

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 - R85.00	700g - R164.00	2.2kg - R425.00
Classic Cottage Pie	400g - R85.00	800g - R164.00	2.4kg - R425.00
Bobotie (with free range eggs & almonds)	300g - R96.00	600g - R179.00	1.9kg - R495.00
Slow Cooked Beef & Mushroom Pie with Mash Topping	400g - R96.00	800g - R179.00	2.4kg - R495.00
Slow Cooked Beef & Barley Stew	500g - R104.00		
Linguine Bolognaise with Parmesan	500g - R85.00		
Baked Beef Meatballs with Napolitana and Mozzarella	320g - R96.00	640g - R179.00	1.9kg - R495.00
Gourmet Steak Mince and Gravy Pie	280g - R98.00		
Cheesy Savoury Mince Crepes	400g - R89.00	800g - R172.00	2.4kg - R445.00
Beef Melanzane	350g - R96.00	700g - R179.00	2.2kg - R495.00
Pepper Steak Pie with Homemade Pastry	350g - R96.00	700g - R179.00	2.2kg - R495.00
Braised Oxtail	850g - R320.00		
Carved Beef Fillet with Mushroom & Sherry Sauce	350g - R135.00	700g - R268.00	2.1kg - R795.00
Roast Beef with Sunday Gravy	300g - R105.00	600g - R206.00	1.8kg - R598.00

Free Range (FR) Chicken Dishes

	SMALL	MEDIUM	LARGE
FR Chicken, Sun-dried Tomato & Basil Penne Bake	400g - R85.00	800g - R164.00	2.4kg - R425.00
FR Chicken, Broccoli, Zucchini & Parmesan Bake	400g - R89.00	800g - R172.00	2.4kg - R445.00
FR Chicken & Mushroom Pancakes	400g - R85.00	800g - R164.00	2.4kg - R425.00
FR Chicken & Mediterranean Veg Lasagne	350g - R85.00	700g - R164.00	2.2kg - R425.00
FR Chicken, Spinach & Feta Filo Bake	300g - R85.00	600g - R164.00	1.9kg - R425.00
FR Chicken Wrapped in Bacon with Creamed Spinach	350g - R89.00	750g - R172.00	2.2kg - R445.00
FR Country Chicken Pie with Homemade Pastry	350g - R89.00	700g - R172.00	2.2kg - R445.00
FR Chicken Korma with Cashews & Basmati Rice	350g Chicken Curry, 150g Rice - R104.00		
FR Chicken A La King with Basmati Rice	350g Chicken a la King, 150g Rice - R98.00		
Thai Green FR Chicken Curry with Fragrant Rice	350g Chicken Curry, 150g Rice - R104.00		
Parmesan & Basil Crusted Chicken Schnitzel (4)	400g - R108.00		
Alfredo Penne Bake with FR Chicken & Bacon	400g - R85.00	800g - R164.00	2.4kg - R425.00
Exotic Mushroom Stuffed FR chicken with Jus	300g - R105.00	600g - R206.00	1.8kg - R598.00
Olive crusted FR Chicken with Provencal Vegetables	300g - R105.00	600g - R206.00	1.8kg - R598.00

Lamb Dishes

	SMALL	MEDIUM	LARGE
Slow Cooked Lamb Casserole Hot Pot	350g - R119.00	700g - R225.00	2.1kg - R620.00
Lamb, Mint & Feta Filo Bake	300g - R119.00	600g - R225.00	1.9kg - R620.00
Lamb Shepherd's Pie with Sweet Potato Topping	400g - R119.00	800g - R225.00	2.4kg - R620.00
Lamb Moussaka with Aubergines	400g - R119.00	800g - R225.00	2.4kg - R620.00
Lamb Shank in Red Wine Sauce	1 x Lamb Shank - R195	4 x Lamb Shanks R725	
Lamb, Med Veg, Mint & Cannellini Bean Casserole	500g - R135.00		
Butter Lamb and Spinach Curry with Basmati Rice	350g Lamb Curry, 150g Rice - R135.00		

Fish Dishes

	SMALL	MEDIUM	LARGE
Classic Fish Pie with Mash Topping	400g - R119.00	800g - R225.00	2.4kg - R620.00
Mariners Pie with Herb Crumble (Seafood and fish with creamy tomato base)	350g - R135.00	700g - R268.00	2.1kg - R795.00

Vegetarian Dishes

	SMALL	MEDIUM	LARGE
Mediterranean Vegetable Lasagne	350g - R80.00	700g - R154.00	2.4kg - R408.00
Mac 'n Cheese	400g - R79.00	800g - R152.00	2.4kg - R395.00
Vegetarian Lentil Cottage Pie with Potato Top	400g - R80.00	800g - R154.00	2.4kg - R408.00
Mushroom & Artichoke Penne Bake	400g - R80.00	800g - R154.00	2.4kg - R408.00
Spinach & Feta Cannelloni with Tomato & Basil Sauce	350g - R80.00	700g - R154.00	2.1kg - R408.00
Mushroom & Spinach Risotto Bake	400g - R80.00	800g - R154.00	2.4kg - R408.00
Spinach & Feta Filo Pie	300g - R80.00	600g - R154.00	1.9kg - R408.00
Mediterranean Vegetable Melanzane with Aubergines	400g - R80.00	800g - R154.00	2.4kg - R408.00
Mild Creamy Lentil & Tomato Curry with Basmati Rice	350g Lentil Curry, 150g Rice - R80.00		

Vegan Dishes

Vegan Lentil Bolognese Pasta Bake	400g - R80.00
Vegan Thai Green Veg & Coconut Bake with Sweet Potato Top	400g - R85.00
Vegan Bean Ragout Lasagne, Carrot & Coconut Sauce	350g - R85.00
Vegan Tuscan Bean & Olive Ragout with Polenta	350g - R80.00
Vegan Thai Green Vegetable & Coconut Curry & Rice	350g Thai Curry, 150g Rice - R85.00
Vegan Chocolate & Coconut Brownies - 4 Squares	R72.00

Sides

Mashed Potato	350g - R28.00
Roasted Butternut Mash	350g - R46.00
Ratatouille	300g - R46.00
Creamed Spinach	350g - R46.00
Steamed Basmati Rice	250g - R23.00
Quinoa	200g - R46.00

Soups

Green Goddess Soup	550ml - R62.00
Classic Tomato and Basil Soup (Vegan)	550ml - R68.00
Butternut Soup	550ml - R62.00
Minestrone Soup	550ml - R69.00
Free Range Chicken & Country Veg Broth	550ml - R69.00
Free Range Chicken Noodle Soup	550ml - R69.00
Old Fashioned Vegetable Soup	550ml - R69.00

Snacks

Our Famous Free Range Chicken Liver Pate	125ml - R65.00
Free Range Duck Liver and Orange Pate	125ml - R95.00
Homemade Beef Samosas (8)	R99.00
Homemade Beef Sausage Rolls (8)	R99.00
Southern Fried Free Range Chicken Bites (15)	R99.00
Homemade Asian Veg Spring rolls (9)	R96.00
Homemade Potato Samosas (8)	R96.00

Desserts (Serves 2)

Seasonal Fruit Crumble	350g - R72.00
Belgian Chocolate Brownies - 4 Squares	180g - R72.00
Belgian Dark Chocolate Mousse (No added Sugar)	180g - R72.00
Sticky Date & Walnut Pudding	270g - R72.00
Homemade Scones (4)	250g - R72.00
Lemon Mousse with Berry Compote and Biscuit Base	250g - R78.00
"Black Forest Style" Chocolate Delight	270g - R78.00
Peppermint Crisp Pudding	300g - R78.00
Malva Pudding	200g - R72.00

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!