

This Week's Menu

DAILY SPECIALS

Meal parcels are for a minimum of two people, packaged together, and sizes increase in twos.

Smart-carb meals are designed to have lower nett carbohydrates (carbs other than fibre) than the standard meals.

Date Night Dinner parcels do not have variable sizes and each parcel serves two.

Click/tap on a menu item to find it in our online store!

MONDAY, 1ST:

Milanese Monday

STANDARD: Ossobuco shepherds' pie, creamy mash and pangrattato topping, roast vegetables – R80 p.p. for four or R93 p.p. for two

VEGETARIAN: Wild mushroom, aubergine & lentil shepherds' pie, creamy mash and pangrattato topping, roast vegetables – R74 p.p. for four or R85 p.p. for two

SMART-CARB: Ossobuco shepherds' pie, cauliflower mash topping, roast vegetables (*gluten-free*) – R90 p.p. for four or R103 p.p. for two

Date Night Dinner

Teriyaki linefish with a "green bowl" of kale, charred broccoli, edamame, mange tout & spring onions on quinoa, with tahini lime dressing (*gluten-free*) – R140 p.p.

TUESDAY, 2ND:

Cool Runnings

STANDARD: Gently spiced Caribbean chicken curry, coconut rice, papaya, mint & mango salsa (*gluten-free*) – R74 p.p. for four or R85 p.p. for two

VEGETARIAN: Gently spiced Caribbean vegetable curry, coconut rice, papaya, mint & mango salsa (*gluten-free*) – R74 p.p. for four or R85 p.p. for two

SMART-CARB: Gently spiced Caribbean chicken curry, coconut & herbed millet, papaya, wokked beans & peas, mint & mango salsa (*gluten-free*) – R84 p.p. for four or R98 p.p. for two

Date Night Dinner

Braesola-wrapped fillet, truffled mushroom sauce, creamy cauli mash, fine beans & carrots (*gluten-free*) – R150 p.p.

WEDNESDAY, 3RD:

Moroccan Mid-week

STANDARD: Ras-al-hanout lamb kebabs, preserved lemon & parsley yoghurt, Moroccan potatoes, fatoush salad – R85 p.p. for four or R98 p.p. for two

VEGETARIAN: Ras-al-hanout halloumi & courgette kebabs, preserved lemon & parsley yoghurt, Moroccan potatoes, fatoush salad – R80 p.p. for four or R93 p.p. for two

SMART-CARB: Ras-al-hanout lamb kebabs, preserved lemon & parsley yoghurt, tabbouleh, roast beet, fennel & brussels sprout salad – R95 p.p. for four or R110 p.p. for two

Date Night Dinner

Smoky chicken & chorizo paella, sautéed broccoli & brussels sprouts, rocket & parmesan salad (*gluten-free*) – R130 p.p.

THURSDAY, 4TH:

The Bao Street Boys 😊

CHICKEN: Bao buns, crispy sesame & buttermilk chicken, red cabbage & apple slaw, pickled cucumber, sriracha mayo – R80 p.p. for four or R93 p.p. for two

PORK: Bao buns, glazed & sticky pork belly, red cabbage & apple slaw, pickled cucumber, sriracha mayo – R85 p.p. for four or R98 p.p. for two

VEGETARIAN: Bao buns, glazed miso aubergine, red cabbage & apple slaw, pickled cucumber, sriracha mayo – R80 p.p. for four or R93 p.p. for two

SMART-CARB: Corn & courgette cakes, sesame & mirin griddled chicken, red cabbage & apple slaw, pickled cucumber, sriracha mayo (*gluten-free*) – R90 p.p. for four or R103 p.p. for two

Date Night Dinner

Peri-peri prawns, fried rice with olives & oven-dried tomatoes, garden salad – and lots of napkins! (*gluten-free*) – R175 p.p.

FRIDAY, 5TH:

Swimming Upstream (*gluten-free sweet potato gnocchi: R15 p.p. surcharge*)

STANDARD: Creamy salmon, dill & peas, sautéed gnocchi, garden salad – R80 p.p. for four or R93 p.p. for two

VEGETARIAN: Creamy wild mushroom & thyme, sautéed gnocchi, garden salad – R74 p.p. for four or R85 p.p. for two

SMART-CARB: Creamy salmon, dill & peas, sautéed broad beans, charred tenderstem broccoli & asparagus, garden salad (*gluten-free*) – R90 p.p. for four or R103 p.p. for two

SATURDAY, 6TH:

The Sundowner Set (*delivered on Friday, 5th*) – R123 p.p. for four or R140 p.p. for two

Korean chicken wrap with pickled cucumber, miso mayo and crunchy onions

Little beef satays

Parmesan churros with thyme & honey labneh

Spanakopita with mint tzatziki

Classic Caesar salad

Cheese board with figs, preserve & biscuits

(Have a look at our wine selection and add a bottle or two!)

MEALS OF THE WEEK:

(available on any day from Monday – Friday)

Asian pork belly, crispy crackling, gingered sweet potato mash & wokked pak choi – R98 p.p. for four or R113 p.p. for two

Fiesta! Build-a-Burrito – R95 p.p. for four or R108 p.p. for two (*gluten-free tortillas available: +R15 p.p.*)

Chilli con carne, soft flour tortillas, corn & tomato salsa, mature cheddar, guacamole, crème fraîche, chilli, lime, and coriander leaves

OR

Chilli sin carne (vegetarian), soft flour tortillas, corn & tomato salsa, mature cheddar, guacamole, crème fraîche, chilli, lime, and coriander leaves

Butter Chicken, basmati rice & rotis – R85 p.p. for four or R95 p.p. for two

BUILD-A-MEAL MENU

Items come in standard portion sizes, as indicated. All prices listed are per package.

Kids (serves two):

Good old Spaghetti Bolognese – R100

Cheesy Mac 'n' Cheese – R100

Ice-Your-Own Cookies: 12 vanilla biscuits, 3 tubes of colourful icing, fun toppings – R200

Soups (350ml):

Immune-boosting Chicken Soup – R30 (*gluten-free*)

Snack/Starter

NEW: Crispy cauliflower pakoras with tamarind yoghurt dip (12 pcs) – R90

NEW: Chris's pork, sage & apple sausage rolls with homemade ketchup (8 pcs) – R120

Chilli con carne empanadas with jalapeno aioli for dipping (12 pcs) – R160

Mushroom empanadas with jalapeno aioli for dipping (12 pcs) – R140

Large flour tortilla wraps:

– Seared rump, caramelised onion, roast tomatoes, horseradish mayo & lettuce – R48

– Thai chicken, avocado, lime mayo, toasted cashews & rocket – R42

– Moroccan roast veg, harissa yoghurt, fresh tomato salsa & scorched almonds – R40

Fresh Vietnamese rice paper rolls with chilli & coriander dipping sauce:

– Chicken (2 pcs) – R60 (*gluten-free*)

– Vegetable (2 pcs) – R50 (*gluten-free*)

Our famous brie & pistachio wontons with plum dipping sauce (8 pcs) – R110

Wild mushroom arancini (risotto balls) with truffle aioli (12 pcs) – R140

Sesame-seeded spanakopita (8 pcs) – R120

"Roll-your-own" hoisin duck, spring onion & cucumber baby wraps (12 pcs) – R160

Chris' sesame seeded herb & pea falafel, smoky hummus (12 pcs) – R150 (*vegan & gluten-free*)

Bar Snacks Box for 2: BBQ chicken wings, chilli con carne empanadas, spanakopita, wild mushroom arancini, seeded herb & pea falafel, smoky tomato relish – R180

Fish

Fisherman's pie: smoked haddock & linefish in creamy dill sauce, topped with mashed potato and parmesan crust (serves 2+) – R170

Craig's dill, parsley and pea fishcakes with chunky tartare sauce (8 pcs) – R160 (*gluten-free*)

A vacuum-packed side of Dish's famous hot smoked salmon (between 1.5kg to 2kg) – R950 (*gluten-free*)

Chicken

Good old Chicken à la King (serves 2+) – R165

Classic Coronation chicken with toasted almonds (serves 2+) – R160 (*gluten-free*)

RFC: "Reggie's Fried Chicken" (serves 2) – R120

Chicken Parmigiana: crumbed and layered with mozzarella & napoletana sauce (serves 2+) R160

Harissa, honey & lemon chicken espetadas (4 pcs, serves 2) – R95

Roast chicken pot pies (4 pcs) – R75

Victor's sticky BBQ chicken wings (600g – roughly 8-10 pieces) – R110

Roast chicken, sundried tomato and butternut Lasagne (serves 2+) – R160

Lamb

Dish lamb & mint burgers (8 pcs) – R220

Classic moussaka with lamb mince and feta béchamel topping (serves 2+) – R180

Craig's Durban lamb curry (serves 2+) – R250 (*gluten-free*)

Beef

Prego rump espetadas with chimichurri on the side (4 pcs, serves 2) – R110

Beef, parmesan & herb meatballs in napoletana sauce (serves 2) – R160

Classic bobotie (serves 2+) – R175 (*gluten-free*)

Beef cannelloni (serves 2+) – R175

Venison

NEW: "Hunter's Pie": slow-cooked springbok shank casserole topped with creamy mashed potato (serves 2+) – R160

Ostrich bobotie (serves 2+) – R190

Vegetarian

NEW: North Indian sweet potato, chickpea & spinach curry – R140 (*vegan & gluten-free*)

Maya's vegetable bolognese (serves 2+) – R130 (*vegan & gluten-free*)

Wild mushroom, aubergine & lentil "shepherd's pie" with cauli mash topping (serves 2+) – R150 (*vegan & gluten-free*)

Posh mac 'n' cheese with thyme roasted mushrooms, truffle oil and pangrattato topping (serves 2+) – R140

Butternut, spinach, sage & mushroom lasagne (serves 2+) – R150

Sumaya's red lentil dhal (serves 2) – R75 (*vegan & gluten-free*)

Chris' sesame seeded herb & pea falafel, smoky hummus (12 pcs) – R150 (*vegan & gluten-free*)

Chunky, goodness-packed Dish veggie burgers (8 pcs) – R150 (*vegan*)

Melanzane Parmigiana (serves 2+) – R150 (*gluten-free*)

Salads (serves 2 as a light meal or 3+ as a side dish/starter)

NEW: Roast baby beetroot, butternut & bulgur wheat salad with feta & toasted pumpkin seeds – R90

NEW: Smoked Chicken Caesar: with herbed croutons & boiled eggs – R100

Eastern spiced orange sweet potato and charred corn salad with curry leaf, chilli & coriander – R90 (*gluten-free*)

Mediterranean salad: chickpeas, cucumber, tomato, red onion, sweetcorn, roast peppers, feta & avocado, lime & chilli vinaigrette – R90 (*gluten-free*)

Side Dishes (two very generous servings):

Pilaff rice with crispy onions & mustard seeds – R75 (*gluten-free*) – great with our curries

Kale, cauliflower & herb "rice" – R80 (*gluten-free*)

Roast vegetables – R70 (*gluten-free*)

Homemade flaky rotis (4 pcs) – R40

Desserts:

Tarte-au-Citron (22cm, ~6 slices) – R90

French fruit tart – filled with crème pâtissière & seasonal fruit (22cm, ~6 slices) – R120

Dark chocolate & salted caramel tarts (4 pcs) – R80

Rolled pavlova (for 4 to 6) with blackberries and peaches – R95 (*gluten-free*)

Churros – cinnamon dusted with dark chocolate dipping sauce – R80

Mini pavlovas, Chantilly cream & summer fruit (6 pcs) – R90 (*gluten-free*)

Apple crumble for 4 (actually 6) and crème anglaise – R85

Cakes from our Pastry Chefs (20 cm; 10 to 12 slices):

Red Velvet Cake with butter cream icing – R415

Light and fluffy Lemon & Ricotta cheesecake (*gluten-free*) – R450
Lemon & Poppy Seed Cake with lemon cream cheese icing – R415
Rainbow Cake with butter cream icing – R415
Vanilla & White Chocolate Cheesecake – R450
Layered Chocolate Mousse cake – R415
Andiswa's Carrot Cake with cream cheese icing – R415
Italian Orange and Polenta Cake (*gluten-free*) – R415

Sweet Treats:

Cupcakes: a mixed box of 4 – R80
– *vanilla & Oreo; caramel-centred chocolate; red velvet; carrot with cream cheese icing*
Chocolate-dipped florentines (8 pcs) – R100
Frivolity Box for 2: brownies, macaroons, honey pecan squares, mini cupcakes, turkish delight, shortbread hearts, meringues – R135
Large chocolate chip cookies (8 pcs) – R65
Goosey lemon squares (8 pcs) – R60
Legendary Dish chocolate & hazelnut brownies (8 pcs) – R80
Dark chocolate & pecan brownies (8 pcs) – R80 (*vegan & gluten-free*)
Chewy date balls (6 pcs) – R80 (*vegan & gluten-free*)

Pantry:

Chris's Rockstar Homemade Granola (400g) – R70
Fig, Rosemary & Olive Tapenade (125ml) – R65
Homemade Mayonnaise (200ml) – R50
Lemon & Lime Mayo (200ml) – R60
Roast Garlic Aioli (200ml) – R60
Togarishi Salt (100g) – R50
Rosemary & Olive Salt (100g) – R45
Chris's fermented smoked chilli sauce (125ml) – R45
Cookie Dough – a roll to keep in your freezer, slice off and bake as you please (makes ± 12 cookies):
– Choc Chip: R95
– Peanut butter: R80
– Buttery Shortbread: R90
– Chocolate: R90
Par-baked sourdough pizza bases (2 pcs, 40cm x 20cm each) – R75
Vee's insanely delicious lemon atchar (300ml) – R65
Chris's Pineapple & Jalapeño Jam (125ml) – R45

Bakery (Loaves by Madame Baker):

(please ensure orders are placed by 3 pm the previous day)

Cape seed loaf 1kg – R45
Sourdough loaf – R45
100% rye loaf – R45
Gluten-free loaf – R65
Bagel – R15
Croissant – R25
2 x Jam doughnuts – R50
2 x Cinnamon rolls/buns – R50

Gift Packages

(orders must be placed by noon the previous day)

The Care Bundle – R780, including all of the following:

- Butter Chicken with rice & rotis (serves 2)
- Beef cannelloni (serves 2+)
- Roast chicken pot pies (4 pcs)
- Assorted Macaroons (10 pcs)
- Sourdough Jam Doughnuts (2 pcs)
- Chris's Pineapple & Jalapeño Jam (125ml)
- Fig, Rosemary & Olive Tapenade (125ml)
- Togarishi Salt (100g)
- False Bay (by Waterkloof) Sauvignon Blanc (750ml)

The Treat Bundle – R855, including all of the following:

- Prego rump espetadas with chimichurri on the side (4 pcs, serves 2)
- Salomies filled with Craig's Durban lamb curry (2 pcs)
- Bar Snacks Box for 2: BBQ chicken wings, chilli con carne empanadas, spanakopita, mushroom arancini, seeded herb & pea falafel, smoky tomato relish
- Frivolity Box for 2: brownies, macaroons, honey pecan squares, mini cupcakes, Turkish delight, shortbread hearts, meringues
- Almond Croissants (2 pcs)
- Choc Chip Cookie Dough
- Droëwors (250g)
- Chris's fermented smoked chilli sauce (125ml)
- Seriously Cool Chenin Blanc (750ml)

The Wellness Bundle – R895, including all of the following:

- The Smart-Carb Dinner of the Day (serves 2)
- Craig's dill, parsley and pea fishcakes with chunky tartare sauce (8 pcs)
- Fresh Vietnamese rice paper rolls with chicken, and chilli & coriander dipping sauce (2 pcs)
- Sesame-seeded Spanakopita (8 pcs)
- Chewy Date Balls (6 pcs)
- Sourdough Loaf
- Chris's Rockstar Homemade Granola (400g)
- Beef Biltong (250g)
- Jaq's Green Chilli (260ml)
- Peacock Wild Ferment Cabernet Sauvignon (750ml)

HOW IT WORKS

Please place your orders online (<http://dishfood.co.za/shop-page/>), by WhatsApp message (063 632 0034 – *please do not call this number*) or by email (info@dishfood.co.za), or by calling our landline during work hours (021 447 0323).

Orders close at 8 am each day. "Saturday" or "Weekend" meals are delivered/to be collected on a Friday afternoon.

Delivery (cost: R25) is between 3 pm and 7 pm, Monday to Friday (unfortunately, a time cannot be specified).

Collection (free) is between 2 pm and 5 pm, Monday to Friday, from our kitchen (cnr. Lower Scott & Lugard, Observatory). Please phone us as you approach (021 447 0323), and we'll bring your order out to your car.