

## FROZEN MEALS

Brown Basmati Rice - single portion 160g  
with Fried Red Onion and Baby spinach

R12

Small	Medium
Feeds 1	Feeds 2-3
465ml	890ml

Beef Moussaka

R65

R125

Beef Lasagne

R65

R125

Butternut and Spinach Lasagne (V)

R60

R115

Small	Medium
Feeds 1	Feeds 2-3
320ml	640ml

Chicken Korma

R60

R100

Butter Chicken with Butternut

R60

R100

Butternut Chickpea and Aubergine Curry (V)

R60

R100

Chicken Curry

R60

R100

## CHILLED PRODUCTS

Cheesecake loaf 980g (feeds 6)

R150

Basil Pesto - 125g

R45

Coriander Pesto - 125g

R40

Falafel - 500g

R50

Red Pepper Hummus - 250g

R45

Marinated Peppers - 250g

R55

Marinated Olives - 190g

R45

Harissa - 125g

R35

Berry Jam - 300g

R45

Oat, Coconut & Choc Chip Cookies 220g

R35

Almond and Cranberry Muesli - 500g

R65

Skyline Coffee Beans - Social Distance Blend

R100

Skyline Coffee Beans - District Blend

R95