

This Week's Menu

DAILY SPECIALS

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.

Click/tap on an UNDERLINED MENU ITEM to find it in our online store!

Standard/Vegetarian meal prices are (unless stated otherwise):

1 pax: R95 | 2 pax: R175 | 4 pax: R315 | 6 pax: R470

Smart-Carb meal prices are (unless stated otherwise):

1 pax: R110 | 2 pax: R205 | 4 pax: R370 | 6 pax: R555

MONDAY, 26TH:

Central Heating – Dish Style!

STANDARD: Proper cottage pie – rich, savoury beef shin & mince ragu, topped with creamy mashed potatoes & crunchy pangrattato, roasted winter vegetables

VEGETARIAN: Roast butternut, apple & pecan casserole, topped with creamy mashed potatoes & crunchy pangrattato, roasted winter vegetables

SMART-CARB: Proper cottage pie – rich, savoury beef shin & mince ragu, topped with creamy cauli mash & parmesan, roasted winter vegetables (*gluten-free*)

TUESDAY, 27TH:

Thai(ish) Tuesday

STANDARD: Roasted peanut, mint & coconut chicken in creamy satay sauce, basmati rice, veg & onion bhajis (*gluten-free*)

VEGETARIAN: Roasted peanut, mint, sweet potato, broccoli, coconut & spinach in creamy satay sauce, basmati rice, veg & onion bhajis (*gluten-free*)

SMART-CARB: Roasted peanut, mint & coconut chicken in creamy satay sauce, brown rice, roast sweet potato, broccoli & spinach (*gluten-free*)

WEDNESDAY, 28TH:

Mid-Week Middle East

STANDARD: Lamb, spinach & feta meatballs, herb flatbread, minty tzatziki, warm braised chickpea & winter squash salad

VEGETARIAN: Haloumi, spinach & feta meatballs, herb flatbread, minty tzatziki, warm braised chickpea & winter squash salad

SMART-CARB: Lamb, spinach & feta meatballs, coconut wraps, minty tzatziki, warm braised chickpea & winter squash salad (*gluten-free*)

THURSDAY, 29TH:

Tour de France Thursday (again 😊)

STANDARD: Creamy chicken Chasseur (cooked with mushrooms, shallots, tarragon & parsley), potato & leek gratin, sautéed greens (*gluten-free*)

VEGETARIAN: Creamy cauliflower Chasseur (cooked with mushrooms, shallots, tarragon & parsley), potato & leek gratin, sautéed greens (*gluten-free*)

SMART-CARB: Creamy chicken Chasseur (cooked with mushrooms, shallots, tarragon & parsley), herbed puy lentil pilau, sautéed greens (*gluten-free*)

FRIDAY, 30th:

STEAK Out or STACK Out!

STANDARD: Beef fillet medallions (180g), béarnaise sauce, jacket potatoes, glazed carrots & beans (*gluten-free*) – [1 pax: R130 | 2 pax: R240 | 4 pax: R440 | 6 pax: R660]

VEGETARIAN: A decadent veg stack: brown butter roasted butternut, crispy parmesan disk, roasted aubergine, basil & griddled tomato, napolitana salsa, jacket potatoes, glazed carrots & beans (*gluten-free*) – [1 pax: R110 | 2 pax: R200 | 4 pax: R380 | 6 pax: R540]

SMART-CARB: Beef fillet medallions (180g), béarnaise sauce, hasselback pumpkin wedges, glazed carrots & beans (*gluten-free*) – [1 pax: R130 | 2 pax: R240 | 4 pax: R440 | 6 pax: R660]

MEALS OF THE WEEK:

Available on any day from Monday – Friday

Meal parcel sizes are available for two, four or six people

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

Lamb Tagine: Lamb knuckle, apricot & chickpea tagine, herbed couscous, orange & mint gremolata – [2 pax: R300 | 4 pax: R555 | 6 pax: R830]

Chicken Supreme, sundried tomato & olive risotto, parmesan cream, roast broccoli – [2 pax: R330 | 4 pax: R610 | 6 pax: R915]

Best Ever Beef Stroganoff, buttery crushed potatoes, sautéed veggies – [2 pax: 270 | 4 pax: R495 | 6 pax: R740]

Butter Chicken, basmati rice & flaky rotis – [2 pax: R190 | 4 pax: R340 | 6 pax: R510]

BUILD-A-MEAL MENU

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

Frozen Meals (no sides):

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

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

Victor's Cape Malay bobotie (serves 2+) – R170

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

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

Classic moussaka with lamb mince and feta béchamel topping (serves 2+) – R190

Moroccan pumpkin, aubergine, baby spinach, chickpea & lentil tagine (serves 2+) – R160 (*vegan & gluten-free*)

Chunky, goodness-packed Dish veggie burgers (8 pcs) – R190 (*vegan*)

Snack/Starter/Light Lunch:

NEW: Thai-spiced roast pumpkin soup – R35 (*vegan & gluten-free*)

Good old-fashioned chicken soup – R40 (*gluten-free*)

Mushroom empanadas with jalapeno aioli for dipping (12 pcs) – R160

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) – R180 (*gluten-free*)
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 & coriander – R110 (*gluten-free*)

Pot Pies (4 pcs):

- roast chicken – R75
- slow-roasted lamb & rosemary – R95
- spinach, mushroom & leek – R75

Main Course (no sides):

Roast vegetable cannelloni (serves 2) – R160
Beef cannelloni (serves 2) – R175
North Indian sweet potato, chickpea & spinach curry – R160 (*vegan & gluten-free*)
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 & 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) – R950 (*gluten-free*)

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

Rainbow Cake with butter cream icing – R415
Vanilla & White Chocolate Cheesecake – R450
Layered Chocolate Mousse cake – R415
Italian Orange and Polenta Cake (*gluten-free*) – R415

Sweet Treats:

Caramel-centred vanilla cupcakes with caramel icing, honeycomb & caramel popcorn (6 pcs) – R75
Frivolity Box for 2: brownies, macaroons, honey pecan squares, mini cupcakes, turkish delight, shortbread hearts, meringues – R135
Andiswa's cashew & cranberry nougat (10 pcs) – R140
Legendary Dish chocolate & hazelnut brownies (8 pcs) – R80
Dark chocolate & pecan brownies (8 pcs) – R80 (*vegan*)
Chewy date balls (6 pcs) – R80 (*vegan & gluten-free*)
Large chocolate chip cookies (8 pcs) – R65
Goosey lemon squares (8 pcs) – R60

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
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
Vee's insanely delicious lemon atchar (300ml) – R65

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 for weekday items close at 8 am each day.

Delivery (cost: R35) 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.

"Weekend" meals (when on offer) are delivered on a Saturday afternoon, between 12 pm and 4 pm. Alternatively, "Weekend" meal collections are available between 12 pm and 2 pm.