

v = vegetarian - gf = gluten free - df = dairy free



## SOUPS

500ml tub - R52

### Roasted Tomato & Lime Soup (gf)

Italian style with a dash of cream & a squeeze of lime

### Farm-style Bacon & Bean Soup (gf)(df)

Hearty, broth-like & packed full of tomato, celery, onions, mixed beans, white wine & smoky bacon bits

### Spicy Mexican Pumpkin Soup (gf)

Roasted Pumpkin blended with cumin, lemon, cream & seven spice to thick & comforting

### Cream of Carrot & Ginger Soup (gf)

Smooth & creamy with just a hint of ginger & caramelised onion

### Cream of Courgette

### & Caramelised Onion Soup (gf)

Slow cooked Courgettes, sweet caramelised onion, cream & stock, blended to velvety smooth



## MAINS

### Greek Style Moussaka

- Min 330g per single

Layered baked Aubergine slices with beef Bolognese mince. Topped with a scrumptious cheese sauce.

Single R61 - 2portion R114 - 4portion R222

### Cape Malay Creamed Chicken Masala

- 275gm per single

De-boned chicken breast pieces in a cream sauce. Full of flavour with Masala spices, garlic, lemon, cumin & coriander.

Single R58 - 2portion R104 - 4portion R204

### Tub of Bolognese (df) (gf)

A hearty meal in itself for at least 2 to 3 people! Packed full of ground beef Topside mince slowly cooked down with tomatoes, garlic, onions, herbs. No need to add anything! Simply serve on a bed of pasta, rice or potatoes.

475gm Tub - serves at least 2 to 3 - R98

### Braised Beef Pot (df)

- 275gm per single

Hearty, beef shin stew slow cooked with tomato, white wine, & garlic. With carrots, mushrooms, courgettes & pearl onions.

Single R62 - 2portion R115 - 4portion R224

### Tangy Chicken & Pineapple (df)

- 275gm per single

Chinese sweet & sour style with succulent chicken strips, pineapple, sweetcorn, carrots & spring onions.

Single R48 - 2portion R89 - 4portion R174

### Beef Stroganoff

- 275gm per single

Slow cooked beef thick flank strips in a cream sauce of mushrooms, onion, white wine, garlic, lemon & paprika.

Single R69 - 2portion R134 - 4portion R258

### Moroccan Style Lamb (df)(gf)

- 275gm per single

De-boned lamb pieces tossed in fragrant spices including cumin, ginger, allspice, coriander, garlic & honey. With green beans, chick peas, tomatoes & carrots.

Single R89 - 2portion R175 - 4portion R344

### Italian Style Sweet Potato & Veg Bake (v)

- 310gm per single

Roasted sweet potato, broccoli & corn tossed in Italian style tomato sauce. Topped with our famous cheese sauce. Bake to golden.

Single R42

### Cape Malay Creamed Veggies Masala (v)(gf)

- 275gm per single

Sauteed spinach, cauliflower, broccoli, white beans, green beans & onion in a cream sauce of Masala spices, garlic, lemon, cumin & coriander.

Single R52 - 2portion R92

### Tub of Beef Meatballs (gf) (df)

10 x 30gm Meatballs in a tub (no sauce)

Pure ground beef with herbs, garlic & seasoning. Fantastic with one of our famous sauces. Or on their own with a dip.

500ml Tub - serves at least 2 - R72

### Comfort Cottage Pie (gf)

- 300gm per single

Single R47 - 2portion R91 - 4portion R180

### Mac 'n Cheese (v)

- 285gm per single

Simply tasty Mac 'n Cheese Bake. Macaroni tubes in cheese sauce. Topped with a cheese sprinkle to go crispy in the oven.

Single R36 - 2portion R63



## PIE MAINS

### Family Style Roasted Pork & Leek Pie (df)

- Min 320gm per single

Stripped roasted pork shoulder. In a sauce of leeks apples, carrots, bacon, honey & barley. Topped with an uncooked puff pastry lid ready to bake to golden.

Single R56 - 2portion R103 - 4portion R199

### Country Chicken, Bacon & Pea Pie

- Min 320gm per single

Stripped roast chicken, bacon, herbs, peas, carrots, garlic in a white wine & cream sauce. Topped with an uncooked puff pastry lid ready to bake to golden.

Single R63- 2portion R114 - 4portion R225



## SAUCES

### Pizzaiola Sauce with Bacon (gf)

Italian style sauce cooked down with tomatoes, garlic, sweet peppers. Added to the recipe are bacon bits, white wine & a splash of cream

500ml Tub - serves at least 2 - R68

### Pizzaiola Sauce with Olives (v) (gf)

Calamata Olives replace the bacon in the sauce above.

500ml Tub - serves at least 2 - R61

### Alfredo Sauce

Bacon, mushrooms, garlic, white wine, cream, lemon & spring onions.

500ml Tub - serves at least 2 - R69