



BY WORD OF MOUTH

frozen for you

GOLF TOUR MENU

4 people 5 nights

DAY 4 - LUNCH (SERVED COLD)

Spicy Thai Fish Cakes	8 Fish Cakes (Serves 4)	1
Sticky Chicken	3 Pieces (Serves 1)	2
Green salad/Make our slaw		
Crusty Plain Loaf	900g (Serves 8-10)	1

DAY 4 - DINNER

Lamb chops and Karoo Sheeba Sauce	450ml (Serves 4-8)	1
Sticky Chicken (heat quickly on the braai)	3 Pieces (Serves 1)	2
Steak		
Creamy Mushroom Sauce	450ml (Serves 4-8)	1
Dauphinois Potatoes	620g (Serves 2-4)	1
Green Salad		

DAY 5 - LUNCH (SERVED COLD)

Chicken Enchiladas	1.28kg (Serves 4)	1
Guacamole		
Sour Cream		
Salsa		

DAY 5 - DINNER

Durban Lamb Curry	640g (Serves 2)	2
Fragrant White Basmati Rice	500g (Serves 2-4)	1
Sambles		
Tarte Au Citron with Cream	1kg (Serves 10-12)	1





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SHOPPING LIST

Green salad/Make our slaw
Lamb chops
Steak
Green Salad
Guacamole
Sour Cream
Salsa
Sambles



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