



Convenience Meals *Menu*

Beef Lasagne

Lean Ground Beef, Tomato, Onion, Celery, Béchamel Sauce Layered with Imported Pasta and Topped with Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Bobotie

Traditional Cape Malay Dish of Ground Beef, Onion, Mild Sweet Curry and Malay Spices

300g	600g	900g	1,2kg
R80	R160	R240	R320

Cottage Pie

Lean Ground Beef, Carrots, Onion, Celery, Tomato, Topped with Creamed Potato & Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Beef Meatballs in Tomato Sauce

Lean Beef Mince Meatballs in a Tomato Sauce made with Italian Tomatoes, onions, celery, Garlic & Oregano

300g	600g	900g	1,2kg
R80	R160	R240	R320

Beef Bourguignon

Cubed Beef, Baby Shallots, Mushrooms, Tomato and Herbs in a Rich Red Wine Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Beef Stroganoff

Beef Strips, Onion, Celery, Mushrooms, Sherry, in a Sour Cream Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Hungarian Goulash

Beef Cubes, Onion, Celery, Peppers, Peeled Tomatoes, Potatoes, in a rich Paprika Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Lamb & Tomato Bredie

Cubed Lamb, Potato, Onion, Celery, Carrots, In a Red Wine & Tomato Gravy

300g	600g	900g	1,2kg
R100	R200	R300	R400

Traditional Lamb Curry (Mild)

Cubed Lamb, Tomato, Onion, Potatoes, Carrots, Celery, Chillies, Spices in a Rich Sauce

300g	600g	900g	1,2kg
R100	R200	R300	R400

Chicken Lasagne

Minced Chicken Fillets, Tomato, Onion, Celery, Béchamel Sauce Layered with Imported Pasta and Topped with Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Chicken a la King

Chicken Strips, Mushrooms, Green Peppers, Creamy Béchamel Sauce

300g	600g	900g	1,2kg
R80	R160	R240	R320

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Chicken Tikka Masala

Boneless Chicken Marinated in Yoghurt and Asian Spices, Onion, in a Tomato Cream Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Chicken Korma (Mild)

Boneless Chicken, Onion, Garlic, Ginger, Chilli, Ground Almonds, Cardamom, Coriander, in a Tomato, Cream & Yoghurt Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Sweet & Sour Chicken with Cashews

Boneless Chicken, Julienne of Cucumber, Red Pepper, Carrot, Onion & Pineapple in a Sweet & Sour Sauce with Cashew Nuts

300g	600g	900g	1,2kg
R80	R160	R240	R320

Asian Butter Chicken (Mild)

Boneless Chicken, Onions, Tomato, Asian Spices In a Cream & Butter Sauce

300g	600g	900g	1,2kg
R85	R170	R255	R340

Green Thai Chicken Curry (Mild)

Boneless Chicken Thighs, Asian Spices, Coconut Milk, with Green Beans, Baby Corn, Red Pepper & Shaved Carrot

300g	600g	900g	1,2kg
R85	R170	R255	R340

Fisherman's Pie

Medley of Fish, Sliced Mushrooms, Peas & Onions in a Cheesy Bechamel Sauce With a Hint of Paprika, Topped with Creamed Potatoes & Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Lentil & Vegetable Cottage Pie

Brown Lentils, Carrots, Onions, Celery & Tomato, topped with Creamed Potatoes and Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Spinach & Ricotta Cannelloni

Cannelloni stuffed with Chopped Spinach and Ricotta Cheese, Covered with Béchamel Sauce and Grated Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Vegetable Lasagne

Medley of Roasted Vegetables, Tomato, Béchamel Sauce, Layered with Imported Pasta and Topped with Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

Ratatouille Pie

Aubergine, Courgette, Green Pepper, Onion, Garlic and Tomatoes, Topped with Creamed Potatoes and Cheddar Cheese

300g	600g	900g	1,2kg
R80	R160	R240	R320

TO PLACE AN ORDER: Please send orders via email or WhatsApp BEFORE lunchtime on a **Friday** for processing the following **Monday**, and collection on **Wednesday**.



MARK STUART

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