



## 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

Take a look at our freshly-launched MEMBERSHIP DEALS to save even more!

Only visible to logged in users – log in/register HERE.

Further detail on how it works can be found near the bottom of this email.

### MONDAY, 18<sup>TH</sup>:

#### The Marrakesh Express

STANDARD: Za'atar grilled chicken breast, thyme & honey roasted carrots & aubergine with gremolata, herb & date-laced mujaddara rice (*gluten-free*)

VEGETARIAN: Za'atar grilled cauliflower steaks, thyme & honey roasted carrots & aubergine with gremolata, herb & date-laced quinoa "mujaddara" (*gluten-free & vegan*)

SMART-CARB: Za'atar grilled chicken breast, thyme & honey roasted carrots & aubergine with gremolata, herb & date-laced quinoa "mujaddara" (*gluten-free*)

### TUESDAY, 19<sup>TH</sup>:

#### Pimp my Lasagne!

STANDARD: Slow-cooked pulled beef shortrib lasagne, miso & parmesan garlic bread, garden salad

VEGETARIAN: Roast pumpkin, mushroom & spinach lasagne, miso & parmesan garlic bread, garden salad

SMART-CARB: Slow-cooked pulled beef shortrib "melanzane lasagne" (grilled aubergine replaces pasta sheets), garden salad, lemony greens & broccoli (*gluten-free*)

### WEDNESDAY, 20<sup>TH</sup>:

#### Mamma Mia!

STANDARD: Greek chicken, spinach & feta phyllo pie, gooey lemony potatoes, cucumber & green bean salad with red onion & poppyseeds

VEGETARIAN: Greek zucchini, spinach, pumpkin & feta phyllo pie, gooey lemony potatoes, cucumber & green bean salad with red onion & poppyseeds

SMART-CARB: Spinach & feta stuffed popcorn chicken, cucumber & green bean salad with red onion & poppyseeds, charred brinjal & zucchini with toasted almonds (*gluten-free*)

### THURSDAY, 21<sup>ST</sup>:

**Bbbbb-Bibimbap is back!**

STANDARD: Beef Bibimbap – Korean rice, sticky beef, spinach, mushrooms, carrots, spring onions (*gluten-free*)

VEGETARIAN: Veg Bibimbap – Korean rice, orange sweet potato, spinach, mushrooms, carrots, spring onions (*vegan & gluten-free*)

SMART-CARB: Beef Bibimbap – black rice (aka Chinese 'forbidden rice'), sticky beef, spinach, mushrooms, carrots, spring onions (*gluten-free*)

## **FRIDAY, 22<sup>ND</sup>:**

### **Passage to India**

STANDARD: Chicken Aloo Gobi (mildly spiced chicken, potato, cauliflower & tomato curry), cumin basmati, flaky rotis

VEGETARIAN: Saag Aloo Gobi (mildly spiced spinach, potato, cauliflower & tomato curry), cumin basmati, flaky rotis (*vegan*)

SMART-CARB: Chicken Saag Gobi (mildly spiced chicken, spinach, cauliflower & tomato curry), cumin brown rice, roasted broccoli with peanut & chillies (*gluten-free*)

### **And may we suggest...?**

- For pre-dinner snacking ☺: Vegetable & onion pakoras (10 pcs) – R95
- As an accompaniment: Maya's red lentil dhal (serves 2+) – R95

### **MEALS OF THE WEEK:**

*Available on any day from Monday – Friday  
Meal parcel sizes are available for two, four or six people*

BUTTER CHICKEN, basmati rice, and flaky rotis – [2 pax: R210 | 4 pax: R380 | 6 pax: R570]

PREGO RUMP STEAK ROLLS, chunky potato wedges, peri-peri mayo & chopped salad – [2 pax: R245 | 4 pax: R450 | 6 pax: R675]

SEARED SALMON, burnt butter hollandaise, asparagus, herbed new potatoes (*gluten-free*) – [2 pax: R375 | 4 pax: R690 | 6 pax: R1035]

LAMB TAGINE: lamb knuckle, apricot & chickpea tagine, herbed couscous, orange & mint gremolata – [2 pax: R315 | 4 pax: R580 | 6 pax: R870]

MOROCCAN VEGETABLE TAGINE: with roast pumpkin, chickpeas, aubergine, spinach & lentils, herbed couscous, and flaky rotis (*vegan*) – [2 pax: R210 | 4 pax: R380 | 6 pax: R570]

### **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: – **UPDATED THIS WEEK:**

Roast tomato soup with mild chilli & basil – R40 (*vegan & gluten-free*)

Good old-fashioned chicken soup (350ml) – R45 (*gluten-free*)

Sesame-seeded spanakopita (8 pcs) – R140

Crispy hoisin duck spring rolls with plum sauce (8 pcs) – R150

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

· chicken & vegetable (2 pcs) – R60 (*gluten-free*)

· vegetable only (2 pcs) – R50 (*gluten-free*)

Green herb & pea falafel with smoky hummus (12 pcs) – R150 (*vegan & gluten-free*)

Spring citrus salad: minty lentils, roasted fennel & beetroot, grapefruit, rocket & feta (serves 2 as a light meal or 3+ as a side dish/starter) – R95 (*gluten-free*)

Butter Chicken Salomies (rolled & filled rotis; 2 pcs) – R95

Durban Lamb Curry Salomies (rolled & filled rotis; 2 pcs) – R115

Pot Pies (4 pcs):

· roast chicken – R75

· slow-roasted lamb & rosemary – R95

· spinach, mushroom & leek – R75

MAIN COURSE (NO SIDES): – **UPDATED THIS WEEK:**

Roast vegetable cannelloni (serves 2) – R160

Beef cannelloni (serves 2) – R175

Crispy tempura fish goujons with lemon & dill aioli (10 pcs) – R185

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

Chickpea, lentil and butternut bobotie (serves 2) – R160 (*gluten-free*)

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 – R90

Sticky toffee pudding for 4 (actually 6) and butterscotch sauce – R90

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 – R90

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

Goey lemon squares (8 pcs) – R60

## PANTRY:

Chris's Papaya & Vanilla Jam (400ml) – R65

Vee's insanely delicious Lemon Atchar (300ml) – R65

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

Homemade Flaky Rotis (4 pcs) – R40

Chris's Rockstar Homemade Granola (400g) – R70

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

## **HOW IT WORKS: ORDERS**

Please place your orders online (<http://dishfood.co.za/shop/>), by WhatsApp message (063 632 0034 – *please do not call this number*) or by email ([info@dishfood.co.za](mailto: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.

## **HOW IT WORKS: MEMBERSHIP**

### **Introductory offer – available for sign-ups during the month of October:**

Extreme value-for-money from our launch sale pricing, and the current rate of discount you sign up for will remain valid for however long your membership lasts – your weekly billing will only ever increase when menu prices are raised, and any such increases will be proportional.

**AND...** one Birthday Cake Voucher per membership for the first ten sign-ups – valid for one of our cakes of your choice!

· Available only for weekday meals from the Daily Meals section.

· The specific days of the week for meal deliveries are selected at sign-up, and the same days will repeat every week.

· Available only with a recurring card payment - re-billing will occur every Saturday.

· New membership sign-ups after 8 am on a Monday will commence the following week.

· Memberships may be paused, switched or cancelled at any point before the next re-billing.

· Members can manage their existing memberships from the online dashboard:

<https://dishfood.co.za/my-account/>.

· If you prefer to be charged on a monthly-recurring basis instead, please contact us to arrange.