CHEF

KNOWS BEST

DON'T COOK, JUST BOOK

GRAB & GO MENU

DISTRIBUTOR CATALOGUE

GENERAL INFORMATION & GUIDELINES



Serving Estimates

Serving suggestions are estimates and may vary based on individual appetite and portion size. We encourage you to tailor portions to your specific needs and preferences.

Quality Ingredients

Item descriptions are brief summaries intended to guide your understanding. Our products do not contain artificial stabilizers or preservatives. The use of seasonal ingredients is subject to availability.

Freshness Commitment

All items are made to order to ensure optimal freshness. Please allow a minimum of 24 hours notice. We reserve the right to modify, discontinue, or enhance recipes and presentation without prior notice. As our products are hand-made, slight variations in size, weight, and appearance may occur.

Allergens

Our products are prepared in a facility that handles tree nuts, peanuts, milk, eggs, shellfish, wheat, and soya.

Storage & Handling

Meals are packaged for safe transportation and are appropriately garnished. Storage requirements vary per item. Please inquire if you require any assistance.

Delivery

Delivery is subject to availability based on time, date, and area. Minimum order quantities for deliveries vary by area.



WRAPS

Generously filled 25cm tortilla wraps, skillfully rolled into pockets, sliced & ready to go. Min 3 units per flavour | Packaging: Clear wrap fold punnet

BEEF (ASIAN)
Baby spinach, red onion, julienne carrots, sprouts, red cabbage, cucumber, peppers & coriander.

BREAKFAST
Bacon, creamy egg mayo, wild rocket, red onion, chives, baby spinach & julienne carrots.

CHICKEN (SWEET CHILLI)
Mixed baby leaves, julienne crudité, coriander & sweet chilli mayo.

CRUMBED CHICKEN
Rainbow slaw, red onion, wild rocket & garlic mayo.

EGG MAYO
Creamy egg mayo, mixed baby leaves, pickles, basil pesto & red onion.

HALLOUMI & HUMMUS
Hummus, red onion, baby spinach & julienne crudité.

MEXICAN CHICKEN
Jalapenos, cheddar, black beans, baby leaves, julienne carrots, red onion, coriander & sriracha mayo.

SMOKED SALMON
Cucumber, red onion, baby spinach, cucumber, wild rocket & herbed cream cheese wrap.

VEGETABLE & PESTO
Chargrilled vegetables, mozzarella, sundried tomato & pesto.

TRAMEZZINI'S

20cm tramezzini's, freshly made in-house, toasted & sliced into four wedges. Min 3 units per flavour | Packaging: Foil Containers with clear lids

BACON & EGG
Fried egg, crispy bacon, sauteed onion & mozzarella.

HICKORY HAM
Cheddar cheese & wholegrain mustard.

PASTRAMI
Beef pastrami, pickles, grilled onion, wholegrain mustard & mozzarella.

SAVOURY MINCE
Spicy ground beef, peppers, onion, sweetcorn, chilli & cheddar cheese.

SPICY STEAK
Flamed grilled steak, peppers, onion, sweetcorn, chilli sauce & mozzarella.

SPINACH
Creamed baby spinach, feta, red onion & feta.

BURGERS & PREGOS

Freshly baked rolls. Min 3 units per flavour | Packaging: Clear disposable clamshell

BEEF BURGER
100% pure beef patty, cheddar, sliced tomato, crispy lettuce, pickle & garlic mayo.

CRUMBED CHICKEN BURGER
Cheddar, slaw, wild rocket, spaghetti carrots, crisp lettuce, red onion & peppadew mayo.

GRILLED CHICKEN BURGER
Flame grilled chicken fillet, cheddar, crisp lettuce, wild rocket, red onion & garlic mayo.

VEGETARIAN BURGER
Falafel patty, hummus, red onion, crisp lettuce, wild rocket, carrots & pesto mayo.

BEEF PREGO
Tenderised rump steak in our in-house prego sauce with grilled onion, sliced tomato & wild rocket.

CHICKEN PREGO
Tender chicken fillet marinated in our in-house prego sauce with grilled onion & wild rocket.

HALLOUMI PREGO



GOURMET HOTDOGS

Freshly baked soft rolls, filled with your choice of gourmet sausage. Min 3 units per flavour | Packaging: Clear disposable clamshells

BOEREWORS

100% pure beef served with grilled onion, mustard & tomato sauce.

CHEESE GRILLERS

Served with shredded crisp lettuce, grilled onion & pickles.

LAMB

Soft & fluffy hot dog roll filled with 2 spicy lamb sausages & tomato relish.

VEGAN / VEGETARIAN

Plant based vegetarian sausages in a spicy tomato & onion chutney.

PARFAIT CUPS

Made to order with Greek yogurt and a mix of fresh seasonal fruits & berries. Min 3 units | Packaging: Clear disposable clamshells

PREPACKED FRUIT

Fruit Salad | Fruit Salad & Yogurt | Berry Salad. Available in 150ml or 250ml.

YOGURT VARIATIONS

Yogurt & Granola | Yogurt, Granola & Compote | Yogurt, Granola & Fruit Salad. Available in 150ml or 250ml.

SAVOURY BAKES

Freshly baked to order & generously filled. Min 3 units | Packaging: Clear cellophane bag tied with Raphia

SAVOURY MUFFINS (180G)

3 Cheese | Bacon, Feta & Peppadew | Ham, Cheese & Onion | Spinach & Feta | Sundried Tomato, Feta & Basil.

HOME-STYLE PIES (INDIVIDUAL)

Chicken & Mushroom | Pepper Steak | Spinach & Feta. Average weight 280g.

QUICHES

Buttery shortcrust pastry, filled with savoury custard. Packaging: Clear cellophane bag

MEAT & POULTRY FILLINGS

Bacon & mushroom | Bacon & onion | Bacon & peppadew | Bacon, brie & cranberry | Roast chicken & mushroom | Roast chicken, peppadew & parmesan | Ham, caramelised onion & cheese | Ham & sautéed mushroom | Savoury mince & cheese | Savoury mince, peppers, sweet corn & chilli.

VEGETARIAN & SEAFOOD FILLINGS

Butternut, feta & red pepper | Mushroom & parmesan | Roast vegetable, feta & sundried tomato | Spinach, sautéed onion & feta | Sundried tomato, fresh basil & feta | Smoked salmon, cream cheese & dill.



PASTA SALADS

Assembled with elbow pasta (Gomiti). Min 3 units per flavour | Packaging: Kraft Bowl 500ml / Clear dome lid

1000 ISLAND
Mature cheddar, sweetcorn, sautéed mushroom, bell peppers, red onion & wild rocket.

BACON & CHEDDAR
Cheddar cubes, bacon, bell peppers, red onion, sweetcorn, wild rocket & 1000 island dressing.

CAPRESE
Mozzarella, cherry tomato, red onion, fresh basil leaves, parmesan shavings & pesto dressing.

CHICKEN & PESTO
Flame grilled chicken, basil pesto, cashews, peppers, sweetcorn, wild rocket, parmesan & fresh basil.

CHORIZO
Spicy chorizo, sweetcorn, peppadew, feta, wild rocket, red onion & sriracha mayo dressing.

GREEK
Cocktail tomato, bell peppers, cucumber, red onion, Kalamata olives, feta, parsley & creamy Greek vinaigrette.

HONEY MUSTARD CHICKEN
Flame grilled chicken, bell peppers, sweetcorn, red onion, wild rocket & creamy honey mustard dressing.

ITALIAN
Salami, bell peppers, red onion, cucumber, tomato, olives, mozzarella, rocket & basil pesto.

VEGETABLE & FETA
Mushroom, chargrilled baby marrow, bell peppers, feta, wild rocket, sundried tomato & pesto dressing.

TUNA
Flaked tuna, cucumber, sweetcorn, cocktail tomato, bells peppers, parsley, sweet peas & Cajun mayo.

SALADS

Fresh seasonal vegetables, baby leaves & herbs. Min 3 units per

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

BUTTERNUT SALAD
Cinnamon roasted butternut, wild rocket, baby spinach, roasted red pepper, feta, toasted cashews & pumpkin seeds.

CHICKEN SALAD
Flamed-grilled sweet chilli chicken, peppers, cocktail tomato, red onion, cucumber, carrots & baby lettuce leaves.

CHICKEN CAESAR SALAD
Chargrilled chicken strips tossed in crisp lettuce with classic Caesar dressing, egg wedges & parmesan shavings, garnished with garlic & herb croutons.

CHICKEN TIKKA & COUS COUS
Tikka chicken, bell peppers, coriander, red onion, Rosa tomatoes, wild rocket, seasoned cous cous & feta.

CHILLI BEEF SALAD
Asian chilli beef, red cabbage, mint, mixed baby leaves, red onion, spring onion, roasted cashews, spaghetti carrots & ribbon cucumber.

GREEK SALAD
Traditional Greek salad with sliced cucumbers, tomatoes, green bell pepper, red onion, olives & feta.

HALLOUMI & VEGETABLE
Roasted seasonal vegetables tossed together with fresh baby leaves, grilled halloumi cheese, marinated olives & ribbon cucumber.

ROASTED ROOTS SALAD
Roasted beets, sweet potatoes & carrots tossed in with feta, spinach, wild rocket & toasted seeds.

THAI BEEF SALAD
Sesame beef, cucumber, red onion, red cabbage, mung bean sprouts, spaghetti carrots, peppers, cashew & coriander.



CIABATTA SANDWICHES

Freshly baked ciabatta | Average size 20cm | All sandwiches contain a lettuce base. Min 3 units per flavour | Packaging: Clear disposable clamshells

ALL DAY BREAKFAST

Bacon, beef chipolatas, creamy egg mayo, mixed baby leaves, red onion & spaghetti carrots.

BACON & BRIE CHEESE

Mixed baby leaves, cranberry jelly, caramelised onion & wholegrain mustard mayo.

BACON & EGG

Creamy egg mayonnaise, mixed baby leaves, red onion & chives.

BACON & FRIED EGG

Bacon, sunny side-up fried egg, cheddar, baby spinach & peri mayo.

BLT

Bacon, crispy lettuce, sliced tomato, red onion & wholegrain mustard mayo.

CAPRESE

Mozzarella, tomato, wild rocket, fresh basil leaves, pesto & balsamic reduction.

CHEESE & TOMATO

Cheddar cheese, sliced tomato, crisp lettuce & wholegrain mustard mayo.

CHICKEN MAYONNAISE

Pulled chicken fillet, chives, wild rocket, crisp lettuce & mayonnaise.

CLUB

Chicken ham, bacon, mozzarella, tomato, wild rocket, baby spinach & sweet chilli mayo.

EGG SALAD

Creamy egg mayonnaise, wild rocket, chives, crispy lettuce & pesto mayo.

GRILLED CHICKEN

Flame grilled chicken, red onion, spiral carrots, mixed baby

HAM & CHEESE

Hickory ham, mature cheddar, sliced tomato, red onion, wild rocket & wholegrain mustard mayo.

PASTRAMI

Pickled cucumber, wild rocket, crispy lettuce, grilled onion & wholegrain mustard.

TUNA

Flaked tuna with wild rocket, baby spinach, red onion, shredded carrot & creamy tartar sauce.

VEG & FETA

Grilled peppers, baby marrow, carrots, mushroom, red onion, feta, mixed baby leaves & basil pesto mayo.

BAGEL / LOW GI SANDWICHES

Freshly baked sesame seed bagels | Wholewheat & Multigrain low GI bread. Min 3 units per flavour | Packaging: Clear cellophane bag - Heat sealed

ALL DAY BREAKFAST

Bacon, beef chipolatas, creamy egg mayo, mixed baby leaves, red onion & spaghetti carrots.

BACON & BRIE CHEESE

Mixed baby leaves, cranberry jelly, caramelised onion & wholegrain mustard mayo.

BACON & EGG

Creamy egg mayonnaise, mixed baby leaves, red onion & chives.

BACON & FRIED EGG

Bacon, sunny side-up fried egg, cheddar, baby spinach & peri mayo.

BLT

Bacon, crispy lettuce, sliced tomato, red onion & wholegrain mustard mayo.

CAPRESE

Mozzarella, tomato, wild rocket, fresh basil leaves, pesto & balsamic reduction.

CHEESE & TOMATO

Cheddar cheese, sliced tomato, crisp lettuce & wholegrain



CLUB
Chicken ham, bacon, mozzarella, tomato, wild rocket, baby spinach & sweet chilli mayo.

EGG SALAD
Creamy egg mayonnaise, wild rocket, chives, crispy lettuce & pesto mayo.

GRILLED CHICKEN
Flame grilled chicken, red onion, spiral carrots, mixed baby leaves & honey mustard aioli.

HALLOUMI
Chargrilled bell peppers, baby marrow, carrots, red onion, wild rocket & basil pesto aioli.

HAM & CHEESE
Hickory ham, mature cheddar, sliced tomato, red onion, wild rocket & wholegrain mustard mayo.

PASTRAMI
Pickled cucumber, wild rocket, crispy lettuce, grilled onion & wholegrain mustard.

TUNA
Flaked tuna with wild rocket, baby spinach, red onion, shredded carrot & creamy tartar sauce.

VEG & FETA
Grilled peppers, baby marrow, carrots, mushroom, red onion, feta, mixed baby leaves & basil pesto mayo.

BAGUETTE / SEEDED ROLL

Freshly baked rolls | Average size 20cm | Min 3 units per flavour | Packaging: Clear disposable clamshells

AVAILABLE FILLINGS
All Day Breakfast | Bacon & Brie Cheese | Bacon & Egg | Bacon & Fried Egg | BLT | Caprese | Cheese & Tomato | Chicken Mayonnaise | Club | Egg Salad | Grilled Chicken | Halloumi | Ham & Cheese | Pastrami | Tuna | Veg & Feta. (Detailed components match Ciabatta section).

WEDGE SANDWICHES

Served on a choice of white or brown bread. Min 3 units per flavour | Packaging: Wedge Triangle Clamshell

AVAILABLE FILLINGS
All Day Breakfast | Bacon & Brie Cheese | Bacon & Egg | Bacon & Fried Egg | BLT | Caprese | Cheese & Tomato | Chicken Mayonnaise | Club | Egg Salad | Grilled Chicken | Halloumi | Ham & Cheese | Pastrami | Tuna | Veg & Feta.

FOCACCIA SANDWICHES

In-house made focaccia, flavoured with garlic, herbs & olive oil. Min 3 units | Packaging: Clear disposable clamshells

SALAMI
Italian salami, basil pesto, mozzarella, tomato, red onion, wild rocket & garlic aioli.

HAM & CHEESE
Hickory ham, mature cheddar, sliced tomato, red onion, wild rocket & wholegrain mustard mayo.

CHICKEN PESTO
Flamed grilled chicken fillets, fresh basil, red onion, parmesan, sliced tomato, pesto & olive oil.

GRILLED VEGETABLE
Flamed grilled seasonal vegetable, sundried tomato, basil, baby spinach, grilled onion & feta.



FILLED CROISSANTS

Pure butter croissants baked till golden brown. Min 3 units per flavour | Packaging: Clear cellophane bag - Heat sealed

AVAILABLE FILLINGS

All Day Breakfast | Bacon & Brie Cheese | Bacon & Egg | Bacon & Fried Egg | BLT | Caprese | Cheese & Tomato | Chicken Mayonnaise | Club | Egg Salad | Grilled Chicken | Halloumi | Ham & Cheese | Pastrami | Tuna | Veg & Feta.

UNTOASTED SANDWICHES

Buttered on both ends & served untoasted, ready to be freshly toasted on request. Min 3 units per flavour | Packaging: Greaseproof sleeves

AVAILABLE FILLINGS

All Day Breakfast | Bacon & Brie | Bacon & Egg | Bacon & Fried Egg | Caprese | Cheese & Tomato | Chicken Mayonnaise | Club | Egg Salad | Ham & Cheese | Pastrami | Tuna.

SNACK PACKS

Perfectly portioned for a snack on the go. Thoughtfully curated & garnished. Min 3 units per flavour | Packaging: Kraft Trays

GRAZE BOX 1

Pastrami, salami, hickory ham, bread sticks, pickles, marinated olives & wholegrain mustard dip.

GRAZE BOX 2

Salami, camembert, berries, marinated olives, gherkins, crackers, pretzels & preserve.

GRAZE BOX 3

Salami, hickory ham, cheddar, brie, grapes, strawberry, crackers, mixed salted nuts & sundried apricots.

GRAZE BOX 4

Chicken chipolata, chicken ham roll, cheddar blocks, pickles, bread sticks & honey mustard dip.

GRAZE BOX 5

Caprese skewers, basil pesto, salami, marinated olives, bread sticks & mustard.

CRUDITÉ

Carrot, celery & cucumber sticks, Rosa tomatoes, marinated olives & hummus dipping sauce.

SNACK BOX

Sliced biltong, dry wors, snapsticks, honey & sesame coated cashews & dried mango.

VEGAN SNACK BOX

Pretzels, sundried fruit, mixed salted nuts, mango strips & pitted dates.

CHEESE BOARD 1

Brie cheese, pesto cream cheese, crackers, marinated olives, mixed nuts, grapes & strawberries.

CHEESE BOARD 2

Cheddar sticks, brie cheese, crackers, spiced mixed nuts & dried fruit.

CHEESE BOARD 3

Camembert, cheddar, blue cheese, crackers, cinnamon pecans, grapes, berries & blueberry preserve.



PRE-PACKED BREAKFASTS

Pre-packed convenience, perfect for breakfast on the go, film shoots, training sessions, etc. Min 3 units per flavour | Packaging: Foil Trays

AMERICAN

Pork bangers, bacon, hashbrown, scrambled egg, mushroom & baked beans.

CARNIVORE

Bacon, cheese grillers, savoury mince & scrambled eggs.

CHICKEN

Chipolatas, scrambled eggs, roasted cherry tomatoes, mushrooms & hashbrown.

ENGLISH

Bacon, beef chipolatas, tomato, hash brown, mushroom & baked beans.

GREEK

Bacon, grilled halloumi, roasted cherry tomatoes, spinach & feta tart & grilled peppers.

HARVEST

Plant based sausage, mushroom, roasted cherry tomatoes, baked beans, hashbrown & roasted potatoes.

LAMB

Spicy lamb sausage, macon, scrambled eggs, sauteed mushroom & hashbrown.

SA

Boerewors, bacon, baked beans, sunnyside up eggs, roasted cherry tomato & sauteed mushrooms.

SPANISH

Chorizo, bacon, sauteed tomato, mushroom & pepper frittata & grilled onions.

OMELETTES

BACON & MUSHROOM

Sauteed bacon, mushroom, onion, baby spinach & cheddar cheese.

GREEK

Creamed spinach, rosa tomatoes, feta, red onion, green pepper, oregano & chilli flakes.

HAM & CHEESE

Mature cheddar, feta, & mozzarella with hickory ham, sweet peppers & onion.

TOAST & CONDIMENTS

Freshly prepared extras for your breakfast.

TOAST (PER SLICE)

White | Brown | Low GI | Gluten Free | Rye | French Toast.

CONDIMENTS

Mini Butter Portion (8g) | Jam Portion (15g) | Preserve Portion (15g).

ORDERING & DELIVERY

Placing Orders: To ensure efficient service and the highest quality standards, kindly email or call us directly. All our products are freshly made to order.

Lead Time: Please allow for a minimum of 24 hours' notice on all orders. Orders are required to be placed by 11:00am, the day before delivery is required.

GET IN TOUCH

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