CHEF

KNOWS BEST

DON'T COOK, JUST BOOK






DAILY MEALS MENU

4-WEEK ROTATIONAL SCHEDULE






WEEK ONE

MONDAY

LUNCH MEAL: Crumbed Chicken Tenders - Mildly seasoned panko crumbed chicken strips served with peri mayo dip & potato chips.

LIGHT MEAL: Chicken & Mayo Bagel - Shredded roast chicken, tangy mayo, chives & mixed baby leaf lettuce, served with crisps.

VEGETARIAN: Lasagne - Baby spinach & feta layered with creamy bechamel & lasagne sheets, served with side garden salad.

GLUTEN FREE: Thai Green Chicken Curry - Fragrant coconut curry with butternut, mung bean sprouts, baby spinach, lemon grass & basil, served with rice.

LOCAL FAVOURITES: Pap en Vleis - Flame grilled on-the-bone beef chuck seasoned with a braai dry rub served with pap & chakalaka.

COMFORT: Beef Lasagne - Bolognaise style meat sauce, layered with a thick creamy bechamel, oven baked with a cheesy top, served with side garden salad.

SALAD: Crispy Chicken Salad - Sourdough breaded chicken strips, bell peppers, spaghetti carrots, ribbon cucumber, bean sprouts, coriander, spring onion, baby leaves & sesame seeds.

VEGAN: Thai Green Veg Curry - Fragrant coconut curry with butternut, mung bean sprouts, baby spinach, lemon grass & basil, served with rice.

SEAFOOD: Spicy Prawn Pasta - Chilli & garlic prawns sauteed with baby plum tomatoes, parsley & olive oil, hint of lemon, served with linguine.

TUESDAY

LUNCH MEAL: Beef Prego - Freshly baked Portuguese roll sandwiched with a mild peri peri steak, topped with sauteed onion, sliced tomato & wild rocket, served with potato chips.

LIGHT MEAL: Rissoles - Crumbed Portugese style cheddar & jalapeno turnovers served with a sweet chilli dipping sauce. (4 units per serving)

VEGETARIAN: Mushroom Tart - A wild mushroom, garlic, caramelised onion, thyme, & cream cheese tart, served with a fresh garden salad.

GLUTEN FREE: Chicken Leg Quarter - Flame-grilled chicken leg quarter with a mild peri-peri basting. Served with roasted baby potatoes & creamed spinach.

LOCAL FAVOURITES: Footlong Cheesegriller - Freshly baked soft footlong roll filled with a grilled cheese hot dog, crisp lettuce, grilled onions & pickles, served with potato chips.

COMFORT: Chicken & Mushroom Pot Pie - Creamy chicken & mushroom filling with a hint of thyme, topped with buttery puff pastry, served with Greek salad.

SALAD: Seared Beef Salad - Fresh mix of lettuce, tomato, red onion, sweetcorn, topped with spiced BBQ seared beef, crispy potato wedges & caramelized onions.

VEGAN: Orzo Casserole - Slow braised sweet potato, butterbeans & baby spinach in a rich tomato & herb sauce, served with herbed rice.

SEAFOOD: Lemon Butter Hake - Grilled hake fillets in lemon & garlic butter, served with creamed spinach & herb rice.

WEDNESDAY

LUNCH MEAL: Chicken Mayo Tramezzini - Toasted flat bread layered with shredded roast chicken, tangy mayo, chives, mature cheddar & mozzarella.

LIGHT MEAL: Beef Sausage Rolls - Savoury ground beef baked in a puff pastry cylinder, topped with sesame seeds, served with sriracha mayo dipping sauce.

VEGETARIAN: Spinach Tramezzini - Toasted flat bread layered with creamed baby spinach, feta crumble, red onion & mozzarella.

GLUTEN FREE: Chicken Margarita - Roasted chicken fillet topped with mozzarella, pesto & cherry tomatoes, served with

COMFORT: Bangers & Mash - Pub style pork bangers served with creamy mash potato, grilled onions & gravy. (3 units per serving)

SALAD: Grilled Chicken Salad - Spiced chicken fillet, ribbon cucumber, spaghetti carrots, bell pepper, red onion, cherry tomato, lettuce & parmesan shavings.

VEGAN: Meze Bowl - Homemade falafel balls served with hummus, Tabbouleh salad, pickled red onion, spaghetti carrots, marinated olives & cucumber.

SEAFOOD: Salmon Poke Bowl - Smoked salmon trout, herb rice, edamame beans, spaghetti carrots, pickled ginger,






WEEK ONE (CONT.)

THURSDAY

LUNCH MEAL: Crumbed Chicken Burger - Seasoned Chicken fillet soaked in buttermilk, crumbed & fried - layered with tangy slaw, lettuce & garlic mayo, served with chips.

LIGHT MEAL: Chicken Potstickers - Pan seared potstickers filled with seasoned minced chicken, ginger, chilli, cabbage, carrots, spring onion, served with honey soy dip.

VEGETARIAN: Mac & Cheese - Rich & creamy 3 cheese macaroni bake topped with sundried tomato & parmesan panko, served with a garlic & herb roll.

GLUTEN FREE: Beef & Broccoli - Honey & sesame beef strips tossed with broccoli, onion, cashews & red bell peppers, served with egg fried rice.

LOCAL FAVOURITES: Homestyle Beef Stew - Slow cooked beef goulash with seasonal baby vegetables in a rich brown onion broth, served with braised samp & sweetcorn.

COMFORT: Mediterranean Steak Pasta - Beef strips sauteed with garlic, onion, olive oil & red chilli flakes tossed with sundried tomato, feta & fresh basil, served with penne.

SALAD: Steak Salad - Balsamic seared steak strips with red onion, blue cheese crumble, roasted rosa tomatoes, & pan-fried sweetcorn, served on mixed herbs & lettuce.

VEGAN: Samoosa Snack Bowl - Braised potato & coriander samoosas, served with sweet chilli dip & herb salad. (6 units per serving)

SEAFOOD: Cajun Hake - Hake fillet seasoned with a spicy Cajun spice blend, served with egg fried rice, potato chips, tartar sauce & lemon.

FRIDAY

LUNCH MEAL: Pesto Chicken Pasta Salad - Cubed chicken, basil pesto, toasted cashews, bell peppers, sweetcorn, wild rocket, parmesan & fresh basil tossed in elbow macaroni.

LIGHT MEAL: Bacon & Egg Sandwich - Grilled bacon & fried egg on a bed of crispy lettuce & wholegrain mustard mayo, served with crisps.

VEGETARIAN: Halloumi Wrap - Tortilla wrap filled with grilled halloumi, brinjals, trio peppers, red onion, baby spinach & pesto aioli, served with Greek salad.

GLUTEN FREE: BBQ Chicken Pieces - Bone in sticky glazed smoked BBQ chicken pieces chargrilled, served with potato chips & coleslaw salad.

LOCAL FAVOURITES: Dagwood - Turkish bread layered with a beef smash patty, fried egg, cheddar, crispy bacon, onion, lettuce, pickles & mustard mayo, served with chips.

COMFORT: Bacon & Mushroom Pasta - Sauteed bacon, onion, button mushroom, heavy cream, Dijon mustard, parmesan cheese & Italian herbs served with penne.

SALAD: Chicken Caesar Salad - Chargrilled chicken strips tossed in crisp lettuce with classic Caesar dressing, egg wedges & parmesan shavings, garnished with croutons.

VEGAN: Roasted Butternut Bowl - Cinnamon roasted butternut, herb cous cous, 5 spice chick peas, cashew nuts, ribbon cucumber, wild rocket, spaghetti carrots & toasted seeds.

SEAFOOD: Batter Fish - Classic crispy battered hake, served with potato chips, coleslaw salad, tartar sauce & lemon.

WEEK TWO

MONDAY

LUNCH MEAL: Chicken Schwarma - Toasted flat bread stuffed with Mediterranean spiced chicken strips, crisp lettuce, hummus, pickled onion, chopped salad & creamy garlic sauce.

LIGHT MEAL: Samoosa Snack Bowl - Cheese & corn samoosas, served with mint & yogurt dip, garnished with a micro greens salad.(5 units per serving)

VEGETARIAN: Vegetarian Sausages - Plant-based vegetarian sausages in a spicy tomato & onion chutney, served with creamy mashed potato.

COMFORT: Savoury Mince Tramezzini - Seasoned ground beef with peppers, onion, sweetcorn & a hint of chili, toasted with melted mozzarella & mature cheddar.

SALAD: Nacho Chicken Salad - Southern fried chicken strips on a bed of butter lettuce with roasted corn, black beans, jalapeños & mature cheddar, topped with spicy nachos.

VEGAN: Vietnamese Spring Rolls - Rice paper wraps filled with cabbage, carrots, cucumber, basil, mint, vermicelli noodles, baby spinach & cashews, served with dipping sauce.






WEEK TWO (CONT.)

TUESDAY

LUNCH MEAL: Pastrami Bagel - Freshly baked bagel layered with sliced pastrami, pickled dill cucumber, wild rocket, crisp lettuce, grilled onion & wholegrain mustard.

LIGHT MEAL: Cheese Grillers - Bacon wrapped cheese grillers served with panko-crumbed onion rings & chilli aioli. (3 units per serving)

VEGETARIAN: Soya Bolognaise - Plant based mince in a piquant slow cooked napolitana sauce, with basil, garlic & parmesan, served with spaghetti.

GLUTEN FREE: Chicken Tenders - Baked chicken tenders in a creamy Dijon mustard sauce served with honey glazed carrots & green pea rice.

LOCAL FAVOURITES: Southern Fried Chicken - Buttermilk marinated chicken pieces coated in a herb breading, fried till crispy, served with 1000 island pasta salad & bang bang sauce.

COMFORT: Beef Bolognaise - Lean beef mince in a piquant slow cooked napolitana sauce, with basil, garlic & parmesan, served with spaghetti.

SALAD: Thai Beef Salad - A combination of sesame beef, roasted cashews, coriander, mint, ribbon cucumber, spaghetti carrots, bell pepper, red cabbage, sprouts & baby leaves.

VEGAN: Garden Buddha Bowl - Thyme & garlic roasted root vegetables, red onion, sweetcorn, fresh baby greens, green pea rice & garnished with toasted mixed seeds.

BANTING FRIENDLY: Hake Goujons - Panko-crumbed hake goujons, served with a crisp Asian slaw, tartar sauce & lemon. (5 units per serving)

WEDNESDAY

LUNCH MEAL: Chicken Pasta Salad - Honey mustard chicken strips tossed with bell peppers, roasted sweetcorn & wild rocket, served with elbow macaroni pasta.

LIGHT MEAL: Wedge Sandwich - Hickory ham, cheddar cheese, mixed baby leaf lettuce & wholegrain mustard mayo, served with crisps.

VEGETARIAN: Mushroom Quesadillas - Folded tortilla stuffed with mushroom, baby spinach, black beans, peppers, red onion, toasted with shredded cheddar & mozzarella.

GLUTEN FREE: Beef Meatballs - Greek style beef, parsley, mint & garlic meat balls, served with loaded hummus, pickled red onion & grilled lemon.

LOCAL FAVOURITES: Beef Shortrib - Thin shortrib rashers flame-grilled with a light smokey BBQ basting, served with served with creamed spinach & butternut mash.

COMFORT: Chicken Curry - Bone-in chicken pieces simmered in an onion & tomato based gravy, flavoured with ginger, garlic, curry leaves & dried spices, served with basmati.

SALAD: BBQ Chicken Salad - Smoked BBQ chicken, jalapenos, sweetcorn, bell peppers, baby rosa tomatoes, red onion, spaghetti carrots, ribbon cucumber & mixed baby lettuce.

VEGAN: Cauliflower Butter Masala - Roasted cauliflower, chickpeas, butterbeans & baby spinach in an aromatic coconut cream & tomato curry, served with basmati rice.

BANTING FRIENDLY: Mustard & Dill Hake - Grilled hake fillet, seasoned with dill butter & served with creamed spinach & butternut mash.

THURSDAY

LUNCH MEAL: Beef Wrap - Asian style honey & sesame-glazed beef strips with rainbow slaw, bean sprouts, coriander, bell peppers, julienne carrots, red onion & cucumber.

LIGHT MEAL: Wedge Sandwich - White bread layered with butter lettuce, seasoned shredded roast chicken, chives & tangy mayonnaise, served with crisps.

VEGETARIAN: Veg & Feta Roll - Freshly baked Turkish bread layered with grilled peppers, baby marrow, carrot, mushroom, red onion, feta, mixed baby leaves & basil pesto mayo.

GLUTEN FREE: Marry Me Chicken - Pan-seared deboned chicken thighs in a creamy sundried tomato, baby spinach &

COMFORT: Creamy Beef Pasta - Hearty slow cooked ground beef in a rich cheese & bechamel sauce, served over penne pasta & finished with parmesan.

SALAD: Chicken & Avo Salad - Lemon & herb flame-grilled chicken fillet strips, avocado, feta, red onion, ribbon cucumber, cherry tomatoes & spaghetti carrots.

VEGAN: Melanzane - Italian spiced grilled egg plant layers with napolitana sauce, served with a side crouton salad.

BANTING FRIENDLY: Tuna Melt - Tangy tuna mayonnaise on freshly baked sourdough, layered with melted cheddar, red






WEEK TWO (CONT.)

FRIDAY

LUNCH MEAL: Crumbed Chicken Wings - Light & crispy parmesan & herb crumbed chicken wings, served with coleslaw & ranch dipping sauce. (4 units per serving)

LIGHT MEAL: Popcorn Chicken - Bite-sized, breaded boneless chicken pieces, fried till golden & crispy, served with peri mayo.

VEGETARIAN: Stuffed Sweet Potato - Loaded with Mexican plant base mince, black beans, bell peppers, sweetcorn, chilli, coriander & cheddar, served with salsa.

GLUTEN FREE: Steak Strips - Tender beef strips topped with chimichurri & served with parmesan, garlic & smashed baby potatoes.

LOCAL FAVOURITES: Cheese Steak Rolls - Brioche roll filled with thinly sliced steak, sweet peppers, onion & topped with a 3 cheese sauce, served with potato fries.

COMFORT: Beef Stroganoff - Thinly sliced sauteed beef with bell peppers & onion in a sour cream sauce, served with white rice.

SALAD: BLT Chicken Salad - Cajun chicken, crispy bacon, fried sweetcorn, baby rosa tomatoes, red onion, spaghetti carrots, ribbon cucumber & crisp lettuce.

VEGAN: Vegetable Springrolls - Light & crispy pastry filled with seasoned crunchy vegetables served with sweet chilli dipping sauce, garnished with micro herbs.

BANTING FRIENDLY: Calamari Rings - Panko crumbed calamari rings seasoned with lemon pepper & fried till golden brown, served with potato chips, coleslaw, tartar sauce & lemon.

WEEK THREE

MONDAY

LUNCH MEAL: Crumbed Chicken Strips - Cajun spiced chicken strips crumbed in our in-house breading, served with potato chips & chilli aioli.

LIGHT MEAL: Bagel - Freshly baked sesame bagels filled with fatless bacon, cheddar cheese & peppadew mayo, served with crisps.

VEGETARIAN: Pesto Pasta - Creamy basil, parmesan & cashew nut pesto with roasted cherry tomatoes, served with linguine.

GLUTEN FREE: Mexican Ground Beef - Seasoned ground beef with black beans, corn, peppers & coriander, served with fajita rice & tomato salsa.

LOCAL FAVOURITES: Pap en Vleis - Flame grilled on-the-bone beef chuck seasoned with a braai dry rub served with pap & chakalaka.

COMFORT: Chicken Pesto Pasta - Sauteed thyme & garlic chicken in a creamy basil pesto sauce, topped with parmesan & served linguine pasta.

SALAD: Chimichurri Steak Salad - Pan fried steak strips tossed in chimichurri, served on a bed of wild rocket, cherry tomatoes, sweet corn, coriander, red onion & lettuce.

VEGAN: Mexican Vegan Mince - Seasoned plant based mince with black beans, corn, peppers & coriander, served with fajita rice & tomato salsa.

BANTING FRIENDLY: Mediterranean Hake - Baked garlic, oregano & thyme marinated topped with trio peppers, Kalamata olives, rosa tomatoes & feta, served with roasted seasonal veg.

TUESDAY

LUNCH MEAL: Club Sandwich - Wedge style sandwich with grilled shoulder bacon, chicken ham, butter lettuce, cheddar cheese, tomato & mayonnaise, served caprese pasta salad.

LIGHT MEAL: Quiche - Classic French style tart filled with savoury custard, bacon, garlic mushrooms & caramelised onion, served with a Greek salad.

VEGETARIAN: Sweetcorn Fritters - Corn, peppadew, feta & spring onion fritters, served with a caprese pasta salad (3 per serving).

COMFORT: Beef Curry - Durban style fragrant onion & tomato based curry, flavoured with ginger, garlic, curry leaves & dried spices, served with basmati rice.

SALAD: Roast Chicken - Sweet chilli chicken, bell peppers, baby rosa tomatoes, red onion, spaghetti carrots, ribbon cucumber & mixed baby lettuce leaves.

VEGAN: Butter Bean & Potato Curry - Butter beans & potato braised in a fragrant tomato & onion gravy, seasoned with garlic, ginger & aromatic spices, served with rice.






WEEK THREE (CONT.)

WEDNESDAY

LUNCH MEAL: Chicken Bao Buns - Steamed boa buns stuffed with Korean fried chicken & gochujang rainbow slaw, finished with Kewpie mayo, sesame seeds & spring onion.

LIGHT MEAL: Chicken Springrolls - Light & crispy pastry filled with seasoned chicken & crunchy veg, fried until golden, served with sweet chilli sauce.

VEGETARIAN: Veg Bao Buns - Steamed boa buns stuffed with crispy tempura veg & gochujang rainbow slaw, finished with Kewpie mayo, sesame seeds & spring onion.

GLUTEN FREE: Beef Cottage Pie - Deconstructed savoury beef mince in a herb gravy served with mashed sweet potato & country style vegetables.

LOCAL FAVOURITES: Chicken Briyani - Cumin, coriander, mint & yogurt marinated tender chicken pieces layered with turmeric rice, potatoes, lentils & browned onions, served with raita.

COMFORT: Beef Meatballs - Homemade Italian style meatballs braised in a sweet napolitana sauce served with spaghetti & topped with parmesan cheese.

SALAD: Asian Beef Bowl - Seared BBQ beef, mixed Asian greens, cherry tomatoes, red bell pepper, cucumber, carrots, red cabbage, coriander, sesame seeds, topped with vermicelli.

VEGAN: Vegetable Briyani - An aromatic rice dish with a blend of freshly ground spices, lentils & mixed vegetables, served with a carrot salad.

BANTING FRIENDLY: Cajun Hake - Grilled hake fillets seasoned with our in-house Cajun spice blend, served with mashed sweet potato & country style vegetables.

THURSDAY

LUNCH MEAL: Crumbed Chicken Wrap - Tortilla wrap filled with buttermilk crumbed chicken strips, slaw, wild rocket, red onion, crispy lettuce & peppadew mayo, served with fries.

LIGHT MEAL: Wedge Sandwich - Hickory ham, mature cheddar & sliced tomato on bed of crispy lettuce & wholegrain mustard mayo, served with crisps.

VEGETARIAN: Paneer Butter Masala - Grilled paneer cheese in an aromatic tomato & butter gravy, mildly spiced with garam masala, ginger, garlic & fenugreek, served with basmati.

GLUTEN FREE: Steak Stir Fry - Teriyaki beef strips wok fried with baby vegetables, bean sprouts & spring onion, served with coriander rice.

LOCAL FAVOURITES: Beef Boerewors - 180g traditional beef boerewors flame grilled & topped with grilled onions, served with potato salad & chakalaka.

COMFORT: Butter Chicken - Tender chicken pieces in an aromatic tomato & butter gravy, mildly spiced with garam masala, ginger, garlic & fenugreek, served with basmati.

SALAD: Beef Taco Bowl - Mexican spiced ground beef, crispy lettuce, cherry tomatoes, roasted corn, red onion, coriander, black beans & grated cheddar cheese, with nacho chips.

VEGAN: Tofu Stir Fry - Crisp tofu wok fried with baby vegetables, cashews, bean sprouts & spring onion, served with coriander rice.

BANTING FRIENDLY: Fish Sandwich - Soft brioche roll layered with a breaded hake fillet, cheddar cheese, tomato, pickles, crisp lettuce & dill tartar sauce, served with potato salad.

FRIDAY

LUNCH MEAL: Chicken Burger - Sesame bun filled with a grilled seasoned chicken breast topped with cheddar cheese, grilled onion, sliced tomato & garlic mayo, served with wedges.

LIGHT MEAL: Roll Sandwich - Shredded roast chicken, tangy mayo, chives & mixed baby leaf served with crisps.

VEGETARIAN: Veg Enchiladas - Flour tortillas stuffed with veg chilli con carne, bell peppers & black beans, mozzarella & baked in a piquant tomato & coriander sauce.

GLUTEN FREE: Chicken Leg Quarter - Flame-grilled chicken leg quarter, basted with Mozambican peri-peri sauce, served with

COMFORT: Beef Enchiladas - Flour tortillas stuffed with beef chilli con carne, bell peppers, black beans & cheddar cheese, baked in a piquant tomato & coriander sauce.

SALAD: Tabbouleh Bowl - Grilled lemon & herb chicken, lemon cous cous, diced tomato, cucumber, red onion, parsley, mint & olive oil, served with zesty yogurt dressing.

VEGAN: Falafel Wrap - Our homemade falafel with tabbouleh, brinjals, hummus, cucumber, cabbage & red onion in a tortilla wrap, served with roasted potato wedges.

BANTING FRIENDLY: Salmon Bagel - Freshly baked bagel layered with smoked salmon, herbed cream cheese, red onion,






WEEK FOUR

MONDAY

LUNCH MEAL: Chicken Pesto Sandwich - Inhouse made sour dough layered with flame grilled chicken, mozzarella seasoned red onion, wild rocket & cream cheese, served with a side salad.

LIGHT MEAL: Samoosa Snack Bowl - Crispy beef samoosas served with a tangy sweet chilli dipping sauce. (5 units per serving)

VEGETARIAN: Mushroom Alfredo - Medley of mushrooms pan fried in parsley & garlic butter, tossed in a rich parmesan cream sauce, served with linguine pasta.

GLUTEN FREE: Moroccan Chicken - Skewered flame grilled boneless chicken thighs, served with vegetable pilaf rice, pickled red onions & mint yogurt.

LOCAL FAVOURITES: Braaied Chicken Pieces - Flame-grilled peri-peri chicken pieces, served with pap & braised spinach (morogo).

COMFORT: Chicken Alfredo - Pan-fried chicken pieces with garlic & Italian seasoning, tossed in a rich parmesan cream sauce, served with linguine pasta.

SALAD: Chef Salad - Honey mustard grilled chicken, fat free bacon, crisp lettuce, cocktail tomatoes, cucumber, red onion & hard boiled egg.

VEGAN: Open Sandwich - Toasted sourdough topped with guacamole, garlic & thyme mushrooms, grilled onion & micro greens, served with a side salad.

BANTING FRIENDLY: Salmon Wrap - Smoked salmon, red onion, baby spinach, cucumber, wild rocket & herbed cream cheese wrap, served with a side salad.

TUESDAY

LUNCH MEAL: Beef Burger - 100% pure beef patty with cheddar cheese, crispy lettuce, tomato, grilled onion & pickles, served with roasted potato wedges.

LIGHT MEAL: Mince Toastie - White bread filled with curried ground beef & cheddar cheese, toasted & served with crisps.

VEGETARIAN: Cannelloni - Pasta tubes filled with creamy spinach & feta, baked in a rich tomato sauce & finished with mozzarella & parmesan.

GLUTEN FREE: Tuscan Chicken Thighs - Deboned chicken thighs in a creamy Tuscan sauce, served with herbed basmati rice. (3 units per serving)

LOCAL FAVOURITES: Braised Beef & Onion - Tender beef cubes braised in a rich brown onion & fresh herb broth, served with creamy samp & sweetcorn.

COMFORT: Chicken Lasagne - Baked layers of pasta sheets, seasoned chicken, mushroom, baby spinach & creamy bechamel sauce, topped with a blend of 3 cheeses. Served with a crouton garden salad

SALAD: Chicken Gyro Bowl - Greek chicken thighs, herb rice, sumac red onions, cherry tomato, cucumber, feta & tzatziki.

VEGAN: Falafel Burger - Chick pea & parsley patty layered with guacamole, wild rocket, tomato, red onion & pickles, served with roasted potato wedges.

BANTING FRIENDLY: Prawn Bao Buns - Steamed bao buns filled with crispy Korean-style prawns & gochujang rainbow slaw, finished with Kewpie mayo, toasted sesame seeds & spring onion.

WEDNESDAY

LUNCH MEAL: Beef Wrap - Middle Eastern schwarma style beef spiced with cumin & coriander, packed together with tabbouleh salad, pickled red onion & hummus, with tzatziki & potato chips.

LIGHT MEAL: Focaccia Sandwich - Herb & sea salt focaccia filled with Italian salami mozzarella, basil pesto, wild rocket & fresh tomato.

VEGETARIAN: Vegetable Stir Fry - A mixture of tender baby vegetable strips & egg noodles, tossed in our homemade stir fry sauce, garnished with spring onion & mung bean sprouts.

COMFORT: Chicken Stir Fry - Crispy crumbed chicken strips combined with baby vegetables, mung bean sprouts & spring onion, served with egg noodles in a Thai-style sweet chilli sauce.

SALAD: Halloumi Salad - Grilled halloumi fingers, fresh leafy greens cucumbers pickled red onion, corn, cherry tomatoes, char-grilled peppers, harissa roasted chick peas & a light honey drizzle.

VEGAN: BBQ Skewers - Flame-grilled Smokey BBQ tofu & baby marrow skewers, served with butternut mash & mushroom stir fry.






WEEK FOUR (CONT.)

THURSDAY

LUNCH MEAL: Boerewors Rolls - Traditional flame grilled boerewors roll garnished with, grilled onion, mustard & tomato sauce, served with potato chips.

LIGHT MEAL: Spicy Chicken Livers - Pan-fried chicken livers in a creamy peri-peri sauce, sautéed with onion, garlic, chillies, smoked paprika, & a hint of lemon, served with a warm Portuguese roll.

VEGETARIAN: Roast Vegetable Pasta - Baby Spinach, roasted seasonal vegetables, feta, parmesan, olives & garlic on a creamy sundried tomato sauce, served with penne pasta.

GLUTEN FREE: Grilled Chicken Margaritas - Tender chicken breast topped with mozzarella, basil pesto, cherry tomatoes & fresh basil - Served with roasted rosemary & garlic smashed baby potatoes.

LOCAL FAVOURITES: Braised Oxtail - Oxtails braised in a rich savoury broth with vegetables, slow cooked till perfectly soft & falling off the bone, served with mash potato.

COMFORT: Chicken Schnitzel - Tender chicken fillet breaded in homemade sour dough crumbs, fried till golden brown, served with seasonal roasted vegetables & creamy mushroom sauce.

SALAD: Mediterranean Steak Bowl - Seared steak, chopped garden salad, garlic hummus, feta, Kalamata olives & roasted rosa tomatoes.

VEGAN: Vegan Hot Dog - Fresh baked hot dog roll stacked with a soya based hot dog, grilled onion, tomato & mustard - served with potato chips.

BANTING FRIENDLY: Fish Cakes - Panko crumbed smoked salmon cakes, seasoned with lemon & parsley, served with Greek salad, tartar sauce & a lemon wedge. (3 units per serving)

FRIDAY

LUNCH MEAL: Chicken Prego - Freshly baked Portuguese roll filled with a flame grilled mild peri peri chicken breast fillet, topped with sauteed onion, sliced tomato & wild rocket, served with potato chips.

LIGHT MEAL: Wedge Sandwich - Bacon, cheddar, baby spinach, wild rocket, caramelised onion & gochujang mayo, served with crisps.

VEGETARIAN: Halloumi Prego - Freshly baked Portuguese rolls sandwiched with grilled halloumi cheese, sauteed onion, brinjal, roasted red pepper, sliced tomato, wild rocket with a side Greek salad.

GLUTEN FREE: Banting Beef Burger - Bun less beef burger layered with, crispy bacon, cheddar cheese, butter lettuce, tomato, pickled onion & gherkins, served with side Greek salad.

LOCAL FAVOURITES: Southern Fried Chicken - Buttermilk marinated chicken pieces coated in a herb breading, fried till crispy & golden brown, served with potato chips & bang bang sauce.

COMFORT: Pepper Steak Pie - Slowed cooked beef in a rich peppery gravy topped with home-made butter pastry, served with a side Greek salad.

SALAD: Tuna Niçoise Salad - Seasoned shredded tuna combined with a medley of crisp lettuce, egg wedges, green beans, Kalamata olives, cherry tomatoes, capers & crisp new potatoes.

VEGAN: Tempura Eggplant Roll - Freshly baked Turkish bread layered with crispy tempura eggplant, red pepper hummus, wild rocket, & pickled carrot & onion, served with a side of potato chips.

BANTING FRIENDLY: Prawn Chow Faan - Chinese-style stir-fried rice combined with prawns, onions, carrots, peas, bean sprouts, pineapple, ginger, garlic, scrambled egg, soy sauce, sesame oil & spring onion.

GET IN TOUCH

SHONNAY LANDMAN

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