

MEALS

MEALS

Bliss bowls
Comfort
Harvest
plated
2017



Order your next social meal from one of the categories listed below...

bliss bowls

Our 2017 concept

bowls filled with colour, health + crunch
great option for sharing food
the perfect lunch solution to re-fuel the mind & body

comfort

we've re-created old dishes with new flavours to warm your soul this winter

harvest

select your own

plated

we paired the ingredients with an option of set menus attached
these dishes are creatively presented



MEALS BLISS BOWLS 2017

Sharing food is in...an interactive way to do this is to select a variety of dishes from our bliss bowls, filled with health + crunch! Turn it into a seated buffet or just a healthy option!

Price excludes vat
Price includes food only *based on 275g portions
Create a food table with sharing food

buddha bowl R66

sprouts basil mint rice paper wraps peanut satay sauce papaya crunch

noodle bowl R88

ginger chilli soy marinated chicken raw stir fry veg glass noodles sesame seeds peanuts

rice bowl R95

teriyaki salmon green crunch pea pearls sticky rice

pulled beef R95

sweet soy pickled ginger coriander spring onion egg noodle

greek lamb R100

roasted tomato couscous cucumber tzatziki baby spinach pickled onion fresh mint

taco crunch bowl R95

charred beef blackened corn guac salsa jalapeno cream taco crunch

vegan bliss bowl R85

coconut roasted cauli carrot hummus spiced chickpeas bulgur wheat candy beats

city bowl R65

grilled rump wild rice broccoli mushrooms pickled radish



MEALS COMFORT 2017

Its all about the fresh ingredient & flavours!
We've recreated old dishes with new flavours to warm your soul this winter!

Winter favorites

*minimum 10 guests
bakery l side, salad or sambal included
serviettes included
prices quote exclude vat
includes food and serving dishes

vegetarian R80 p/p

- o Aubergine lasagne (v)
- o Almond & lentil bobotie with saffron rice and crunchy sambals (v)
- o Beetroot and butternut coconut curry with fresh coriander and toasted sunflower seeds served with a side of jasmine rice (v)
- o Tuscan quinoa bake (v)
- o Thai red vegetable curry served with sticky rice and Asian pickle (v)
- o Vegetarian chill con carne (v)
- o Spanish chickpea and spinach stew (v)

fish R100 p/p

- o Fish Pie
- o Aromatic Thai fish cakes with a cheeky corn salsa and lime aioli
- o Grilled fish on warm smoked lentils, with tomato, olive & onion relish and creamy garlic veloute
- o Sweet soy, ginger seared line fish on a garden pea and wasabi mash with toasted sesame seeds
- o Grilled line fish on lemon mash with salsa verde and parmesan crumbs with spring vegetables on the side

chicken R85 p/p

- o Butter chicken curry -tender chicken cooked in a rich, fragrant tomato-based curry sauce + jasmine rice
- o Chicken tikka masala with almond coconut rice & Asian pickled salad
- o Chilli & thyme chicken pie served with gourmet coleslaw
- o Firecracker chicken with spring onion sprinkle on sticky coconut rice
- o Thai green chicken curry with lemon scented jasmine rice
- o Southwestern grilled chicken with lime butter served with roasted dukkah & fynbos honey vegetables

meat R100 p/p *lamb + R10 p/p

- o Beef enchiladas
- o Beef osso bucco on creamy mash with zesty gremolata
- o Braised beef shank with parmesan dumplings
- o Smoked paprika chilli con carne + white rice + sambals (v)
- o Tamatie beef bredie with mini basil dumplings on basmati rice
- o Lamb rogan josh served with basmati rice, sambals and crispy poppadum

Prices exclude vat | prices subject to change without notice | delivery charges applicable
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MEALS HARVEST 2017

harvest R415 p/p

**price includes food only*

salads

- o Green goddess detox salad (v)
- o Mushroom lemon and lentil salad (v)
- o Rainbow slaw with sweet tahini dressing (v)
- o Balsamic grilled vegetables with couscous (v)
- o Roasted vegetable salad with garlic dressing (v)
- o Aubergine & herb salad with garlic yogurt dressing (v)
- o Loaded Greek quinoa salad (v)
- o Roasted beet, carrot salad with chickpeas & goats cheese (v)
- o Maple roasted sweet potatoes with siracha yogurt, fresh greens & coriander (v)
- o Herby barley salad with butter-basted mushrooms (v)
- o Zucchini carpaccio tossed with baby arugula, shredded parmigiano reggiano, garlic, lemon zest & olive oil topped + toasted walnuts (v)

sides

- o Balsamica fig, roasted tomato and burrata cheese tart (v)
- o Salmon, spinach and dill quiche (v)
- o Caprese tart with roasted tomatoes (v)
- o Aubergine lasagne (v)
- o Vegan mushroom wellington (v)
- o Thai beetroot and butternut curry with toasted coconut (v)
- o Smashed potatoes tossed in garlic, lemon zest and parsley with sea salt (v)
- o Roasted maple syrup sweet potatoes with siracha, limes and yogurt (v)
- o Cauliflower roasted in cumin and coriander seeds with chickpeas (v)
- o Roasted beetroot, butternut, red onion with creamy garlic dressing (v)
- o Charred broccoli stem, green bean and baby peas with baby spinach leaves and fresh lemon (v)
- o Apricot studded couscous with fresh herbs and toasted almonds (v)
- o Parsnip mash

protein

- o Hot smoked salmon trout , cured in whole mustard seeds, with horseradish cream
- o Siracha, honey and ginger baked salmon with pickled cucumber
- o Creamy Tuscan garlic chicken
- o Chicken with tomato basil cream sauce
- o Lemon chicken piccata
- o French beef stew
- o Mongolian beef
- o Pulled beef with roasted red onion petals
- o Italian meatballs, in a rustic tomato mole, fresh parmesan and wild rocket
- o Pepper cursted beef fillet thinly sliced with fresh rocket and a green goddess cream
- o Braised beef shank with parmesan dumplings
- o Thyme roasted lamb with sweet potato and oregano salsa verde
- o Lamb shank on (recommended) parsnip mash with gremolata

Harvest
TABLE

how it works

choose 3 salads (total 200g)

choose 2 sides (total 200g)

choose 2 protein (250g)

*minimum 50 guests

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MEALS PLATED SEATED 2017

Minimum 10 guests
Prices includes food only

menu one R275 p/p

- Fennel, cucumber and mint salad (v)
- Wild mushroom risotto with parmesan shavings and micro greens (v-option/main)
- Seared trout with potato spuma, mushrooms and truffled spring pea puree
- Lemon meringue

menu two R265 p/p

- Potted salmon with cucumber crème fresh & watercress
- Spinach & feta Involtini (v-option/main)
- Chargrilled steak on truffle salted rustic potatoes, rocket salad & salsa verde
- Chocolate banana spring rolls

menu three R305 p/p

- Tomato and pesto tart with wild rocket and fig balsamica (v)
- Pan-fried pumpkin gnocchi with burnt sage butter (v-option/main)
- Lamb rack with parmesan risotto and pan juices
- Fallen ice cream

menu four R305 p/p

- Beetroot rosti with salmon & horseradish crème
- Cauliflower polenta with sautéed mushrooms (v-option/main)
- Citrus Braised lamb shanks on parsnip mash
- Milk chocolate caramel crème

menu five R275 p/p

- fresh asian crystal wraps with rich peanut sauce (v)
- green thai vegetable curry de-constructed with toasted peanuts and sprouts (v-option)
- siracha and honey roast salmon with coconut rice, wok scorched greens, toasted black sesame seeds and coconut rice with crispy fried ginger
- phyllo and passion fruit cream stack

menu six R275 p/p

- Prawn and sesame salad
- Chargrilled aubergine, slow roasted tomato mole and braised artichokes on studded minted couscous (v)
- Slow cooked beef rib, pearl onions and truffle mash with wilted spinach
- Chocolate brownie with honey comb rocks and caramel sherbet

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