



Corporate Meals - Menu 1 (R58,00 per menu item)

Please select from the below options:

Quiche

Spinach, sautéed onion and feta cheese
Sundried tomato, fresh basil and feta
Roast chicken and mushroom
Savoury mince, peppers, sweet corn and chilli
Ham, caramelised onion and cheese
Bacon, mushroom and onion
Bacon, brie cheese and cranberry

All quiche are served with a side salad and a choice either chips, potato wedges or a mini garlic roll

Wraps

Sweet chilli chicken
Honey mustard chicken

Teriyaki beef with Asian veg
Chilli beef
Bacon, avocado and feta

Roast vegetable, mozzarella and pesto
Haloumi, brinjal, hummus and sundried tomato

Shredded tuna, red onion, peppers & tartar sauce
Lemon & garlic hake with coleslaw

All wraps are served with a side salad and a choice either chips, potato wedges or a fresh seasonal fruit

Pasta Salads

Bacon, feta and peppadew
Honey mustard chicken salad
Chicken and pesto salad
Basil pesto, parmesan and cashew pasta salad
Roast vegetable and sundried tomato pasta salad
Chicken Caesar - (grilled chicken strips, sliced bacon, cucumber, trio peppers and parmesan cheese)

All pasta salads are served with a garlic cheese roll or seeded health roll

Salads

Roast butternut salad

Cinnamon roasted butternut, wild rocket, roasted red pepper, feta, toasted cashews and pumpkin seeds

Chicken Salad

Mixed lettuce, Grilled chicken strips, Rosa Tomato, Cucumber and Carrots

Roast vegetable, haloumi and sundried tomato

Roasted seasonal vegetables tossed together with fresh baby leaves and grilled haloumi cheese

Tuna Salad

Mixed Lettuce, tuna, rosa tomatoes, red onion, sweetcorn and green peppers

Beef salad

Teriyaki beef strips on a bed of Asian herbs and sprouts

All salads are served with a garlic cheese roll or seeded health roll

Sandwiches - Portugese roll or bagel

Hickory ham, cheddar and wholegrain mustard

Bacon, lettuce and tomato

Roast beef, wild rocket and sundried tomato

Pastrami, pickle and wholegrain mustard

Roast chicken & mayonnaise

Mozzarella, tomato and basil pesto (caprese)

Haloumi, wild rocket, hummus and peppadews

Egg mayonnaise, red onion, avocado and tomato

Roast vegetable , basil and mozzarella

Tuna, tomato, red onion and chives

Extra R8,00 per sandwich for Ciabatta, Turkish rolls, health seed rolls or rye bread

All sandwiches are served with a side salad and a choice either chips, potato wedges or a fresh seasonal fruit

Gourmet Boerewors rolls

Served with grilled onion, mustard and tomato sauce

All boerewors rolls are served with a side salad and a choice either chips, potato wedges or a fresh seasonal fruit

Additional sauces also available, sold separately

Stir Fries

Chicken - Teriyaki chicken strips, Asian vegetables, bean sprouts and coriander

Beef - Sweet and sour beef, Asian vegetables, bean sprouts and coriander

Vegetarian - Julienne seasonal vegetables, roasted sesame seeds in a sweet and sour soya sauce

All dishes are served with noodles

Minimum order of 10 portions per category

Corporate Meals - Menu 2 (R65,00 per menu item)

Please select from the below options:

Quiche

Smoked salmon, cream cheese and dill

All quiche are served with a side salad and a choice either chips, potato wedges or a mini garlic roll

Prego Rolls

Chicken - tender chicken fillet marinated in a mild peri peri sauce with grilled onion and wild rocket

Beef - Tenderised rump steak in a mild peri peri sauce with grilled onion, sliced tomato and wild rocket

Prego rolls are made with our freshly baked Portugese rolls and are served a side salad and an option of either chips, roast potato wedges or a fresh seasonal fruit

Wraps

Crumbed Chicken strips, avocado and peppadew

Basil pesto chicken and parmesan

Smoked salmon, avocado and cream cheese

All wraps are served with a side salad and a choice either chips, potato wedges or a fresh seasonal fruit

Sandwiches

Crumbed chicken and peppadew mayo

Grilled chicken fillet and salad

Grilled chicken fillet, rocket and prego sauce

Club

Bacon, brie cheese and cranberry preserve

A choice of Portugese rolls, bagels, ciabatta, Turkish rolls or seeded heath rolls/bagel

All sandwiches are served with a side salad and a choice of either chips, potato wedges or a fresh seasonal fruit

Schwarmas

Chicken

Beef

Roasted vegetable

Filled with hummus, crispy lettuce, sweet corn salsa, peppers chilli mayo

served with a side of chilli and garlic

All schwarmas are served with a side salad and a choice either chips, potato wedges or a fresh seasonal fruit

Burgers

Grilled chicken burgers with cheddar cheese and garlic mayo

Crumbed chicken burgers with peppadew mayonnaise

Beef burgers with cheddar cheese, tomato, pickles and onion

All burger options may be substituted with soya burgers for vegetarians

All burger options are served with either a side salad and portion of either chips, roast potato wedges or a fresh seasonal fruit

100% pure ground beef patty blended with fresh herbs and spice

Salads

Chicken, avocado and peppadew salad

Mixed lettuce, grilled chicken, tomatoes. Cucumber, avocado, peppadews and parmesan croutons

Chicken caesar salad

Cos Lettuce, grilled chicken, garlic croutons, baby rosa tomatoes, parmesan cheese

Thai beef salad

Sesame beef, cucumber, red onion, bean sprouts, coriander, tomato, carrots, toasted nuts, baby corn & chilli

All salads are served with a garlic cheese roll or seeded health roll

Pasta

Bolognaise

Basil pesto, parmesan and chicken pasta

Tenderised beef, sundried tomato, feta and chilli pasta

Creamy chicken and mushroom

Bacon, mushroom and sautéed onion

Napolitana

Sundried tomato, feta and basil pasta

Mac and cheese bake

Pastas on offer are Spaghetti, penne or farfalle

Each pasta is served with a side of parmesan cheese, crushed chilli and garlic

Minimum order of 10 portions per category

Corporate Meals- Menu 3 (R75,00 per menu item)

Please select from the below options:

Salads

COB salad

Sweet lettuce, grilled chicken, avocado, blue cheese, tomato, sweet corn, eggs, crispy bacon

House salad

Bacon, blue cheese, avocado and peppadews on a bed of mixed baby lettuce

All salads are served with a garlic cheese roll or seeded health roll

Lasagnes and bakes

Chicken and mushroom lasagne

Beef napolitana lasagne

Creamy spinach and feta lasagne

Cottage pie

Beef pot pie

Mac and cheese with bacon

All bakes are served with a mini garlic roll and a side salad

All time favourites

Thai green curry *(available in beef and chicken)*

Red Thai massamang curry *(available in beef and chicken)*

Traditional chicken curry

Butter chicken

Beef curry

Chicken ala king

Meatballs in spicy napolitana sauce

Beef stroganoff

Chicken casserole

All curries and casseroles are served with rice and side salad

Fries and Grills

Chicken Options

Parmesan and herb chicken schnitzel *(served with mushroom, cheese or napolitana sauce)*

Flame grilled leg quarters *(bbq, lemon & herb, honey mustard or peri peri)*

Flame grilled chicken breast *(served with mushroom, cheese or napolitana sauce)*

Chicken and pepper skewers *(peri peri, honey mustard or sweet chilli sauce)*

Meat options

Beef, red onion, pepper skewers with bbq sauce

Boerewors in a spicy onion and tomato gravy *(best served with creamy potato mash)*

Grilled tenderised steak with onion and pepper sauce

Vegetarian Options

Butternut stuffed

Vegetable skewers *(2 per portion)*

Crumbed mushroom skewers (2 per portion)
Soya chicken schnitzel
Brinjal stuffed (with ratatouille, feta and basil)

All vegetarian options are served with a choice either mushroom, napolitana or cheese sauce

Seafood Options

Fried or grilled hake
Baked hake topped with peppers and feta
Crumbed calamari rings
Fish cakes (2 per portion)
Hake and calamari rings (served with half a fillet of hake)

All fries and grills are served with a side salad and 1 of the following side options :

Roasted baby vegetables	Flamed grilled corn on the cob
Creamy mashed potato	Roast vegetables and Cous cous
Roasted baby potatoes	Warm Moroccan style spicy cous cous
Roasted potato wedges	3 bean salad
Oven roasted savoury green beans	Creamed spinach
Roasted butternut	Stir fry julienne vegetables
Mashed butternut	Steamed broccoli
Roasted root vegetables	Warm braai salsa
Baby carrots	Beetroot salad
Sweet and sticky carrots	Garlic mushroom cous cous
Sweet peas	Coleslaw
Sweetcorn kernels	Potato salad
1000 island pasta salad	

All seafood dishes are served with tartar sauce and a lemon wedge

Minimum order of 10 portions per category

All pricing quoted includes vat

All items are made to order to ensure you receive the freshest product possible, hence we require a minimum of 24hrs notice

Our meals do not contain artificial stabilizers or preservatives, freezing of our meals is possible but not recommended

Seasonal ingredients are subject to availability

The pricing quoted on this list is subject to change without notification as the cost of ingredients fluctuates

Meals are packaged for safe transportation and are garnished accordingly

Storage requirements vary per meal, kindly enquire should you require any assistance

Delivery is subject to the time, date and area required

Minimum order of R480,00 is required to qualify for delivery

Delivery charges vary per area