

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

SOUPS

450gm 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 thicken & 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 Veggie 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 plain 30gm Meatballs in a tub

Pure ground beef with herbs, garlic & seasoning. Fantastic with one of our sauces below. Or on 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

SIDES & VEG

Creamy Butternut Mash (v)(gf)

- 400gm per 500ml tub

Smooth, creamy butternut with a dash of cream, butter & seasoning.

Tub serves at least 3 side portions - R32

Cream of Tomato, Onion & Garlic Spinach (v)(gf)

- 500ml tub

Our take on the classic "creamed spinach" but with so much flavour...Try as a side or as a vegetarian main over baked potatoes or even as a pasta sauce.

Tub serves 3 side portions - R56

Potato Mash (v)(gf)

- 450gm tub

Hassle-free mashed potato made with a dash of cream, butter & seasoning. Remember, after defrosting, your potato needs to be heated to reconstitute. Delicious!

Tub serves about 3 side portions - R36

Flavoured OR White Rice (v)(df) 500ml Tub - R20

Fettucine Pasta Tub (v)(df) 1litre Tub 600gm - R35

SWEET SOMETHINGS

Bastian's Homemade Ice Cream

Horlicks Flavour (v)

OR

Wild Berry (v) (gf)

500ml Tub - R56

Berry Apple Crumble (v)

520g = 3 or 4 portions

R78

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Prices & info subject to change

Menu Updated

23 August 2021



The Cookhouse

Nourishing Prepared Meals
frozen for your convenience



3A Mare St. Howick

Shop 6B, Hilton Village Centre, Hilton

Shop 3, Gillitts Corner, Gillitts

The Quad, Athlone Circle, PMB

Pensioners 10% off
Tuesdays

In-store Promotion