

Menu



15 JUN – 19 JUN 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Baby potato with seasonal vegetables

DINNER: Creamy Chicken and mushroom pasta

VEGETARIAN: Creamy butter chickpea curry with basmati rice & fresh coriander

TUESDAY

LUNCH: Spicy rice and Baby marrow topped with almond flakes

DINNER: Slow braised beef stew with creamy Couscous and roasted root veg

VEGETARIAN: Spinach and feta stuffed cannelloni topped with napolitana sauce and cheese

WEDNESDAY

LUNCH: Buddha Bowl: brown rice, roasted veggies, chickpeas, tahini dressing

DINNER: Baked hake in lemon herb sauce served with savory rice & seasonal veg

VEGETARIAN: Teriyaki vegetable Stir-fry with egg noodles and sesame seeds

THURSDAY

LUNCH: Passata primavera Light garlic olive oil green beans and herbs

DINNER: Pork bangers and mash with brown onion sauce, mash and peas

VEGETARIAN: Grilled halloumi and roasted vegetable bowl topped with lemon dressing and brown rice

FRIDAY

LUNCH: Roasted chickpeas, cauliflower and carrots with sweet potato wedges

DINNER: Thai green chicken curry With veg and Jasmin rice

VEGETARIAN: Wild mushrooms stroganoff with homemade pasta

R 90
PER MEAL

R 20
DELIVERY

Menu



22 JUN – 26 JUN 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Rainbow rice bowl

DINNER: BBQ roasted chicken leg quarter with potato cubes and seasonal veg

VEGETARIAN: Hearty lentil & spinach shepherd's pie with creamy mash topping

TUESDAY

LUNCH: Potato cubes with lentils, roasted eggplant, zucchini & cherry tomato

DINNER: Baked layers of beef mince, tomato sauce and creamy bechamel

VEGETARIAN: Smoky bean and veg fajita bowl with guacamole and salsa on brown rice

WEDNESDAY

LUNCH: Cous cous Roasted veg bowl with lemon dressing

DINNER: Chicken curry with fragrant basmati rice and sambals

VEGETARIAN: Mac & Cheese – Golden baked macaroni smothered in a rich, creamy cheese sauce

THURSDAY

LUNCH: Veggie stir-fry with egg noodles and topped off with soya

DINNER: Bbq pulled pork wrapped in soft tortilla served with crunchy slaw

VEGETARIAN: Sweet potato and chickpea buddha bowl with tahini dressing

FRIDAY

LUNCH: Sweet potato and corn salsa bowl

DINNER: Garlic Seafood mix with spicy savory rice and lemon butter

VEGETARIAN: Mild coconut veg curry with steamed rice and sambals

R 90
PER MEAL

R 20
DELIVERY

Menu



29 JUN – 03 JUL 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Roasted chickpeas, bulgur wheat, cucumber, tomato, peppers & spinach
DINNER: Chicken pie with flaky pastry and roasted veg
VEGETARIAN: Roasted veg pesto pasta topped with parmesan

TUESDAY

LUNCH: Brown rice and lentil bowl with baby marrow
DINNER: Crispy Pork belly served with smooth mash and tangy apple slaw
VEGETARIAN: Vegetable Biryani – Fragrant basmati rice with spiced vegetables and caramelized onions

WEDNESDAY

LUNCH: Roasted sweet Potato, pumpkin, cauliflower and carrots
DINNER: Tender beef meatballs in hearty tomato sauce, served over spaghetti
VEGETARIAN: Vegetable fried rice with crispy tofu cubes

THURSDAY

LUNCH: Quinoa and Thyme with roasted green beans and bell peppers
DINNER: Creamy Tuscany chicken with mash and butternut and spinach
VEGETARIAN: 3 bean chilli bowl with flat bread

FRIDAY

LUNCH: Moroccan cous cous with roasted carrots, zucchini, and mint
DINNER: Seafood paella with chorizo
VEGETARIAN: Creamy mushroom risotto rice with fresh herbs

R 90
PER MEAL

R 20
DELIVERY

Menu



06 JUL – 10 JUL 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Turmeric spiced rice and cauliflower with a splash of lemon dressing

DINNER: Aromatic chicken breyani with spicy rice and tender chicken pieces

VEGETARIAN: Grilled vegetable cous cous bowl with lemon and herbs

TUESDAY

LUNCH: Bulgar wheat with honey roasted butternut and broccoli florets

DINNER: Slow cooked beef oxtail served with mash and seasonal veg

VEGETARIAN: Mac and cheese

WEDNESDAY

LUNCH: Baby marrow and mushroom pasta

DINNER: Crumbed hake with tartar sauce and potato wedges and country veg

VEGETARIAN: Thai green Veg curry with tofu and jasmine rice

THURSDAY

LUNCH: Harissa roasted veg and cous cous

DINNER: Tuscan cream chicken in garlic, spinach and sundried tomato with mash

VEGETARIAN: Roasted Vegetable & Feta savoury pie topped with a flaky crust

FRIDAY

LUNCH: Sweet potato, black beans, corn, peas and feta

DINNER: Roasted pork neck with baby potatoes and colslaw

VEGETARIAN: Broccoli & Cheddar Quiche

R 90
PER MEAL

R 20
DELIVERY

Menu



13 JUL – 17 JUL 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Cajun rice with sauteed zucchini and peppers

DINNER: Golden fish cakes, served with lemon mayo and a crunchy salad

VEGETARIAN: Cheesy veg Quesadillas with salsa and sour cream

TUESDAY

LUNCH: Golden roasted sweet potato, butternut, baby spinach and feta

DINNER: Slow cooked beef, with hearty root vegetables in gravy, served with rice

VEGETARIAN: Chilli bean bowl with mash

WEDNESDAY

LUNCH: Veggie burrito bowl

DINNER: Chicken parmesan served on a bed of pasta and country veg

VEGETARIAN: Butternut, spinach and gnocci bowl with sage butter

THURSDAY

LUNCH: Roasted bell peppers, carrots and zucchini over fluffy couscous

DINNER: Bbq Grilled pork chop with creamy mash and country veg

VEGETARIAN: Mexican burrito bowl with beans, corn, rice and fresh salsa

FRIDAY

LUNCH: Bulgur wheat salad with dill cucumber, cherry tomato, feta and parsley

DINNER: Bbq Grilled pork chop with creamy mash and country veg

VEGETARIAN: Pesto pasta with cherry tomato, basil and mozzarella

R 90
PER MEAL

R 20
DELIVERY

Menu



20 JUL – 24 JUL 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Lemon and herb rice with grilled veg

DINNER: Butter chicken curry and basmati rice and sambals

VEGETARIAN: Double baked Potato with sweet corn topped with cheese

TUESDAY

LUNCH: Roasted potato and veg tray baked

DINNER: grilled bbq pork chops with crispy potato wedges & crunchy slaw

VEGETARIAN: Creamy butter bean curry with jasmine rice and sambals

WEDNESDAY

LUNCH: Quinoa Chickpea salad with fresh herbs and lemon dressing

DINNER: Lemon and herb chicken legs with country veg and sweet potato cubes

VEGETARIAN: Wild mushroom and truffle oil pasta

THURSDAY

LUNCH: Veg lo Mein

DINNER: Oven baked tuna pasta topped with bubbly cheese

VEGETARIAN: Polenta with Roasted Vegetables & Goat's Cheese

FRIDAY

LUNCH: Roasted veg and pesto pasta

DINNER: Beef Short rib in herb gravy with mashed potato and roasted seasonal veg

VEGETARIAN: Thai red curry with coconut rice and sambals

R 90
PER MEAL

R 20
DELIVERY

Menu



27 JUL – 31 JUL 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Golden roasted sweet potato with corn, and green beans

DINNER: Golden chicken and mushroom pie with a creamy filling and flaky crust

VEGETARIAN: Caramelized Onion & Goat's Cheese quiche

TUESDAY

LUNCH: Coconut rice and green veg

DINNER: Creamy cheese hake bake with sweet potato cubes and crunchy veg

VEGETARIAN: Sweet Potato & Black Bean Burritos

WEDNESDAY

LUNCH: Spinach and mushroom rice bowl

DINNER: Slow cooked beef potjie with rice and veggies

VEGETARIAN: Creamy Basil Pesto Gnocci

THURSDAY

LUNCH: Pasta with bell pepper and broccoli

DINNER: Crumbed pork chop with mash and flash fried veg

VEGETARIAN: Spinach and mushroom savory crepes

FRIDAY

LUNCH: Lentil and brown rice served with roasted cauliflower and peas

DINNER: Slow cooked ostrich nek with mash and country veg

VEGETARIAN: Butternut and chickpea curry with rice and sambals

R 90
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DELIVERY

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03 AUG – 07 AUG 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Butternut and sage pasta

DINNER: Pork ribs glazed in bbq sauce, with sweet potato wedges & coleslaw

VEGETARIAN: Roasted Butternut & Feta Salad

TUESDAY

LUNCH: Brown rice Black bean and corn salad topped with herbs

DINNER: Chicken, spinach and feta cannelloni

VEGETARIAN: Smoky three-Bean Chili with herbs and spices, served with cornbread

WEDNESDAY

LUNCH: Sesame ginger veg and noodles flash fry with sweet soya

DINNER: Grilled steak with double baked potato filled with corn and cheese

VEGETARIAN: Mushroom & Spinach Enchiladas baked in smoky tomato sauce

THURSDAY

LUNCH: Lemon and herbed Couscous, with steamed green beans & Pepper dew

DINNER: Pull pork with potato wedges and roasted veg

VEGETARIAN: Roasted Veg & Halloumi Bake with herbs and tomato sauce

FRIDAY

LUNCH: Cous cous with grilled baby marrow

DINNER: Garlic mussels with fried rice and seasonal vegetables

VEGETARIAN: Slow Roasted butternut, quinoa, feta and toasted seeds with a honey and mustard dressing

R 90
PER MEAL

R 20
DELIVERY

Menu



10 AUG – 14 AUG 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Roasted sweet chilli baby potato with green beans and some fresh herbs
DINNER: Butter chicken curry with basmati rice and sambals
VEGETARIAN: Mushroom and lentil bolognese with spaghetti

TUESDAY

LUNCH: Lentil and beetroot salad, with rocket pumpkin and feta
DINNER: Grilled pork chop in creamy mustard sauce with mash and green beans
VEGETARIAN: Garlic and cheese stuffed mushrooms on a herb cous cous

WEDNESDAY

LUNCH: Double baked potato stuffed with sweet corn and mushrooms
DINNER: Beef ragu Pasta topped with parmesan cheese
VEGETARIAN: Cauliflower and broccoli bake topped with cheese

THURSDAY

LUNCH: Brown rice with broccoli and cauliflower
DINNER: Pineapple roasted chicken with sweet potato cubes grilled veg
VEGETARIAN: Mediterranean veg and feta orzo salad

FRIDAY

LUNCH: Sweet potato with mushrooms and green beans
DINNER: Grilled hake with garlic butter sauce on a bed of rice and broccoli
VEGETARIAN: Spinach, Feta & Sun-Dried Tomato Pie

R 90
PER MEAL

R 20
DELIVERY

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17 AUG – 21 AUG 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Lentil and beetroot salad, with rocket pumpkin and feta

DINNER: Spicy chicken strips & chorizo on a savory rice paella with feta, chilli mayo & coriander

VEGETARIAN: Grilled veg and mozzarella stack baked and topped with chilli oil

TUESDAY

LUNCH: Lentil and brown rice with cauliflowers and peas

DINNER: Honey and mustard Grilled Pork chop with creamy mash & green beans

VEGETARIAN: Lentil mossaka

WEDNESDAY

LUNCH: Pesto pasta with chickpeas, cherry tomato, cucumber & red onion

DINNER: Beef stroganoff with mushrooms and grilled pepper on homemade pasta

VEGETARIAN: Spinach, feta and sundry tomato Gnocci bake

THURSDAY

LUNCH: Roast potato with butternut carrots and cauliflower and sprinkled parsley

DINNER: Roasted yoghurt-marinated Chicken leg with basmati rice & country veg

VEGETARIAN: Creamy mushroom risotto rice topped with truffle oil

FRIDAY

LUNCH: Roasted sweet potato cubes with steamed broccoli tossed with mustard

DINNER: Thai Golden crusted fish cakes with mash and green beans

VEGETARIAN: Double baked potato Stuffed with mixed veggies and topped with cheese

R 90
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R 20
DELIVERY

Menu



24 AUG – 28 AUG 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Roasted baby potato with seasonal veg

DINNER: Harissa spiced chicken fajita; spicy chicken with peppers, sambals roti

VEGETARIAN: Veggie fried rice with tofu cubes and sweet chilli mayo sauce

TUESDAY

LUNCH: Lentil and brown rice with roasted cauliflower and peas

DINNER: Beef kebabs with home made flat bread and fresh coleslaw

VEGETARIAN: Spinach and mushroom enchiladas

WEDNESDAY

LUNCH: Roasted chickpeas on bulgur, cucumber, tomato, peppers, baby spinach

DINNER: Sticky Soy Pork belly with fluffy mash grilled baby marrow

VEGETARIAN: Cheese and corn potato bake

THURSDAY

LUNCH: Garlic and herb roasted veg on a bed of cous cous

DINNER: Grilled hake on cous cous with country vegetables and lemon mayo

VEGETARIAN: Grilled Halloumi on a bed of cous cous with flash fried veg

FRIDAY

LUNCH: Brown rice, black bean and corn salad topped with herbs

DINNER: Chicken Lasang bake with Golden bubbly cheese

VEGETARIAN: Slow roasted butternut, quinoa, feta and toasted seeds with honey and mustard dressing

R 90
PER MEAL

R 20
DELIVERY

Menu



31 AUG – 3 SEP 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Turmeric spiced rice with roasted cauliflower and a splash of lemon
DINNER: Aromatic chicken biryani with spicy rice, tender chicken pieces & peas
VEGETARIAN: Veg paella

TUESDAY

LUNCH: Pasta with bell pepper and broccoli
DINNER: Creamy cheese hake bake with sweet potato cubes and crunchy veg
VEGETARIAN: Mushroom risotto balls with cheese sauce and cauliflower

WEDNESDAY

LUNCH: Herbed cous cous with cherry tomatoes, baby spinach, cucumbers and peppadew salad
DINNER: Coconut crumbed chicken schnitzel with mash and grilled veggies
VEGETARIAN: Broccoli and cheese Quiche

THURSDAY

LUNCH: Golden roasted sweet potato with corn and green beans
DINNER: Slow cooked Oxtail in a red wine gravy with mash
VEGETARIAN: Mild Butternut and chickpea curry with rice and sambals

FRIDAY

LUNCH: Pesto Pasta with fresh peppers and broccoli
DINNER: Sweet and sour Pork stir-fry with egg noodles
VEGETARIAN: Butternut biriyani

R 90
PER MEAL

R 20
DELIVERY

Menu



07 SEP – 11 SEP 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Brown rice with roasted peppers zucchini and mushrooms

DINNER: Chicken tikka masala in a spiced, creamy tomato sauce and rice

VEGETARIAN: Creamy Mushroom Stroganoff with pasta

TUESDAY

LUNCH: Fluffy quinoa with a medley of roasted veg

DINNER: Cheese tuna casserole baked till bubbly with broccoli

VEGETARIAN: Roasted veg and feta pasta bake

WEDNESDAY

LUNCH: Lemon and herb grilled vegetables with rice

DINNER: Slow cooked oxtail with soft mash

VEGETARIAN: Gnocchi with butternut and a creamy puree and sage

THURSDAY

LUNCH: Sweet potato with broccoli and cauliflower

DINNER: Beef burrito stuffed with cheese, avo, brown rice and black beans

VEGETARIAN: Cheesy Polenta with roast veg with and goats cheese

FRIDAY

LUNCH: Lentils, beetroot salad with rocket butternut and feta

DINNER: Chicken enchilada topped with a smoky tomato and cheese

VEGETARIAN: Creamy Wild mushroom and truffle on a bed of homemade pasta

R 90
PER MEAL

R 20
DELIVERY

Menu



14 SEP – 18 SEP 2026

CHOOSE YOUR PROTEIN PORTION FOR THE DAILY LUNCH MENU
Beef, Chicken or Meat Free Burger Patty

MONDAY

LUNCH: Golden roasted sweet potato, butternut, baby spinach and feta

DINNER: Roasted yogurt-marinated chicken roasted with basmati rice and salsa

VEGETARIAN: Spinach, feta and sundry tomato pie

TUESDAY

LUNCH: Garlic and herb veg over peppadew cous cous

DINNER: BBQ Grilled Beef Steak with double baked bean and cheese potato

VEGETARIAN: Tex mex bowl with brown rice, corn, black beans, avo and salsa

WEDNESDAY

LUNCH: Brown rice with roasted peppers and green beans

DINNER: Honey mustard pork chop on sweet potato mash and green beans

VEGETARIAN: Teriyaki stir-fry with egg noodles

THURSDAY

LUNCH: Bulgar wheat salad with dill cucumber cherry toms and corn

DINNER: Slow cooked beef stew with root veg, peas and mash with rich beef gravy

VEGETARIAN: Grilled haloumi with roasted vegetables and brown rice with a sweet chilli mayo

FRIDAY

LUNCH: Baby potato with honey roasted butternut and broccoli florets

DINNER: Creamy garlic butter seafood Pasta

VEGETARIAN: Wild mushroom risotto-creamy risotto with earthy mushroom finished with a hint of chilli oil

R 90
PER MEAL

R 20
DELIVERY