

DISH MEAL DELIVERY

Full home-cooked meals | Delivered daily (R45) 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 between Monday - Friday

A SCHNITZ IN THYME: Herb & sourdough-crumbed chicken schnitzel, cheesy sauce, dill cucumber pickle, tray baked vegetables & baby potatoes

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

LAMB SHAWARMA: Greek lamb, hummus, tzatziki, Israeli chopped salad, scorched pita breads

2 pax: R325 | 4 pax: R610 | 6 pax: R915

PAELLA, with linefish, prawns & mussels, and shaved fennel, roast beetroot, orange & green leaves salad (GF) — 2 pax: R395 | 4 pax:

R745 | 6 pax: R1115

THAI CHICKEN GREEN CURRY, basmati rice, toasted coconut, prawn crackers (GF)

2 pax: R225 | 4 pax: R420 | 6 pax: R630

THAI VEGETABLE GREEN CURRY, basmati rice, toasted coconut, poppadums (GF) (V)

2 pax: R225 | 4 pax: R420 | 6 pax: R630

MEAL OF THE DAY

Monday 27 June: Everybody was "Kung Pai" Fighting

(for gluten-free noodles and sauce instead: +R15 per person)

STANDARD - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Sweet & spicy crispy Kung Pao Chicken with toasted peanuts & sweet peppers, sesame noodles & stir-fried veg

VEGETARIAN - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Sweet & spicy crispy Kung Pao Cauliflower with toasted peanuts & sweet peppers, sesame noodles & stir-fried veg

SMART-CARB - 1 pax: R120 | 2 pax: R230 | 4 pax: R430

Sweet & spicy grilled Kung Pao Chicken with toasted peanuts & sweet peppers, sesame zucchini "noodles" & stir-fried veg (GF)

Tuesday 28 June: Things go better with Coke

STANDARD - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Coffee & cola braised beef brisket (cooked low and slow), cajun spiced sweet potato wedges, cowboy slaw (GF)

VEGETARIAN - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Coffee & cola glazed black bean, halloumi & mushroom patties, cajun spiced sweet potato wedges, cowboy slaw (GF)

SMART-CARB - 1 pax: R120 | 2 pax: R230 | 4 pax: R430

Coffee & cola braised beef brisket (cooked low and slow), soft corn tortillas, chunky guacamole, cowboy slaw (GF)

Wednesday, 29 June: Cool Runnings

STANDARD - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Gently spiced Caribbean chicken curry, coconut rice, papaya, mint & yoghurt salsa (GF)

VEGETARIAN - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Gently spiced Caribbean vegetable curry, coconut rice, papaya, mint & yoghurt salsa (GF)

SMART-CARB - 1 pax: R120 | 2 pax: R230 | 4 pax: R430

Gently spiced Caribbean chicken curry, coconut & herb millet, papaya, mint & yoghurt salsa (GF)

Thursday, 30 June: Pushing The Boat Out

STANDARD - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Slow-roasted lamb rib roulade spiced with confit garlic & rosemary, creamy mushroom sauce, crunchy polenta & harissa potatoes, braised cabbage & green beans (GF)

VEGETARIAN - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Melanzane, tomato & courgette roulade spiced with confit garlic & rosemary, creamy mushroom sauce, crunchy polenta & harissa potatoes, braised cabbage & green beans (GF)

SMART-CARB - 1 pax: R120 | 2 pax: R230 | 4 pax: R430

Slow-roasted lamb rib roulade spiced with confit garlic & rosemary, creamy mushroom sauce, roasted polenta & harissa spiced pumpkin wedges, braised cabbage & green beans (GF)

Friday, 1 July: Flat Out Friday

STANDARD - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Char-siu-basted BBQ spatchcock chicken, smoky chilli aioli, gooey soy potatoes, roast veg salad

VEGETARIAN - 1 pax: R105 | 2 pax: R200 | 4 pax: R370

Char-siu-basted BBQ cauli "steaks", smoky chilli aioli, gooey soy potatoes, roast veg salad

SMART-CARB - 1 pax: R120 | 2 pax: R230 | 4 pax: R430

Char-siu-basted BBQ spatchcock chicken, smoky chilli aioli, braised chickpeas, roast veg salad

MEMBERSHIP MEAL SUBSCRIPTION

1. Available only for weekday meals from the Daily Meals section.
2. The specific days of the week for meal deliveries are selected at sign-up, and the same days will repeat every week.
3. Available only with a recurring card payment - re-billing will occur every Saturday.
4. New membership sign-ups after 8am on a Monday will commence the following week.
5. Memberships may be paused, switched or cancelled at any point before the next re-billing.
6. Members can manage their existing memberships from the online dashboard: dishfood.co.za/my-account/
7. If you prefer to be charged on a monthly-recurring basis instead, please contact us to arrange.

DISH BUILD-A-MEAL MENU

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

Frozen Meals - Serves 2+ (no sides)

Miso parmesan garlic baguette (~2 ft)	R95
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 cauli mash topping (GF) (V)	R150
Melanzane Parmigiana (GF)	R150
Classic moussaka with lamb mince and feta béchamel topping (serves 2+)	R190
Chunky, goodness-packed Dish veggie burgers (8 pcs) (V)	R190
NEW! Chickpea, lentil and butternut bobotie (serves 2) (GF)	R160

Starters / Snacks / Light Lunch

NEW! Chucky harissa lamb & barley soup (350ml)	R55
Good old-fashioned chicken soup (350ml) (GF)	R45
Sesame-seeded spanakopita (8 pcs)	R140
Crispy hoisin duck spring rolls with plum sauce (8 pcs)	R150
Lamb koftas with minty tzatziki (12 pcs) (GF)	R180
Our signature arancini (risotto balls) with truffle aioli (12 pcs): <ul style="list-style-type: none">• Wild mushroom arancini• Smoky tomato arancini	R150
Dish's pot pies (4 pcs): <ul style="list-style-type: none">• Roast chicken• Durban lamb curry	R80
Eastern spiced orange sweet potato and charred corn salad with curry leaf, chilli & coriander (GF) (serves 2 as a light meal or 3+ as a side dish/starter)	R100
	R110

Main Course (No Sides)

A vacuum-packed side of Dish's famous hot-smoked salmon (between 1.5kg to 2kg) (GF)	R1250
Chicken Cordon Bleu, stuffed with white cheddar & pastrami, coated in panko crumbs (serves 2)	R180
Crispy tempura fish goujons with lemon & dill aioli (10 pcs, serves 2)	R150
Slow-cooked lamb & tomato bredie (serves 2) (GF)	R230
Prego rump espetadas with chimichurri on the side (4 pcs, serves 2) (GF)	R175
Butternut, spinach, sage & mushroom lasagne (serves 2)	R150

Cakes (20cm; 10 - 12 Slices)

Rainbow Cake with butter cream icing	R435
Vanilla and White Chocolate Cheesecake	R475
Layered Chocolate Mousse cake	R435
Italian Orange and Polenta Cake (GF)	R435
BACK BY POPULAR DEMAND! Andiswa's Carrot Cake with cream cheese icing	R435

Desserts

Dark chocolate and salted caramel tarts (4 pcs)	R105
Tarte-au-Citron (22cm, gives ~6 slices)	R115
Apple crumble for 4 (actually 6) and crème anglaise	R90
Nkhuli's baby pear tarte-tatins with crème-anglaise (6 pcs)	R95
Invigorating Tiramisu (4 individual cups)	R100
NEW! Traditional Pecan Nut Pie (20cm, gives ~4 slices)	R120

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
Frivolity Box for 2: brownies, macarons, honey pecan squares, mini cupcakes, turkish delight, shortbread hearts, meringues	R135
Goosey lemon squares (8 pcs)	R60
Chewy date balls (6 pcs) (GF) (V)	R80
Legendary Dish chocolate and hazelnut brownies (8 pcs)	R80
Large chocolate chip cookies (8 pcs)	R65
Dark chocolate torte squares (8 pcs) (GF)	R120

Pantry

NEW! Chris's fermented smoked chilli sauce (125ml)	R50
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
Cookie Dough - a roll to keep in your freezer, slice off and bake as you please (makes ± 12 cookies): <ul style="list-style-type: none">• Choc Chip• Peanut butter• Buttery Shortbread	R95
	R80
	R90

HOW TO ORDER

Orders close at 8.00am Monday - Friday.

MEAL DELIVERY

We deliver daily to anywhere in Cape Town for R45.

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/

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

<https://dishfood.co.za/faq/>