

Frozen Meals Available to Order

* grams represent minimum weight

Sizes:

• Individual (S) x 1 person • Medium (M) x 2 people • Family (L) x 6 people

Beef Dishes

| | SMALL | MEDIUM | LARGE |
|---|---------------|----------------|-----------------|
| Beef Lasagne | 350g - R82.00 | 700g - R158.00 | 2.2kg - R410.00 |
| Classic Cottage Pie | 400g - R82.00 | 800g - R158.00 | 2.4kg - R410.00 |
| Bobotie (with free range eggs & almonds) | 300g - R94.00 | 600g - R175.00 | 1.9kg - R480.00 |
| Slow Cooked Beef & Mushroom Pie with Mash Topping | 400g - R94.00 | 800g - R175.00 | 2.4kg - R480.00 |
| Slow Cooked Beef & Barley Stew | 500g - R99.00 | | |
| Linguine Bolognese with Parmesan | 500g - R82.00 | | |
| Baked Beef Meatballs with Napolitana and Mozzarella | 320g - R94.00 | 640g - R175.00 | 1.9kg - R480.00 |
| Osso Bucco in Tomato Ragout with Cheddar Mash (Slow cooked Italian style beef) | 400g - R94.00 | 800g - R175.00 | 2.4kg - R480.00 |
| Gourmet Steak Mince and Gravy Pie | 280g - R94.00 | | |
| Cheesy Savoury Mince Crepes | 400g - R86.00 | 800g - R165.00 | 2.4kg - R430.00 |
| Beef Melanzane | 350g - R94.00 | 700g - R175.00 | 2.2kg - R480.00 |

Free Range (FR) Chicken Dishes

| | SMALL | MEDIUM | LARGE |
|--|--|----------------|-----------------|
| FR Chicken, Sun-dried Tomato & Basil Penne Bake | 400g - R82.00 | 800g - R158.00 | 2.4kg - R410.00 |
| FR Chicken, Broccoli, Zucchini & Parmesan Bake | 400g - R86.00 | 800g - R165.00 | 2.4kg - R430.00 |
| FR Chicken & Mushroom Pancakes | 400g - R82.00 | 800g - R158.00 | 2.4kg - R410.00 |
| FR Chicken & Mediterranean Veg Lasagne | 350g - R82.00 | 700g - R158.00 | 2.2kg - R410.00 |
| FR Chicken, Spinach & Feta Filo Bake | 300g - R82.00 | 600g - R158.00 | 1.9kg - R410.00 |
| FR Chicken Wrapped in Bacon with Creamed Spinach | 350g - R86.00 | 750g - R165.00 | 2.2kg - R430.00 |
| FR Country Chicken Pie with Homemade Pastry | 350g - R86.00 | 700g - R165.00 | 2.2kg - R430.00 |
| FR Chicken Korma with Cashews & Basmati Rice | 350g Chicken Curry, 150g Rice - R99.00 | | |
| FR Chicken A La King with Basmati Rice | 350g Chicken a la King, 150g Rice - R94.00 | | |
| Thai Green FR Chicken Curry with Fragrant Rice | 350g Chicken Curry, 150g Rice - R99.00 | | |

Lamb Dishes

| | SMALL | MEDIUM | LARGE |
|---|--------------------------------------|----------------------|-----------------|
| Slow Cooked Lamb Casserole Hot Pot | 350g - R114.00 | 700g - R216.00 | 2.1kg - R590.00 |
| Lamb, Mint & Feta Filo Bake | 300g - R114.00 | 600g - R216.00 | 1.9kg - R590.00 |
| Lamb Shepherd's Pie with Sweet Potato Topping | 400g - R114.00 | 800g - R216.00 | 2.4kg - R590.00 |
| Lamb Moussaka with Aubergines | 400g - R114.00 | 800g - R216.00 | 2.4kg - R590.00 |
| Lamb Shank in Red Wine Sauce | 1 x Lamb Shank - R186 | 4 x Lamb Shanks R725 | |
| Lamb, Med Veg, Mint & Cannellini Bean Casserole | 500g - R130.00 | | |
| Butter Lamb and Spinach Curry with Basmati Rice | 350g Lamb Curry, 150g Rice - R130.00 | | |

Fish Dishes

| | SMALL | MEDIUM | LARGE |
|--|----------------|----------------|-----------------|
| Classic Fish Pie with Mash Topping | 400g - R114.00 | 800g - R216.00 | 2.4kg - R590.00 |
| Mariners Pie with Herb Crumble (Seafood and fish with creamy tomato base) | 350g - R130.00 | 700g - R260.00 | |

Vegetarian Dishes

| | SMALL | MEDIUM | LARGE |
|---|---------------------------------------|----------------|-----------------|
| Mediterranean Vegetable Lasagne | 350g - R78.00 | 700g - R149.00 | 2.4kg - R398.00 |
| Mac 'n Cheese | 400g - R76.00 | 800g - R144.00 | 2.4kg - R378.00 |
| Vegetarian Lentil Cottage Pie with Potato Top | 400g - R78.00 | 800g - R149.00 | 2.4kg - R398.00 |
| Mushroom & Artichoke Penne Bake | 400g - R78.00 | 800g - R149.00 | 2.4kg - R398.00 |
| Spinach & Feta Cannelloni with Tomato & Basil Sauce | 350g - R78.00 | 700g - R149.00 | 2.1kg - R398.00 |
| Mushroom & Spinach Risotto Bake | 400g - R78.00 | 800g - R149.00 | 2.4kg - R398.00 |
| Spinach & Feta Filo Pie | 300g - R78.00 | 600g - R149.00 | 1.9kg - R398.00 |
| Mediterranean Vegetable Melanzane with Aubergines | 400g - R78.00 | 800g - R149.00 | 2.4kg - R398.00 |
| Mild Creamy Lentil & Tomato Curry with Basmati Rice | 350g Lentil Curry, 150g Rice - R78.00 | | |



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GOURMET READY MEALS

Vegan Dishes

| | SMALL | MEDIUM | LARGE |
|---|-------------------------------------|----------------|-----------------|
| Vegan Lentil Bolognaise Pasta Bake | 400g - R78.00 | 800g - R149.00 | 2.4kg - R398.00 |
| Vegan Thai Green Veg & Coconut Bake with Sweet Potato Top | 400g - R82.00 | 800g - R158.00 | 2.4kg - R410.00 |
| Vegan Bean Ragout Lasagne, Carrot & Coconut Sauce | 350g - R82.00 | 700g - R158.00 | 2.2kg - R410.00 |
| Vegan Tuscan Bean & Olive Ragout with Polenta | 350g - R78.00 | 700g - R149.00 | 2.1kg - R398.00 |
| Vegan Thai Green Vegetable & Coconut Curry & Rice | 350g Thai Curry, 150g Rice - R82.00 | | |
| Vegan Chocolate & Coconut Brownies - 4 Squares | R68.00 | | |

Sides

| | |
|------------------------|---------------|
| Mashed Potato | 350g - R26.00 |
| Roasted Butternut Mash | 350g - R44.00 |
| Ratatouille | 300g - R44.00 |
| Creamed Spinach | 350g - R44.00 |
| Steamed Basmati Rice | 250g - R21.00 |

Soups

| | |
|--|----------------|
| Green Goddess Soup | 550ml - R59.00 |
| Classic Tomato and Basil Soup (Vegan) | 550ml - R65.00 |
| Butternut Soup | 550ml - R59.00 |
| Minestrone Soup | 550ml - R68.00 |
| Free Range Chicken & Country Veg Broth | 550ml - R68.00 |
| Free Range Chicken Noodle Soup | 550ml - R68.00 |

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 |



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GOURMET READY MEALS

Desserts (Serves 2)

| | |
|--|---------------|
| Seasonal Fruit Crumble | 350g - R68.00 |
| Belgian Chocolate Brownies - 4 Squares | 180g - R68.00 |
| Belgian Dark Chocolate Mousse (No added Sugar) | 180g - R68.00 |
| Sticky Date & Walnut Pudding | 270g - R68.00 |
| Homemade Scones (4) | 250g - R68.00 |
| Lemon Mousse with Berry Compote and Biscuit Base | 250g - R75.00 |
| “Black Forest Style” Chocolate Delight | 270g - R75.00 |

Order Info

- Minimum order of R600 required for delivery (delivery charge applies)
- Free delivery for orders over R1500 (JHB only)
- Deliveries will be made within 3 working days
- Unless otherwise stated, please defrost all meals before heating

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

ENJOY YOUR MEAL!