

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 - R89.00	700g - R172.00	2.2kg - R445.00
Classic Cottage Pie	400g - R89.00	800g - R172.00	2.4kg - R445.00
Bobotie (with free range eggs & almonds)	300g - R99.00	600g - R186.00	1.9kg - R518.00
Slow Cooked Beef & Mushroom Pie with Mash Topping	400g - R99.00	800g - R186.00	2.4kg - R518.00
Slow Cooked Beef & Barley Stew	500g - R108.00		
Linguine Bolognese with Parmesan	500g - R89.00		
Baked Beef Meatballs with Napolitana and Mozzarella	320g - R99.00	640g - R186.00	1.9kg - R518.00
Gourmet Steak Mince and Gravy Pie	280g - R99.00		
Pepper Steak Pie with Homemade Pastry	350g - R99.00	700g - R186.00	2.2kg - R518.00
Braised Oxtail	850g - R345.00		

Free Range (FR) Chicken Dishes

	SMALL	MEDIUM	LARGE
FR Chicken, Sun-dried Tomato & Basil Penne Bake	400g - R89.00	800g - R172.00	2.4kg - R445.00
FR Chicken, Broccoli, Zucchini & Parmesan Bake	400g - R96.00	800g - R179.00	2.4kg - R498.00
FR Chicken & Mushroom Pancakes	400g - R89.00	800g - R172.00	2.4kg - R445.00
FR Chicken & Mediterranean Veg Lasagne	350g - R89.00	700g - R172.00	2.2kg - R445.00
FR Chicken, Spinach & Feta Filo Bake	300g - R89.00	600g - R172.00	1.9kg - R445.00
FR Chicken Wrapped in Bacon with Creamed Spinach	350g - R96.00	750g - R179.00	2.2kg - R498.00
FR Country Chicken Pie with Homemade Pastry	350g - R96.00	700g - R179.00	2.2kg - R498.00
FR Chicken Korma with Cashews & Basmati Rice	350g Chicken Curry, 150g Rice - R108.00		
FR Chicken A La King with Basmati Rice	350g Chicken a la King, 150g Rice - R102.00		
Thai Green FR Chicken Curry with Fragrant Rice	350g Chicken Curry, 150g Rice - R108.00		
Parmesan & Basil Crusted Chicken Schnitzel (4)	400g - R112.00		
Alfredo Penne Bake with FR Chicken & Bacon	400g - R89.00	800g - R172.00	2.4kg - R445.00
Exotic Mushroom Stuffed FR chicken with Jus	300g - R108.00	600g - R210.00	1.8kg - R620.00
Olive crusted FR Chicken with Provencal Vegetables	300g - R108.00	600g - R210.00	1.8kg - R620.00

Lamb Dishes

	SMALL	MEDIUM	LARGE
Slow Cooked Lamb Casserole Hot Pot	350g - R125.00	700g - R245.00	2.1kg - R665.00
Lamb Moussaka with Aubergines	400g - R125.00	800g - R245.00	2.4kg - R665.00
Lamb Shank in Red Wine Sauce	1 x Lamb Shank - R210	4 x Lamb Shanks R825	
Butter Lamb and Spinach Curry with Basmati Rice	350g Lamb Curry, 150g Rice - R142.00		

Fish Dishes

	SMALL	MEDIUM	LARGE
Classic Fish Pie with Mash Topping	400g - R125.00	800g - R245.00	2.4kg - R665.00
Hake and Haddock Mornay	350g - R135.00	700g - R268.00	2.1kg - R795.00

Vegetarian Dishes

	SMALL	MEDIUM	LARGE
Mediterranean Vegetable Lasagne	350g - R85.00	700g - R164.00	2.4kg - R425.00
Mac 'n Cheese	400g - R84.00	800g - R162.00	2.4kg - R420.00
Vegetarian Lentil Cottage Pie with Potato Top	400g - R85.00	800g - R164.00	2.4kg - R425.00
Mushroom & Artichoke Penne Bake	400g - R85.00	800g - R164.00	2.4kg - R425.00
Spinach & Feta Cannelloni with Tomato & Basil Sauce	350g - R85.00	700g - R164.00	2.1kg - R425.00
Spinach & Feta Filo Pie	300g - R85.00	600g - R164.00	1.9kg - R425.00
Mediterranean Vegetable Melanzane with Aubergines	400g - R85.00	800g - R164.00	2.4kg - R425.00
Mild Creamy Lentil & Tomato Curry with Basmati Rice	350g Lentil Curry, 150g Rice - R85.00		

Vegan Dishes

Vegan Thai Green Vegetable & Coconut Curry & Rice	350g Thai Curry, 150g Rice - R89.00
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Sides

Mashed Potato	350g - R32.00
Roasted Butternut Mash	350g - R49.00
Creamed Spinach	350g - R49.00
Steamed Basmati Rice	250g - R26.00

Soups

Green Goddess Soup	550ml - R68.00
Free Range Chicken, Sweetcorn and Noodle Soup	550ml - R72.00
Old Fashioned Vegetable Soup	550ml - R72.00

Snacks

Our Famous Free Range Chicken Liver Pate	125ml - R70.00
Free Range Duck Liver and Orange Pate	125ml - R95.00
Homemade Beef Samosas (8)	R104.00
Southern Fried Free Range Chicken Bites (15)	R104.00
Homemade Asian Veg Spring rolls (9)	R104.00
Homemade Potato Samosas (8)	R99.00

Desserts (Serves 2)

Apple & Cinnamon Crumble	350g - R78.00
Belgian Chocolate Brownies - 4 Squares	180g - R78.00
Sticky Date & Walnut Pudding	270g - R78.00
Peppermint Crisp Pudding	300g - R85.00
Malva Pudding	200g - R78.00
Homemade Scones (4)	250g - R78.00
Classic Double Chocolate Chip Cookie (Not Frozen)	110g - R44.00
Dark Chocolate Chilli with White Choc Chip Cookie (Not Frozen)	110g - R44.00
Oat, Cashew and Cranberry Cookie (Not Frozen)	120g - R44.00
Rocky Road Cookie (Not Frozen)	120g - R44.00
Sesame, Sea Salt and Dark Chocolate Cookie (Not Frozen)	110g - R44.00

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)

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!