

DISH MEAL DELIVERY

Full home-cooked meals | Delivered daily (R35) from Mon - Fri



Meal parcel sizes are available for one, two, four or six people. Portions are packaged together in a single parcel, but with the different elements separated, as needed for stability. Heating instructions are included.

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

MEAL OF THE WEEK

Available to order from Monday - Friday

Hake with preserved lemon, pistachio, parsley and caper crust, lightly-pickled cucumber ribbon, dill and daikon salad, buttered new potatoes

2 pax: R270 | 4 pax: R495 | 6 pax: R745

Char-grilled rump steak, creamy mushroom sauce, chunky BBQ potato wedges, rocket and parmesan salad

2 pax: R290 | 4 pax: R540 | 6 pax: R810

Beer-braised pork ribs with ginger soya glaze, red cabbage and apple slaw, polenta baton "chips"

2 pax: R230 | 4 pax: R420 | 6 pax: R660

Butter Chicken, basmati rice and flaky rotis

2 pax: R190 | 4 pax: R340 | 6 pax: R510

MEAL OF THE DAY

Mon 3 May: Memories of Rangoon

STANDARD - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Burmese lemongrass, lime leaf and turmeric chicken and vegetable curry, coriander basmati rice, flaky rotis

VEGETARIAN - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Burmese lemongrass, lime leaf and turmeric jackfruit and vegetable curry, coriander basmati rice, flaky rotis

SMART-CARB - 1 pax: R110 | 2 pax: R210 | 4 pax: R380

Burmese lemongrass, lime leaf and turmeric chicken and vegetable curry, coriander broccoli "rice", carrot sambal, cucumber sambal (GF)

Tue 4 May: That's Amore

STANDARD - 1 pax: R110 | 2 pax: R210 | 4 pax: R380

Ossobuco-off-the-bone, wholegrain mustard mashed potato, roasted vegetables (GF)

VEGETARIAN - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Chunky courgette & aubergine ratatouille, wholegrain mustard mashed potato, braised red cabbage with fennel seed (GF)

SMART-CARB - 1 pax: R115 | 2 pax: R220 | 4 pax: R400

Ossobuco-off-the-bone, herbed lentils & barley, roasted vegetables

Wed 5 May: Aloha, makamaka!

STANDARD - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Huli-huli (ginger and soya) chicken, green beans with toasted sesame seeds and spring onion, coconut rice

VEGETARIAN - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Huli-huli (ginger and soya) cauliflower, green beans with toasted sesame seeds and spring onion, coconut rice

SMART-CARB - 1 pax: R110 | 2 pax: R210 | 4 pax: R380

Huli-huli (ginger and soya) chicken, green beans with toasted sesame seeds and spring onion, coconut cauli and kale "rice"

Thu 6 May: He Fainted!

STANDARD - 1 pax: R122 | 2 pax: R230 | 4 pax: R420

Arabian lamb with honey, saffron, almonds and olives, boulangère potatoes, green veg with mint butter (GF)

VEGETARIAN - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Imam biyaldi (stuffed roast aubergine), boulangère potatoes, green veg with mint butter (GF)

SMART-CARB - 1 pax: R132 | 2 pax: R250 | 4 pax: R460

Arabian lamb with honey, saffron, almonds and olives, millet tabbouleh, green veg with mint butter (GF)

Fri 7 May: Zorba the Greek

STANDARD - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Greek chicken, spinach & feta phyllo pie, gooey lemony potatoes, cucumber and green bean salad with red onion, crème-fraîche and poppy seeds

VEGETARIAN - 1 pax: R95 | 2 pax: R180 | 4 pax: R320

Free-form chunky roast vegetable pie, gooey lemony potatoes, cucumber and green bean salad with red onion, crème-fraîche and poppy seeds

SMART-CARB - 1 pax: R110 | 2 pax: R210 | 4 pax: R380

Rolled sticky chicken stuffed with ricotta & spinach, roast pumpkin, wokked greens, cucumber and green bean salad with red onion, crème-fraîche and poppy seeds

Sat 8 May: For Mother's Day Lunch on Sunday

2 pax: R550 | 4 pax: R1000 | 6 pax: R1500

Delivered for 12pm - 3pm on Saturday

MEZZE FOR MOM: Chris's dukkah focaccia, spanakopita, Ottolenghi's lamb koftas, tzatziki, pumpkin and feta dip, beetroot hummus, pickled baby vegetables

THE MAIN EVENT:

- **Hot-smoked salmon salad:** our home-smoked salmon, griddled zucchini, green beans, pickled cucumber, dill, rocket and peas, and lime aioli on the side
- Crispy roasted free-range chicken with ras-el-hanout butter
- Maya's rockstar roast vegetables
- Buttery new potatoes with spring onions and chives
- Roast onion gravy

TO END: Andiswa's frivolity trio: Rosewater Turkish delight cupcakes with crème pâtissière centres, dark chocolate and orange tartlets, macaroons

DISH BUILD-A-MEAL MENU

Items don't include sides | Delivered daily from Mon - Fri

Frozen Meals - Serves 2+ (no sides)

Roast chicken, sundried tomato and butternut lasagne	R160
Craig's Durban lamb curry (GF)	R250
Victor's Cape Malay bobotie	R170
Wild mushroom, aubergine and lentil "shepherd's pie" with cauliflower mash topping (GF) (V)	R150
Melanzane Parmigiana (GF)	R150
Posh mac 'n' cheese with thyme roasted mushrooms, truffle oil and pangrattato topping	R140

Starters / Snacks / Light Lunch

Crispy cauliflower pops with sriracha mayo (12 pcs)	R90
Wild mushroom arancini (risotto balls) with truffle aioli (12 pcs)	R145
Craig's dill, parsley and pea fishcakes with chunky tartare sauce (8 pcs) (GF)	R180
Roast baby beetroot, butternut and bulgur wheat salad with feta and toasted pumpkin seeds	R95
"Roll-your-own" baby wraps, with:	
• Hoisin duck, spring onion & cucumber (makes 12 pcs)	R170
• Korean chicken, spring onion & cucumber (makes 12 pcs)	R135
Pot Pies (4 pcs):	
• Roast chicken	R75
• Slow-roasted lamb and rosemary	R95
• Spinach, mushroom and leek	R75

Main Course (No Sides)

A vacuum-packed side of Dish's famous hot smoked salmon (between 1.5kg to 2kg) (GF)	R950
Prego rump espetadas with chimichurri on the side (4 pcs, serves 2)	R150
Classic moussaka with lamb mince and feta béchamel topping (serves 2+) (GF)	R195
Good old Chicken à la King (serves 2+) (GF)	R165
Moroccan pumpkin, aubergine, baby spinach, chickpea and lentil tagine (serves 2+) (GF) (V)	R160

Desserts

Lemon meringue tarts (4 pcs)	R80
Dark chocolate and salted caramel tarts (4 pcs)	R80
Tarte-au-Citron (22cm, gives ~6 slices)	R90
Malva pudding for 4 (actually 6) and crème anglaise	R85
Apple crumble for 4 (actually 6) and crème anglaise	R85

Cakes (20cm; 10 - 12 Slices)

Rainbow Cake with butter cream icing	R415
Vanilla & White Chocolate Cheesecake	R450
Layered Chocolate Mousse cake	R415
Italian Orange and Polenta Cake (GF)	R415

Sweet Treats

Andiswa's cashew & cranberry nougat (10 pcs)	R140
Caramel-centred vanilla cupcakes with caramel icing, honeycomb and caramel popcorn (6 pcs)	R75
Frivolity Box for 2: brownies, macaroons, honey pecan squares, mini cupcakes, turkish delight, shortbread hearts, meringues	R135
Goosey lemon squares (8 pcs)	R60
Dark chocolate and pecan brownies (8 pcs) (GF) (V)	R80
Chewy date balls (6 pcs) (GF) (V)	R80

Pantry

Homemade flaky rotis (4 pcs)	R40
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
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

HOW TO ORDER

Orders close at 8.00am Monday - Friday.

MEAL DELIVERY

We deliver daily to anywhere in Cape Town for R35.

Mon - Fri: Between 3pm - 7pm

Unfortunately, a time cannot be specified.

MEAL COLLECTION (free)

Mon - Fri: 2pm - 5pm from our kitchen

(cnr Lower Scott & Lugard, Observatory)

ORDER ONLINE

www.dishfood.co.za/shop-page

ORDER VIA WHATSAPP

063 632 0034 *(Please do not call this number)*

ORDER VIA EMAIL

info@dishfood.co.za

ORDER VIA PHONE

021-4470323 *(During work hours)*

FREQUENTLY ASKED QUESTIONS

www.dishfood.co.za/faqs/

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