

# 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

**Moroccan Vegetable Tagine:** with roast pumpkin, chickpeas, aubergine, spinach and lentils, herbed couscous, and flaky rotis (vegetarian) – **2 pax: R190 | 4 pax: R340 | 6 pax: R510**

**Crispy Sweet & Sour Pork,** egg-fried rice, Asian slaw & prawn crackers – **2 pax: R270 | 4 pax: R495 | 6 pax: R745**

**Swimming Upstream:** Honey and mustard glazed salmon, gingered butterbean mash, wokked greens, and Dijon hollandaise **2 pax: 360 | 4 pax: R665 | 6 pax: R995**

**Osaka Calling:** Okonomiyaki (crispy noodle and cabbage pancake – a classic Japanese street food), with chicken yakitori, miso aubergine, cucumber salad, and tonkatsu sauce **2 pax: R295 | 4 pax: R550 | 6 pax: R825**

**Butter Chicken,** basmati rice and flaky rotis **2 pax: R190 | 4 pax: R340 | 6 pax: R510**

## MEAL OF THE DAY

Mon 19 July: Milano Mondya

**STANDARD - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Chicken Parmigiana:** parmesan-crust chicken with mozzarella and Napolitana sauce, rosemary crushed potatoes, buttered peas and carrots

**VEGETARIAN - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Melanzane Parmigiana (with a difference)** – parmesan-crust melanzane with mozzarella and Napolitana sauce, rosemary crushed potatoes, buttered peas and carrots

**SMART-CARB - 1 pax: R110 | 2 pax: R205 | 4 pax: R370**

**"Hot Chicken Caprese":** grilled chicken scallops, roasted tomatoes, mozzarella & basil, griddled melanzane, buttered peas & carrots (GF)

Tue 20 July: Eat Pray Love

**STANDARD - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Aromatic beef rendang (caramelised Indonesian curry with coconut, mild chilli & spices),** coconut rice and flaky rotis (for gluten-free rotis instead: +R15 per person)

**VEGETARIAN - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Aromatic vegetable rendang (caramelised Indonesian curry with coconut, mild chilli & spices),** coconut rice and flaky rotis (for gluten-free rotis instead: +R15 per person)

**SMART-CARB - 1 pax: R110 | 2 pax: R205 | 4 pax: R370**

**Aromatic beef rendang (caramelised Indonesian curry with coconut, mild chilli and spices),** coconut quinoa and wokked greens (GF)

Wed 21 July: Just like Mamma made it!

**STANDARD - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Creamy roast chicken, thyme and leek pie,** topped with flaky puff pastry (to bake off at home), sage roasted pumpkin wedges, and creamed spinach

**VEGETARIAN - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Cranks' original homity pie** packed with creamy cheese, leeks, vegetables and potatoes, with sage roasted pumpkin wedges, and creamed spinach

**SMART-CARB - 1 pax: R110 | 2 pax: R205 | 4 pax: R370**

**Creamy roast chicken, thyme and leek pie,** topped with cumin cauli mash and pangrattato topping, sage roasted pumpkin wedges, braised kale and broccoli (GF)

Thu 22 July: Tour de France

**STANDARD - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Café-au-lait braised beef short rib (trust us!),** mustard mashed potatoes, roasted root veggies (GF)

**VEGETARIAN - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Café-au-lait braised smoked tofu,** mustard mashed potatoes, roasted root veggies (GF)

**SMART-CARB - 1 pax: R110 | 2 pax: R205 | 4 pax: R370**

**Café-au-lait braised beef short rib (trust us!),** mushroom and black rice pilaff, roasted root veggies (GF)

Fri 23 July: Thaiday Friday

**STANDARD - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Chicken Pad Thai** (lightly spicy and tangy) with rice noodles, toasted peanuts, lime and chilli, braised Asian greens (For gluten-free tamari instead of soy sauce: +R15 per person)

**VEGETARIAN - 1 pax: R95 | 2 pax: R175 | 4 pax: R315**

**Veg and haloumi Pad Thai** (lightly spicy and tangy), toasted peanuts, lime and chilli, braised Asian greens (For gluten-free tamari instead of soy sauce: +R15 per person)

**SMART-CARB - 1 pax: R110 | 2 pax: R205 | 4 pax: R370**

**Lime, jalapeno and sesame chicken,** cauliflower tabbouleh, papaya, mint and coriander salsa, braised Asian greens (GF)

# 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
<b>NEW:</b> Classic moussaka with lamb mince and feta béchamel topping (serves 2+)	R190
<b>NEW:</b> Moroccan pumpkin, aubergine, baby spinach, chickpea and lentil tagine (serves 2+) (GF) (V)	R160
Chunky, goodness-packed Dish veggie burgers (8 pcs) (V)	R190

## Starters / Snacks / Light Lunch

<b>NEW:</b> Creamy roast cauliflower and thyme soup (GF)	R35
Good old-fashioned chicken soup	R40
Mushroom empanadas with jalapeño aioli for dipping (12 pcs)	R160
<b>NEW:</b> Braised beef empanadas with smoky tomato aioli for dipping (12 pieces)	R160
Our famous brie & pistachio wontons with plum dipping sauce (12 pcs)	R140
Lamb koftas with minty tzatziki (12 pcs) (GF)	R180
Sesame-seeded spanakopita (8 pcs)	R140
Chicken salomies – flaky rotis filled with our creamy butter chicken (2 pcs)	R95
Eastern spiced orange sweet potato and charred corn salad with curry leaf, chilli and coriander (GF)	R110
<b>Pot Pies (4 pcs):</b>	
• Roast chicken	R75
• Slow-roasted lamb and rosemary	R95
• Spinach, mushroom and leek	R75

## Main Course (No Sides)

Roast vegetable cannelloni (serves 2+)	R160
Beef cannelloni (serves 2+)	R175
North Indian sweet potato, chickpea & spinach curry (GF) (V)	R160
Bacon mac 'n' cheese with pangrattato topping (serves 2+)	R140
Posh mac 'n' cheese with thyme roasted mushrooms, truffle oil and pangrattato topping (serves 2+)	R150
Craig's Fisherman's Pie: smoked haddock and linefish in creamy dill sauce, topped with mashed potato and parmesan crust (serves 2+)	R195
A vacuum-packed side of Dish's famous hot smoked salmon (between 1.5kg to 2kg) (GF)	R950

## Desserts

Malva pudding for 4 (actually 6) and crème anglaise	R85
Dark chocolate & salted caramel tarts (4 pcs)	R95
Tarte-au-Citron (22cm, gives ~6 slices)	R110
Lemon meringue tarts (4 pcs)	R95
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 and cranberry nougat (10 pcs)	R140
Caramel-centred vanilla cupcakes with caramel icing, honeycomb and caramel popcorn (6 pcs)	R75
<b>Frivolity Box for 2:</b> brownies, macarons, honey pecan squares, mini cupcakes, turkish delight, shortbread hearts, meringues	R135
Goey lemon squares (8 pcs)	R60
Dark chocolate and pecan brownies (8 pcs) (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 and Olive Tapenade (125ml)	R65
Homemade Mayonnaise (200ml)	R50
Lemon and Lime Mayo (200ml)	R60
Roast Garlic Aioli (200ml)	R60
Togarishi Salt (100g)	R50
Rosemary and Olive Salt (100g)	R45
Chris's fermented smoked chilli sauce (125ml)	R45
<b>Cookie Dough</b> – 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
Vee's insanely delicious lemon atchar (300ml)	R65

## 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](http://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](mailto:info@dishfood.co.za)

### ORDER VIA PHONE

021-4470323 (*During work hours*)

### FREQUENTLY ASKED QUESTIONS

[www.dishfood.co.za/faqs/](http://www.dishfood.co.za/faqs/)

SCAN OR CLICK THE QR CODE  
TO GO TO OUR WEBSITE