

your kitchen co.

POWERED BY ***CSG** FOODS

MENU

SALAD BAR

Tuna Salad

R80.00 | R140.00

Lettuce | Green Beans | Tomato | Cucumber | Boiled Baby Potato | Olives | Boiled egg | French dressing

Roasted Butternut Salad

R80.00 | R120.00

Roasted Butternut | Danish Feta Cheese | Sundry Tomato | Roasted Cashew Nuts | Rocket | Quinoa Sprinkles | Basil | Maple Dressing

Grilled Chicken or Halloumi Chop Salad

R80.00 | R130.00

Green and Red Cabbage | Roasted Cherry Tomato | Cucumber | Green Beans | Sweet Corn | Danish Feta Cheese | Chickpeas | Creamy Dressing

Thai Beef Noodle Salad

R80.00 | R140.00

Marinated Pan-Fried Beef | Rice Noodles | Stir-fried Vegetables | Basil | Coriander | Sweet Soy Ginger Dressing

Cajun Chicken & Brown Rice Salad

R80.00 | R130.00

Cherry tomatoes | Cucumber | Lettuce | Chopped Herbs | White Beans | Parsley Lemon Dressing

Roasted veg and couscous salad

R80.00 | R120.00

Roasted Seasonal Vegetables | Wholewheat Couscous | Robiola Cheese | Orange Honey Balsamic Dressing

Chicken Greek Village salad

R80.00 | R120.00

Grilled Chicken | Tomato | Cucumber | Mixed Peppers | Boiled Egg | Red Onion
| Crispy Pita Bread | Lemon & Olive Oil Dressing

POKE BOWL

Salmon

R140.00 | R280.00

Japanese Rice | Raw Salmon | Edamame Beans | Shredded Cabbage | Julienne Carrots |
Cucumber | Green Beans | Cherry Tomatoes | Spring Onion | Sweet Wasabi Dressing

Chicken Teriyaki

R80.00 | R160.00

Japanese Rice | Teriyaki Chicken | Shredded Cabbage | Cucumber | Edamame Beans |
Julienne Carrots | Cherry Tomatoes | Boiled Egg | Teriyaki Dressing

Tinned Tuna

R80.00 | R130.00

Japanese Rice | Tinned Tuna | Edamame Beans | Shredded Cabbage | Julienne Carrots |
Cucumber | Green Beans | Cherry Tomatoes | Spring Onion | Creamy Soy Dressing

High Protein

R80.00 | R160.00

Grilled Chicken Breast | Boiled Egg | Steamed Broccoli | Green Salad | Beans / Lentils |
Light Dressing

Mediterranean Poke Bowl

R80.00 | R130.00

Boiled Egg | Humus | Whole Chickpeas | Cucumber | Cherry Tomatoes | Tahini | Pita Bread |
Roasted Aubergine

STIR-FRY

Beef Stir-Fry

R80.00 | R140.00

Asian Beef Stir-Fry tossed with Rice or Noodles

Chicken Stir-Fry

R80.00 | R130.00

Asian Chicken Stir-Fry tossed with Rice or Noodles

Pork Stir-Fry

R80.00 | R130.00

Asian Pork Stir-Fry tossed with Rice or Noodles

Vegetarian Stir-Fry

R80.00 | R120.00

Vegetable and Tofu Stir-Fry tossed with Rice or Noodles

CIAO ITALY

All pasta is homemade using only Pivetti OO Flour

Chicken Aglio e Olio Penne

Fresh Garlic, Olive Oil and Parmesan Cheese with Chicken

R80.00 | R140.00

Spaghetti ala Courgette

Spaghetti aglio e olio Courgette and Parmesan sprinkled with Chilli Flakes

R80.00 | R120.00

Penne Arrabbiata

A Spicy Italian pasta dish that packs a punch

R80.00 | R120.00

Roasted Vegetable Penne

Penne Pasta with Roasted vegetables cooked in a Napolitana Sauce and topped with Ricotta

R80.00 | R130.00

Chicken Napolitana Penne

Chicken cooked in a Tomato-based Sauce, featuring Herbs, Onions and Garlic

R80.00 | R130.00

Spaghetti Meatballs

Spaghetti Pasta served with Meatballs in a Rich Tomato Gravy

R80.00 | R140.00

Creamy Spinach and Feta Penne

Penne Pasta tossed in creamy spinach and topped with Danish Feta Cheese

R80.00 | R130.00

Chicken Alfredo Linguini Pasta

Tender grilled chicken slices paired with long, silky linguine pasta coated in a velvety sauce of butter, heavy cream, parmesan cheese, and garlic

R80.00 | R140.00

Deboned Oxtail Risotto

a rich, comforting dish combining slow-braised, gelatinous oxtail meat with silky risotto rice

R120.00 | R200.00

Porcini Mushroom Risotto

A Traditional, luxurious Italian rice dish known for its intense, nutty, and earthy flavour

R80.00 | R120.00

Spaghetti Bolognese

A thick, rich Bolognese with great depth of flavour

R80.00 | R140.00

Spaghetti Cacio e pepe Carbonara

A Creamy Sauce made with Parmesan Cheese, Egg Yolk and Pepper

R80.00 | R140.00

Chicken Pesto Penne

Grilled Chicken tossed in Basil Pesto with a dash of Cream

R80.00 | R140.00

Butternut Napolitana Ravioli

Butternut Ravioli with a Tomato-based Sauce, featuring Herbs, Onions and Garlic

R80.00 | R140.00

Beef Lasagne

Layers of Savoury Bolognese Sauce, Creamy Béchamel Sauce, Pasta Sheets and topped with Bubbling Melted Cheese

R80.00 | R140.00

Macaroni Cheese and Macon

A classic comfort food featuring cooked macaroni pasta covered in a rich, creamy cheese sauce baked until bubbly.

R80.00 | R120.00

Aubergine and Courgette Lasagne

Layers of Aubergine and Courgette, Creamy Béchamel Sauce, Pasta Sheets and topped with Bubbling Melted Cheese

R80.00 | R140.00

Mafia Gnocchi

Creamy Bolognaise with Mushroom and Chilli

R80.00 | R140.00

Creamy Lemon Prawn & Calamari Spaghetti

Spaghetti, Prawns and Calamari tossed in a Zesty Lemon Cream Sauce

R145.00 | R300.00

Traditional Spaghetti Carbonara

A Creamy Sauce made with Guanciale, Parmesan Cheese, Egg Yolk and Pepper

R90.00 | R170.00

Traditional Alfredo Linguini

Italian Ham paired with long, silky linguine pasta coated in a velvety sauce of butter, heavy cream, parmesan cheese, and garlic

R80.00 | R140.00

WRAPS

Low-GI wraps

Middle Eastern

Chicken | Humus | Herb salad | Tahini | Lentils

R80.00

Mexican Grilled Chicken

Grilled Chicken | Honey Mustard Aioli | Lettuce | Cucumber | Spring onion | Spicy Beans

R80.00

BBQ Beef Wrap

BBQ Beef Strips | Roasted Garlic Aioli | Gherkins / Coleslaw | Roasted Sweet Potato

R80.00

Salmon Wholewheat Wrap

Smoked Salmon | Cream Cheese | Onion | Capers | Herb Salad

R80.00

Halloumi Wrap

Halloumi | Roasted Vegetables | Herbs | Honey Mustard Aioli | Spicy Beans

R80.00

Japanese BBQ Roast Pork Wrap

R80.00

Japanese BBQ Roast Pork | Asian Slaw | Roasted Garlic Aioli | Roasted Sweet Potato | Gherkins

SANDWICHES

A Selection of Bread Available

Seeded | Sour Dough | Panini | Mini Baguette | Focaccia | Pita

Grilled Chicken

R80.00

Grilled Chicken | Honey Mustard Aioli | Lettuce | Cucumber | Spring onion

Egg Mayonnaise

R80.00

Egg Mayonnaise | Lettuce | Gherkins | Roasted Peppers

Roast Beef

R80.00

Roast Beef | Roasted Garlic Aioli | Tomato Jam | Rocket

Napoli

R80.00

Napoli Salami | Sweet Provolone | Grilled Marinaded Vegetables

Wafer Thin Chicken Roll

R80.00

Wafer thin Chicken Roll | Aioli / Cheddar Cheese | Sundried Tomato | Salad

Goat Cheese

R80.00

Goat Cheese | Tomato | Parsley Pesto | Cucumber

Middle Eastern:

R80.00

Chicken | Tahini butter | Humus | Grilled Vegetables | Herb salad.

Jersey Milk Lamb Prosciutto

R90.00

Jersey Milk Cheese | Lamb Prosciutto | Wild Rocket | Mature Balsamic Drizzle

Ham & Cheese

R80.00

Country Ham | Cheddar Cheese | Mustard Aioli | Cucumber

Ham & Cheese Omelette

R80.00

Ham & Cheese Omelette | Aioli | Tomato

Egg Mayonnaise & Crispy Farm Bacon

R80.00

Bauernspeck Farm Bacon | Egg Mayonnaise

Bacon, Egg, Avocado & Peppadew

R80.00

Chicken Mayonnaise

R80.00

Macon, Egg, Cheese & Tomato

R80.00

Macon, Cheese and Tomato	R80.00
Cheese and Tomato	R80.00
Bacon, Egg, Cheese & Tomato	R80.00
Bacon, Cheese and Tomato	R80.00

HOT DOG SALOON

Mexican Beef Hot Dog Chorizo Beef Hot Dog Mexican Salsa Chimichurri Sauce Cheese	R80.00
Beef Hot Dog Beef Hot Dog Honey Mustard Aioli Fried Onion Tomato Sauce	R80.00
French Beef Hot Dog Beef Hot Dog Aioli Mustard Homemade pickled Gherkins in a Baguette	R80.00

BURGER BAR

Classic Burger 150g Beef Patty or 150g Grilled Chicken Fillet Burger OR Halloumi Topped with Aioli Special Sauce Sliced Tomato Gherkins Lettuce	R80.00
Cheese Burger 150g Beef Patty or 150g Grilled Chicken Fillet Burger OR Halloumi Topped with Cheese Aioli Special Sauce Sliced Tomato Gherkins Lettuce	R80.00

SIDES & SAUCES

Cheese Sauce	R35.00
Cheesy Jalapeno Sauce	R35.00
Mushroom Sauce	R35.00
Potato Wedges	R35.00
Sweet Potato Wedges	R35.00
Asian Slaw	R20.00
Coleslaw	R20.00

Village Greek Salad	R25.00
Green Salad	R20.00
Potato Salad	R25.00

FITNESS MEALS

Low GI – Low Fat – No Oil

Grilled Chicken Fillet served with Sweet Potato and Broccoli	R80.00
Grilled Chicken Fillet served with Brown Rice and Broccoli	R80.00
Grilled Chicken Fillet served with Broccoli and Seasonal Vegetables	R80.00
Grilled Beef Fillet served with Sweet Potato and Broccoli	R130.00
Grilled Beef Fillet served with Brown Rice and Broccoli	R130.00
Grilled Beef Fillet served with Broccoli and Seasonal Vegetables	R130.00

No fat is used for cooking for fitness meals

HOMEMADE WINTER SOUPS

Served with a Fresh Panini Roll and Butter

Ginger & Honey Butternut Soup	R80.00	 	R120.00
Pea, Tomato & Lentil Soup	R80.00	 	R120.00
Barley and Vegetable Soup	R80.00	 	R120.00

RAMEN BOWLS

Pulled Chicken	R80.00	 	R160.00
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Pulled Chicken | Noodles | Vegetables | Chicken Broth | Chilli Oil on the side

Slow Cooked Brisket

R80.00 | R160.00

Slow Cooked Brisket | Noodles | Vegetables | Marrow Bone Broth | Chilli Oil on the side

Tofu and Vegetable

R80.00 | R160.00

Tofu | Noodles | Vegetables | Vegetable Broth | Chilli Oil on the side

Roasted Pork Belly

R80.00 | R160.00

Roasted Pork Belly | Noodles | Vegetables | Broth | Chilli Oil on the side

VEGAN MEALS

Roasted Butternut Salad

R80.00 | R120.00

Roasted Butternut | Sundry Tomato | Roasted Cashew Nuts | Rocket | Quinoa Sprinkles | Basil | Maple Dressing

Roasted Vegetable and Couscous Salad

R80.00 | R120.00

Roasted Seasonal Vegetables | Wholewheat Couscous | Orange Honey Balsamic Dressing

Green Salad

R80.00 | R120.00

Potato Salad tossed in a Vinaigrette Dressing

R80.00 | R120.00

Spaghetti ala Courgette Pasta

R80.00 | R120.00

Spaghetti aglio e olio Courgette sprinkled with Chilli Flakes

Penne Arrabbiata Pasta

R80.00 | R120.00

A Spicy Italian pasta dish that packs a punch

Roasted Vegetable Penne

R80.00 | R130.00

Penne Pasta with Roasted vegetables cooked in a Napolitana Sauce

Butternut Napolitana Ravioli

R80.00 | R140.00

Butternut Ravioli with a Tomato-based Sauce featuring Herbs, Onions and Garlic

Aubergine and Courgette Lasagne

R80.00 | R140.00

Layers of Aubergine, Courgette, Tomato-based sauce and Pasta Sheets

Vegetarian Stir-Fry

R80.00 | R120.00

Vegetable and Tofu Stir-Fry tossed with Rice Noodles

Mediterranean Poke Bowl

R80.00 | R130.00

Humus | Whole Chickpeas | Cucumber | Cherry Tomatoes | Tahini | Pita Bread

Mediterranean Vegan Sandwich

Tomato | Basil | Cucumber | Roasted Peppers

R80.00

Humus & Roasted Vegetable Vegan Sandwich

Humus | Roasted Vegetables | Cherry Tomato

R80.00

PORK SPECIALITY DISHES

Slow Cooked Pork Belly

Slow Cooked Pork Belly | Sweet Potato Mash | Light Asian Sauce | Vegetable of the day

R120.00 | R200.00

Pork Bangers & Mash

3 Pork Sausages | Wholegrain Mustard Potato Mash | Onion Gravy | Vegetable of the day

R80.00 | R140.00

Sweet & Sour Pork

Sweet & Sour Crispy Pork | Vegetables | Jasmine Rice

R120.00 | R200.00

Flame Grilled Pork Rashers

Cajun Rubbed Flame Grilled Pork Rashers | Roasted Potato Wedges | Vegetable of the day

R80.00 | R140.00