

# salads.

**prices vary depending on size  
and season from r400...**

roasted brussel sprout, beetroot, kale, edamame on rocket and baby spinach with red wine and olive oil dressing.

asian cabbage with toasted noodles, almonds, mixed seeds.

beetroot salad – with thin red onion slices, rocket and red wine olive oil dressing.

teriyaki roasted brinjal with teriyaki noodles spring onions and sesame.

bulgar salad with cherry tomatoes, red onion, spinach and toasted pecans.

roasted vegetables on quinoa, couscous or pearl barley with tahini dressing.

roasted cauliflower and humus salad with crunchy chickpeas on bed of quinoa.

falafel salad – crispy greens with cherry tomatoes, falafel balls, mini corn, olives Israeli pickles and avo with tahini dressing.

broccoli Salad– cranberries red onion with toasted cashews and pecans marinated in a creamy dressing.

mixed green salad an old favorite with all the extra yummy bits.

baby spinach with raw carrot and beetroot curls, edamame, quinoa, avocado with a lime olive oil dressing.

sushi salad – sushi rice, nori, carrots, cucumber, spring onion, radishes, edamame, raw salmon or smoked salmon.

sushi – salmon and avocado/cucumber and avocado.

## **soups.**

**r120 per liter (min order 2l).**

chicken soup with kneidlach r10  
each.

minestrone soup.

leek potato and carrot soup.

cauliflower and broccoli soup.

red lentil and tomato (spicy).

thai coconut sweet potato and  
butternut soup.

## **mains.**

### **ITEM**

### **PRICE**

baked soy and lemon chicken  
portions served with rice.

r480 p/kg.

sesame chicken wings or breasts  
served with rice.

r500 p/kg.

butter chicken breasts served  
with rice.

r500 p/kg.

red thai chicken curry with rice.

r500 p/kg.

moroccan meatballs served with  
couscous.

r520 p/kg.

roast beef (brisket or raisin rib).

r650 p/kg.

grilled whole teriyaki salmon on  
bed of noodles or stir fry mixed  
veg.

r950p/kg.

baked hake in lemon yogurt and  
butter sauce served with rice or  
mash.

r550p/kg.

old fashioned fried hake (with or  
without sesame seeds) in strips  
of pieces.

r380 p/kg.

tuna lasagna large feeds 10.

r700. *gluten  
free add r100.*

# **veg mains.**

## **ITEM (FROM R210 PER KG)**

chickpea & butternut, coconut  
curry.

moroccan Lentil tagine.

ratatouille.

moussaka.

potato kugel.

pumpkin pie.

roasted vegetable lasagna.  
r600 large. feeds 8.

spinach and feta phyllo pie.  
r430. feeds 6-8.

## **party platters.**

open bagels with salmon and cream cheese, cheddar and tomato  
with basil pesto, egg mayo.

r1050 for 20.

sandwiches with rye, seed loaf and sourdough with fillings.

r800.

cheese platter with mixed cheeses, crudités and 2 dips.

r900.

# desserts and cakes.

## parev and dairy.

ITEM	PRICE
rolled granadilla pavlova (cream or only whip).	r300.
pavlova shell.	r300.
double white/chocolate brownies.	r300/dozen.
parev choc brownies.	r250/dozen.
apple cake.	r400.
chiffon cake.	r300.
bulkes.	r200/dozen.
cheesecake.	r600. large.
vanilla sponge.	r300.
moist chocolate with chocolate icing.	r300.
gluten free chocolate cake.	r350.
carrot cake with pecans, pineapple and cream cheese icing (triple layer).	r550.