGETARIAN BEAN CURRY with sweet potato and chilli	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R59 R103 R191
BUTTERNUT SAGE AND LENTIL LASAGNE with a creamy sage sauce	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R98 R192 R371
VEGETARIAN COTTAGE PIE topped with creamy butternut and sweet potato mash	400g 800g 1.60kg	(Serves 1) (Serves 2) (Serves 4-6)	R53 R100 R189
BLACK BEAN ENCHILADAS a mildly spiced Mexican vegetarian favourite	320g 640g 1.28kg	(Serves 1) (Serves 2) (Serves 4)	R90 R167 R329

RATATOUILLE made with fresh aubergines, courgettes and red peppers	320g 640g	(Serves 1-2) (Serves 2-4)	R65 R123
SPINACH AND FETA QUICHE with a healthy whole-wheat and oat pastry	320g 1.20kg	(Serves 1-2) (Serves 8-10)	R110 R373
VEGAN BOLOGNESE made with lentils, carrots and broccoli	450g 900g	(Serves 2-3) (Serves 4-6)	R80 R155
MELANZANE PARMIGIANA the best Melanzane in town	410g 820g 1.64kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R110 R210 R395
VEGAN CHILLI CON 'CARNE' a meat-free version of this Mexican dish	450g 900g	(Serves 2-3) (Serves 4-6)	R115 R225
MAC AND CHEESE with a crispy bread crumb topping	400g 800g 1.50kg	(Serves 1) (Serves 2) (Serves 4-6)	R56 R96 R170
MAC AND CHEESE with truffle oil and thyme	800g	(Serves 2)	R112

Soups



CREAMY MUSSEL SOUP with white wine and garlic	900g	(Serves 2)	R196	ROASTED CARROT SOUP with coconut cream, lime and sumac	450ml 900ml	(Serves 1) (Serves 2)	R48 R80
MINTED PEA SOUP with fresh cream	450ml 900ml	(Serves 1) (Serves 2)	R48 R88	BUTTERNUT SOUP with coconut cream and orange	450ml 900ml	(Serves 1) (Serves 2)	R37 R69
ROASTED TOMATO SOUP with a hint of chilli and fresh basil	450ml 900ml	(Serves 1) (Serves 2)	R57 R102	CHORIZO BEAN AND BACON SOUP with sautéed onions, carrots and garlic	450ml 900ml	(Serves 1) (Serves 2)	R60 R106
WILD MUSHROOM SOUP with a hint of truffle oil and fresh parsley	450ml 900ml	(Serves 1) (Serves 2)	R99 R179	HEARTY BEEF GOULASH SOUP with smoked paprika	450ml 900ml	(Serves 1) (Serves 2)	R74 R138
				CHICKEN SOUP for the soul	450g 900g	(Serves 1) (Serves 2)	R67 R129

Desserts



NEW VEGAN & GLUTEN FREE BROWNIES with chocolate and pecan nuts	280g	(Serves 4)	R108	APPLE CAKE in a caramel sauce	230g 1kg	(Serves 1-2) (Serves 10-12)	R55 R207
DATE SQUARES with crunchy biscuit and coconut	280g	(16 portions)	R78	TRADITIONAL BAKED CHEESECAKE best served with cream, seasonal fruit or Berry Coulis	220g 1kg	(Serves 1-2) (Serves 10-12)	R84 R359
CHOCOLATE ROULADE with white chocolate mousse	1kg	(Serves 10-12)	R162	OUR FAMOUS CHOCOLATE BROWNIES best served with our salted caramel sauce	350g	(4 Portions)	R99
TARTE AU CITRON made with fresh lemons	230g 1kg	(Serves 1-2) (Serves 10-12)	R59 R178	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)	R146
WHITE CHOCOLATE CROISSANT BREAD AND BUTTER PUDDING with whiskey	230g 1kg	(Serves 1-2) (Serves 10-12)	R84 R208	TIRAMISU Italian dessert	215g 430g	(Serves 1-2) (Serves 2-4)	R68 R129

Sauces & Sides



EGG FRIED RICE	250g 500g	(Serves 1-2) (Serves 2-4)	R49 R95
CAULIFLOWER AND BROCCOLI in a cheese sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R66 R129
CHICKEN GRAVY made the traditional way	450ml	(Serves 4-8)	R54
DAUPHINOIS POTATOES with a crispy parmesan topping	320g 640g 1.28kg	(Serves 1-2) (Serves 2-4) (Serves 4-6)	R56 R99 R184
MINTED PEAS with sautéed leeks and fresh mint	180g 360g	(Serves 1-2) (Serves 2-4)	R46 R87
BAKED CAULIFLOWER GRATIN a sophisticated dish with a robust Gruyère sauce	310g 620g	(Serves 1-2) (Serves 2-4)	R79 R153
FRAGRANT WHITE BASMATI RICE with fresh coriander	250g 500g	(Serves 1-2) (Serves 2-4)	R26 R44
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)	R47 R84
KAROO SHEEBA SAUCE	450ml	(Serves 4-8)	R64
CRISPY ROAST POTATOES a family favourite	250g 500g	(Serves 2) (Serves 4)	R49 R96
BUTTERNUT FRITTERS with caramel sauce	12 Fritters	(Serves 4)	R83
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)	R51
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)	R73 R135
CREAMY MUSHROOM SAUCE with a hint of truffle oil	450ml 900ml	(Serves 4-8) (Serves 10-12)	R106 R189
PESTO CREAM SAUCE with fresh basil and cashew nuts	450ml 900ml	(Serves 4-8) (Serves 10-12)	R72 R132
CRUSTY PLAIN LOAF homemade artisanal sourdough	900g	(Serves 8-10)	R62
CREAMY MASHED POTATOES with real butter	400g 800g	(Serves 1) (Serves 2-4)	R45 R82
CHEESE AND ONION MARMALADE BARRELS	250g (12 barrels)		R94



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