



Home Cooked Meals  
Pre-cooked Frozen Meal Deals  
We deliver in White River & Natoput once a week.  
Barberton & Sabie once a month.

**5% Discount on all 20 main meals or more ordered.**

Please place Orders by Wednesday for delivery the following week Monday

To Place an Order contact :

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\* NO Artificial Ingredients

(# choose side of your choice at no extra cost)

\* NO Preservatives

**TASTY**

Year 2022

Beef	Price
BL1 BEEF LASAGNE 425g (serves 1)	R 50.00
BL2 BEEF LASAGNE 900g (serves 2) <i>traditional with bolognese and white sauce</i>	R 85.00
BL3 BEETROOT LASAGNE 500g (serves 1) <i>beetroot instead of pasta</i>	R 50.00
BP1 BEEF PIE Small 50g 5 pies	R 35.00
BP2 BEEF PIE & Gravy 500g (serves 1) <i>cubed beef and vegetables in puffed pastry</i>	R 55.00
B3 BEEF STROGANOFF 320g (serves 1) # choose side <i>C1 rump strips in cream pepper sauce</i>	R 60.00
B4 MILD CURRY MINCE 350g (serves 1) # choose side <i>mildly curried mince and mixed vegetables</i>	R 55.00
B5 SAVOURY MINCE 350g (serves 1) # choose side <i>tasty bolognese mince topped with yellow and white cheddar cheese</i>	R 55.00
B6 BEEF STEW 370g (serves 1) # choose side <i>tender beef cubes with mixed vegetables in a thick gravy</i>	R 55.00
BC1 COTTAGE PIE 500g (serves 1) <i>traditional mince with mash potato and topped with cheddar cheese</i>	R 55.00
BC2 CARROT COTTAGE PIE 500g (serves 1) <i>carrot mash replaces the potato mash topped with cheese</i>	R 55.00

Pork	Price
P1 PORKY PIE 460g (serves 1) <i>pork mince, bacon, apples and cubed vegetables in puffed pastry</i>	R 55.00
P2 SWEET & SOUR PORK 320g (serves 1) # choose side <i>cubed pork fillet with vegetable stir fry in a Chinese sweet &amp; sour sauce</i>	R 55.00
P3 THAI PORK CURRY 320g (serves 1) # choose side <i>cubed pork slow cooked in a mild Thai coconut curry</i>	R 55.00
P4 GAMMON ROAST (serves 1) # choose side <i>thin slices, topped with a seasoned ginger beer gravy and 2 tbsp. fresh apple sauce</i>	R 55.00

Lamb	Price
L1 LAMB CURRY 350g (serves 1) # choose side <i>lamb neck slow cooked in a thick spinach sangwala curry</i>	R 60.00
L2 LAMB MOUSSAKA 325g (serves 1) <i>traditional with lamb mince and aubergine topped with a yogurt &amp; cheese mixture</i>	R 60.00
L3 MUTTON CASSEROLE 370g (serves 1) # choose side <i>slow cooked mutton pieces on bones with carrots and baby potatoes in a thick red wine and HPF gravy</i>	R 60.00

Chicken	Price
CP1 CHICKEN PIE Small 50g 5 pies	R 35.00
CP2 CHICKEN PIE & Gravy 460g (serves 1) <i>creamy chicken breasts in puffed pastry</i>	R 55.00
C3 SWEET & SOUR CHICKEN 320g (serves 1) # choose side <i>cubed chicken fillet with vegetable stir fry in a Chinese sweet &amp; sour sauce</i>	R 55.00
C4 MEDITERRANEAN CHICKEN 320g (serves 1) # choose side <i>cubed chicken fillet in creamy Neapolitan sauce</i>	R 55.00
C5 CHICKEN ALA KING 320g (serves 1) # choose side <i>traditional, in a herb white sauce with green peppers</i>	R 55.00
C6 BUTTER CHICKEN 320g (serves 1) # choose side <i>chicken fillet cubes in a creamy mild Indian curry sauce</i>	R 55.00
C7 STICKY CHICKEN 2 PCs (serves 1) # choose side <i>chicken thighs baked in a sweet tangy sauce</i>	R 55.00

Pasta	Price
PA1 MACARONI & CHEESE 550g (serves 1-2) <i>fried bacon and onions in a white sauce, topped with cheddar cheese</i>	R 55.00
PA2 CHICKEN & TOMATO BAKE 500g (serves 1-2) <i>chicken cubes in macaroni with a basil tomato sauce, topped with cheddar cheese</i>	R 55.00
PA3 SOY & GINGER BEEF CHOW MEIN 450g (serves 1) <i>Chinese egg noodles topped with beef and vegetable stir fry</i>	R 60.00

Soup	Price
SO1 BEEF & VEGETABLE 500g (serves 1) <i>thick seasonal vegetables, barley, marrow, beef cubes and pasta shells</i>	R 30.00
SO2 PEA & HAM 500g (serves 1) <i>slow cooked shredded smoked pork, split pea, potato and onions</i>	R 30.00
SO3 BUTTERNUT SOUP 500g (serves 1) <i>butternut in a creamy herbed broth</i>	R 30.00
SO4 CREAM of TOMATO 500g (serves 1) <i>with real tomatoes</i>	R 30.00

Vegetarian	Price
VL1 NO PASTA VEGETARIAN LASAGNE 375g (serves 1) <i>with fried beanigs, MBLANZANE PARMIGIANA</i>	R 50.00
VE1 VEGETARIAN ENCHILADAS 1pcs (serves 1) <i>beetroot &amp; spinach greens, black beans and brown rice with whole-wheat enchiladas</i>	R 50.00
VQ1 SPINACH & FETA QUICHE 350g (serves 1) <i>with whole-wheat crust</i>	R 50.00
VC1 VEGETARIAN COTTAGE PIE 450g (serves 1) <i>lentil bolognese topped with mashed butternut &amp; sweet potato</i>	R 50.00

Desserts	Price
D1 MALVA PUDDING 250g (serves 1) <i>traditional South African hot pudding</i>	R 30.00
D2 SPICED DUMPLINGS 4 (serves 1) <i>sweet dumpling balls in a ginger sweet syrup</i>	R 30.00

Sides (included)	Price for extra
S1 WHITE RICE 250g (serves 1)	R 15.00
S2 FRIED RICE 250g (serves 1) <i>with fried onions, carrots and soy sauce</i>	R 15.00
S3 TAGLIATELLE PASTA 250g (serves 1) <i>flat Italian pasta</i>	R 15.00
S4 SPAGHETTI 250g (serves 1) <i>with parsley &amp; garlic oil</i>	R 15.00
S5 SAMP 250g (serves 1)	R 15.00
S6 VETKOEKS / FAT CAKES 2 (serves 1-2)	R 15.00
S7 CORN FRITTERS 4 (serves 1-2)	R 15.00
S8 SPINACH 2 x 150g (serves 1-2) <i>creamed</i>	R 15.00
S9 CARROTS 2 x 150g (serves 1-2) <i>mashed with potato &amp; onion</i>	R 15.00
S10 GREEN BEANS 2 x 150g (serves 1-2) <i>mashed with potato &amp; onion</i>	R 15.00
S11 BUTTERNUT 2 x 150g (serves 1-2) <i>mashed with sugar</i>	R 15.00
S12 VEGETABLE COMBO 2 x 150g (serves 1-2) <i>choose any 2 of SV1, SV2, SV3, SV4</i>	R 15.00

Sauces	Price
SA1 PIZZA PASTA NEAPOLITAN 100g (serves 1) <i>blended fresh tomato, garlic, Italian herbs, olive oil and spices</i>	R 15.00
SA2 MUSHROOM SAUCE 100g (serves 1) <i>fresh mushrooms in a pepper creamy sauce</i>	R 15.00
SA3 CHEESE SAUCE 100g (serves 1) <i>creamy with cheddar cheese</i>	R 15.00

Other	Price
SX1 ROTI 3 (serves 1-2) <i>homemade Indian butter roti breads</i>	R 20.00
SX2 BEETROOT 750g with Glass Bottle	R 35.00
SX3 BEETROOT 750g refill	R 20.00
<i>in tangy sweet pickling juice</i>	