



the kitchen

GOURMET READY MEALS

Frozen Meals Available to Order

* grams represent minimum weight

Sizes:

- Individual (S) x 1 person
- Medium (M) x 2 people

Beef Dishes

	SMALL	MEDIUM
Beef Lasagne	350g - R76.00	700g - R144.00
Classic Cottage Pie	400g - R76.00	800g - R144.00
Bobotie (with free range eggs & almonds)	300g - R79.00	600g - R152.00
Slow Cooked Beef & Mushroom Pie with Mash Topping	400g - R87.00	800g - R160.00
Slow Cooked Beef & Barley Stew	500g - R92.00	
Linguine Bolognese with Parmesan	500g - R76.00	
Baked Beef Meatballs with Napolitana and Mozzarella	320g - R87.00	640g - R160.00
Osso Bucco in Tomato Ragout with Cheddar Mash (Slow cooked Italian style beef)	400g - R87.00	800g - R160.00

Free Range Chicken Dishes

	SMALL	MEDIUM
Free Range Chicken, Sun-dried Tomato & Basil Penne Bake	400g - R76.00	800g - R144.00
Free Range Chicken, Broccoli, Zucchini & Parmesan Bake	400g - R79.00	800g - R152.00
Free Range Chicken & Mushroom Pancakes	400g - R76.00	800g - R144.00
Free Range Chicken & Mediterranean Veg Lasagne	350g - R76.00	700g - R144.00
Free Range Chicken, Spinach & Feta Filo Bake	300g - R76.00	600g - R144.00
Free Range Chicken Wrapped in Bacon with Creamed Spinach	350g - R79.00	750g - R152.00
Free Range Chicken Chowder with Cornbread Crumble	400g - R76.00	800g - R144.00
Free Range Country Chicken Pie with Homemade Pastry	350g - R79.00	700g - R152.00
Free Range Chicken Korma with Cashews & Basmati Rice	350g Chicken Curry, 150g Rice - R92.00	
Free Range Chicken A La King with Basmati Rice	350g Chicken a la King, 150g Rice - R87.00	
Thai Green Free Range Chicken Curry with Fragrant Rice	350g Chicken Curry, 150g Rice - R92.00	

Lamb Dishes

	SMALL	MEDIUM
Slow Cooked Lamb Casserole Hot Pot	350g - R104.00	700g - R198.00
Lamb, Mint & Feta Filo Bake	300g - R104.00	600g - R198.00
Lamb Shepherd's Pie with Sweet Potato Topping	400g - R104.00	800g - R198.00
Lamb Moussaka with Aubergines	400g - R104.00	800g - R198.00
1 Slow Cooked Lamb Shank in Red Wine Sauce	R178.00	
Slow Cooked Lamb, Med Veg, Mint & Cannellini Bean Casserole	500g - R120.00	
Butter Lamb and Spinach Curry with Basmati Rice	350g Lamb Curry, 150g Rice	- R120.00

Vegetarian Dishes

	SMALL	MEDIUM
Mediterranean Vegetable Lasagne	350g - R72.00	700g - R138.00
Mac 'n Cheese	400g - R69.00	800g - R132.00
Vegetarian Lentil Cottage Pie with Potato Top	400g - R72.00	800g - R138.00
Mushroom & Artichoke Penne Bake	400g - R72.00	800g - R138.00
Spinach & Feta Cannelloni with Tomato & Basil Sauce	350g - R72.00	700g - R138.00
Mushroom & Spinach Risotto Bake	400g - R72.00	800g - R138.00
Spinach & Feta Filo Pie	300g - R72.00	600g - R138.00
Mediterranean Vegetable Melanzane with Aubergines	400g - R72.00	800g - R138.00
Mild Creamy Lentil & Tomato Curry with Basmati Rice	350g Lentil Curry, 150g Rice	- R72.00

Vegan Dishes

	SMALL	MEDIUM
Vegan Lentil Bolognese Pasta Bake	400g - R72.00	800g - R138.00
Vegan Thai Green Veg & Coconut Bake with Sweet Potato Top	400g - R72.00	800g - R138.00
Vegan Thai Green Vegetable & Coconut Curry & Basmati Rice	350g Thai Curry, 150g Rice	- R76.00
Vegan Tuscan Bean & Olive Ragout with Rosemary Polenta	350g - R72.00	700g - R138.00
Vegan Chocolate & Coconut Brownies - 4 Squares	R58.00	

Fish Dishes

	SMALL	MEDIUM
Classic Fish Pie with Mash Topping	400g - R95.00	800g - R178.00
Mariners Pie with Herb Crumble (Seafood and fish with creamy tomato base)	350g - R112.00	700g - R220.00

Soups

Green Goddess Soup	550ml - R54.00
Classic Tomato and Basil Soup (Vegan)	550ml - R58.00
Butternut Soup	550ml - R54.00
Minestrone Soup	550ml - R62.00
Free Range Chicken & Country Veg Broth	550ml - R62.00
Free Range Chicken Noodle Soup	550ml - R62.00

Snacks

Our Famous Free Range Chicken Liver Pate	125ml - R65.00
Homemade Beef Samosas (8)	R98.00
Homemade Beef Sausage Rolls (8)	R98.00
Southern Fried Free Range Chicken Bites (15)	R98.00
Homemade Asian Veg Spring rolls (9)	R95.00
Homemade Potato Samosas (8)	R95.00

Sweet Treats (Serves 2)

Seasonal Fruit Crumble	R58.00
Belgian Chocolate Brownies - 4 Squares	R58.00
Belgian Dark Chocolate Mousse (No added Sugar)	R58.00
Sticky Date & Walnut Pudding	R58.00
Homemade Scones (4)	R58.00
Lemon Mousse with Berry Compote and Biscuit Base	R62.00
"Black Forest Style" Chocolate Delight	R62.00

Ordering Process

- Free Delivery to Sunninghill & Waterfall
- (please request delivery price & availability for other areas)
- Orders will be delivered within 3 working days.
- Place your order on our [online order form](#) or email orders to info@thegourmetkitchen.co.za
- Minimum order R500.00

Details to be provided:

Name:

Number:

Email address:

Address:

Meal choices:

Confirmation email will be sent with invoice.

EFT payment due before delivery will be made.

Storage Guidelines

- Please keep all fresh food refrigerated and consume within use by date
- Fresh food can be frozen with the exception of some desserts
- Please defrost all frozen meals thoroughly before heating and consume within 2 days
- Our freezer meals are freshly frozen, please use food from the freezer within 3 months

Heating Guidelines

- Kindly note times may vary depending on oven/microwave
- Foil dishes: remove lid and heat in a 180 degree oven for 30-40 min
- Plastic tubs: Loosen corner of tub and heat the meal in the microwave for 3-4 minutes or until hot
- Smaller side dishes may require less time
- All our plastic containers are microwave safe (Excluding salad bowls/tubs)

ENJOY YOUR MEAL!

Disclaimer

- Please kindly keep all food refrigerated/frozen and consume within the expiry date
- Please ensure that all microwave/oven food is heated through thoroughly before eating
- Please de-frost all frozen food prior to heating
- Although every care is taken to ensure no bones remain in meat and fish, the occasional bone may be present
- Please be careful to check food temperature is not too hot before eating
- The Kitchen takes no responsibility for food heated and consumed on or off the premises
- No Cheques Accepted
- No returns on perishable goods
- Gift/Kitchenware returns - Please return within 30 days of date of purchase with receipt

ENJOY YOUR MEAL!