

This Week's Menu

MEALS OF THE DAY

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

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

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

1 pax: R110 | 2 pax: R215 | 4 pax: R395 | 6 pax: R590

Beef/Fish/Lamb meal prices are (unless stated otherwise):

1 pax: R125 | 2 pax: R240 | 4 pax: R450 | 6 pax: R675

MONDAY, 13TH:

A Sticky Situation (for a glaze made with gluten-free soy sauce instead: +R25 per person)

CHICKEN: ◇ Rolled sticky soy & ginger chicken stuffed with spinach & ricotta, creamy sage potatoes, broccoli & green beans

FISH: Sticky soy & ginger grilled fish topped with spinach & ricotta, creamy sage potatoes, broccoli & green beans

VEGETARIAN: Sticky soy & ginger aubergine stuffed with spinach & ricotta, creamy sage potatoes, broccoli & green beans

SMART-CARB VARIATION: herb-laced red & white quinoa instead of the potatoes (+R20 per person)

TUESDAY, 14TH:

The Sopranos

BEEF: ◇ Juicy beef meatballs, roasted and smoked tomato & pea risotto, rocket & parmesan salad (gluten-free)

CHICKEN: Succulent chicken & parmesan meatballs, roasted and smoked tomato & pea risotto, rocket & parmesan salad (gluten-free)

VEGETARIAN: Chickpea, spinach & black bean cakes, roasted and smoked tomato & pea risotto, rocket & parmesan salad (gluten-free)

SMART-CARB VARIATION: smoked tomato & pea black rice pilaff instead of risotto (+R20 per person)

WEDNESDAY, 15TH:

Smokin' Guns

CHICKEN: ◇ Smoky chipotle pulled chicken, crispy corn taco shells, cowboy slaw, chunky tomato & onion guacamole, green chilli salsa, crème-fraîche (gluten-free)

BEEF: Smoky chipotle pulled beef, crispy corn taco shells, cowboy slaw, chunky tomato & onion guacamole, green chilli salsa, crème-fraîche (gluten-free)

VEGETARIAN: Refried beans and hickory-marinated courgette, crispy corn taco shells, cowboy slaw, chunky tomato & onion guacamole, green chilli salsa, crème-fraîche (gluten-free)

BECAUSE-THEY'RE-ALL-ACTUALLY-SMART-CARB VARIATION: seared tuna instead for the filling (+R30 per person)

THURSDAY, 16TH:

It's all in the wrist!

BEEF: ◇ Crispy, sizzling, "Shaking Beef" (Bò Lúc Lắc) — cubes of sirloin wokked with Vietnamese spices, oyster sauce, rice wine & soy, bed of lettuce, tomato & cucumber, lime dipping sauce, egg-fried rice

CHICKEN: Crispy, sizzling, "Shaking Chicken" (Gà Lúc Lắc) — cubes of chicken breast wokked with Vietnamese spices, oyster sauce, rice wine & soy, bed of lettuce, tomato & cucumber, lime dipping sauce, egg-fried rice

VEGETARIAN: Crispy, sizzling, "Shaking" aubergine & sweet potato — wokked with Vietnamese spices, oyster sauce, rice wine & soy, bed of lettuce, tomato & cucumber, lime dipping sauce, egg-fried rice

SMART-CARB VARIATION: *egg-fried cauli "rice" instead of the white rice (+R20 per person)*

FRIDAY, 17TH:

Winner Winner Roast for Dinner 😊

CHICKEN: ◇ Whole roast chicken (1 large chicken per 4 people), thyme chicken gravy, savoury parmesan & thyme bread & butter bake, carrots & peas

BEEF: Roast beef (sliced), thyme beef gravy, savoury parmesan & thyme bread & butter bake, carrots & peas

VEGETARIAN: Hasselback roasted broccoli, caramelised leeks & halloumi, miso & pickled ginger aioli, savoury parmesan & thyme bread & butter bake, carrots & peas

SMART-CARB VARIATION: *crustless pumpkin pie instead of the bread & butter bake (+R20 per person)*

ANY DAY OF THE WEEK

Available from Monday to Friday

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

MOROCCAN VEGETABLE TAGINE: made with roast pumpkin, chickpeas, aubergine, spinach & lentils, basmati rice, and flaky rotis (*vegan*) — [2 pax: R230 | 4 pax: R430 | 6 pax: R645]

BUTTER CHICKEN, basmati rice, and flaky rotis — [2 pax: R230 | 4 pax: R430 | 6 pax: R645]

THAI CHICKEN (LARB GAI) SALAD, accented with mint, chilli & lime, on lettuce, red onion & cucumber ribbons, with sticky rice balls (*gluten-free*) — [2 pax: R295 | 4 pax: R550 | 6 pax: R825]

BUILD-A-MEAL MENU

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

FROZEN MEALS (NO SIDES):

Roast chicken, sun-dried tomato and butternut lasagne (serves 2) — R185

Craig's Durban lamb curry (serves 2) — R280 (*gluten-free*)

Victor's Cape Malay bobotie (serves 2) — R185

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

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

Melanzane Parmigiana (serves 2) — R160 (*gluten-free*)

Classic moussaka with lamb mince and feta béchamel topping (serves 2) — R220

Chunky, goodness-packed Dish veggie burgers (8 pcs) — R180 (*vegan*)

A vacuum-packed side of Dish's famous hot-smoked salmon (between 1.5kg to 2kg) — R1250 (*gluten-*

free)

DESSERTS:

Malva Pudding for 4 (maybe 6) and crème anglaise — R100
Sticky Toffee Pudding for 4 (maybe 6) and butterscotch sauce — R100
Apple Crumble for 4 (maybe 6) and crème anglaise — R100
Tarte-au-Citron (22cm, gives ~6 slices) — R135
Dark Chocolate & Salted Caramel Tarts (4 pcs) — R125
Nkhuli's Baby Pear Tartes-Tatin with crème-anglaise (6 pcs) — R115

CAKES FROM OUR PASTRY CHEFS: (20 cm across; 10 to 12 slices)

Andiswa's Carrot Cake with cream cheese icing — R475
Rainbow Cake with butter cream icing — R485
Vanilla & White Chocolate Cheesecake — R525
Layered Chocolate Mousse cake — R475
Italian Orange & Polenta Cake (*gluten-free*) — R475

SWEET TREATS:

Andiswa's Oat Crunchies (8 pcs) — R90
Dark chocolate torte squares (8 pcs) — R135 (*gluten-free*)
Caramel-centred vanilla cupcakes with caramel icing, honeycomb & caramel popcorn (6 pcs) — R105
Frivolity Box for 2: brownies, macaroons, honey pecan squares, mini cupcakes, caramel almond squares, turkish delight, shortbread hearts, meringue kisses — R160
Cashew & cranberry nougat (10 pcs) — R160
Legendary Dish chocolate & hazelnut brownies (8 pcs) — R100
Large chocolate chip cookies (8 pcs) — R90
Goey lemon squares (8 pcs) — R75

HOW IT WORKS

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), or by calling our landline during office hours (021 447 0323).

Orders for same-day delivery/collection close at 8 am. Orders may also be placed further in advance. Delivery (cost: R50) is between 3 pm and 6 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). You may phone us as you approach (021 447 0323), and we'll bring your order out to your car.