

INDIVIDUAL SALAD BOX:

PRICES:

Select a main light meal, salad and dessert

For a cheaper option opt for only the light meal & salad

FULL MEALS:

Select a Full main meal, salad and dessert

For a cheaper option opt for only the full meal & salad

Please choose - One salad choice, either a light lunch option or main meal option, a dessert.

Add - Optional extras: Packet of crisps, Cans of cold drink and muffins.

Salad choices (choose 1):

- **Roasted Pumpkin Salad** with chickpeas, feta, pumpkin seeds.
- **Wild Rice Salad** with roasted mushrooms, fresh coriander, green apples, baby spinach.
- **Cous Cous Tabbouleh** with parsley, cucumbers, grilled honey glazed carrots and baby marrow - tangy vinaigrette dressing.
 - **Gorgonzola and Frappe Salad** - Garden Salad with Blue Cheese Dressing
- **Curried Couscous with sunflower seed and tomatoes** – Lightly curried, Cous cous salad with tomatoes and sunflower seeds
 - **Creamy Dijon Dill Potato Salad** – Creamy potato salad with chives
- **Dang Cold Asian Noodles Salad** – Soy noodle, stir fry salad served cold mix in with soya
 - **Romaine Summer Salad** – Fresh summer salad with carrots and baby marrow
- **Greek Salad with Oregano dressing**- Traditional Greek salad with traditional dressing
 - **Roasted Sweet Potato Salad with Chutney Dressing** – sweet salad, grilled baby marrow and carrot salad served cold

LIGHT LUNCH OPTIONS:

Ciabatta square /French loaf quarter or a wrap – white or whole wheat/ OR whole wheat sandwich (choose filling)

Filling choices (choose 1): with cream cheese.

- **Chicken breast**, caramelised onion, mayo, cheese and greens
- **Honey grilled chicken**, wrap with cream cheese, cucumber, carrots and lettuce
 - **Coronation chicken**, cucumber and greens and coronation sauce
 - **Beef strips grilled**, wholegrain mustard, cheese and tomato
 - **Oriental beef**, soy sauce, cucumber and spring onion wraps
- **Deep fried chicken strips**, sweet chilling lettuce, carrots and feta
 - **Egg and mayo** with green onion and greens (V)
 - **Pumpkin**, feta, pesto cous cous with cream cheese(V)
 - **Cucumber**, herbed cream cheese and rocket (V)
- **Tuna Salad** (mayo, carrot, lemon, coriander) and greens
 - **Vet koek large** with mince filling
 - **Flame grilled** lemon and her chicken pieces

DESSERTS:

- **Cheese cake** granadilla puree
 - **Chocolate brownie** square
- **Summer berry trifle** (Christmas style trifle)
 - **French style** lemon meringue
 - **Apple crumble** and custard
- **Sticky chocolate** served with a dark chocolate sauce
- **Chocolate mousse** and dark chocolate shaving cup
 - **Carrot cake slice**



FULL MEAL OPTIONS:

- **Thai green curry** with Jasmin rice
- **Oven roasted mustard** cream chicken pieces and mash
- **Chicken pieces' flame grilled** with lemon and herb/peri peri
 - **Chicken korma style** curry with rice
 - **Roasted pork chop** with rock salt and mash
 - **Creamy beef stroganoff** with pepper mash or rice
- **Beef strips in an Asian teriyaki** sauce wok fried egg noodle
- **Hake panko goujon deep fried** with a lemon sauce with mash
 - **Beef stew mixed veg** and potato cubes with rice
 - **Butternut lasagne** or spinach lasagne.
- **Meat balls in a creamy** Napolitano sauce with penne pasta

- **Beef Lasagne Italian style** slow cooked
- **Stuffed Chicken breast** with tomato based sauce and mash
 - **Bobotie with yellow rice roasted vegetables**
- **Pasta Campagnola** – Chicken sautéed with garlic, mustard, rosemary, mushrooms rounded off with fresh cream served with garlic bread and salad.
 - **Moroccan beef curry** with a Jasmin rice and salad
- **Sticky beef kebabs** served with roasted potatoes wedges and butternut pureed
- **Grilled chicken fillets** with a lemon and herb basting – served with baby potatoes and salad
- **Sticky chicken kebabs (2 pp)** – apricot chutney - Stir fry Hawaiian rice with warm veg.
 - **Creamy Beef stroganoff & rice** with creamy spinach
 - **Chicken korma style curry** served rice with julienne mixed veg
 - **Chicken and mushroom lasagne** with French summer salad
 - **Spinach and feta pasta bake (V)** - served with Greek salad
 - **Moroccan vegetable curry (V)** – French summer salad
 - **Butter chicken** served with Jasmin rice, vegetables
- **Baked beef, Arribiata and cheese sauce pasta** served with Greek salad.
 - **Chicken & peppadew quiche** with salads
 - **Chicken a 'la King** served with a starch
 - **Stir fry Hawaiian chicken rice** with warm veg
 - **Flame grilled chicken pieces** with & potato bake
 - **Chicken stew** with country veg and rice

*DELIVERY FEE IS NOT INCLUDED.

EXTRAS: Mini Fruit skewer & Pastries (Danish, pin wheels or Chocolate croissants OR tartlets (Pecan, condense & fruit)



Mini Danishes

A variety that includes: Apple, custard, apricot, sultana snail and blueberry



Seasonal Fruit Skewers

Bite size, fresh seasonal fruit skewers

Cookies:

Chocolate chips, Ginger, Plain and mixed variety