



**fresh earth**  
FOOD STORE

## Take-Home Catering Menu

### Salads per portion

|  |        |
|--|--------|
| Fresh Earth green salad, tomato, cucumber, mature cheddar and sprouts  | R35.00 |
| Slow roasted vegetable and home-made pesto salad (lettuce or Couscous) | R44.00 |
| Moroccan Chickpea and lentil salad                                     | R40.00 |
| Slow roasted balsamic and rosemary beetroot salad                      | R40.00 |
| Oven roasted butternut, sage, feta salad (lettuce or Couscous)         | R40.00 |
| Grilled Haloumi salad (lettuce or Couscous)                            | R44.00 |
| Spicy tofu and mixed baby greens (lettuce or Couscous)                 | R44.00 |
| Fruit Salad (mixed Seasonal fruit)                                     | R35.00 |

### Lasagnes per portion (vegan options available)

|  |        |
|--|--------|
| Spinach ricotta and blue cheese lasagne. | R45.00 |
| Mixed seasonal vegetable lasagne         | R45.00 |
| Curried lentil and tomato lasagne        | R45.00 |
| Butternut, sage and pecan lasagne        | R45.00 |

### Quiche (10 Slice)

|   |         |
|---|---------|
| Leek Sweet potato and pepperdew                     | R160.00 |
| Mixed oven roasted vegetables, fresh basil and feta |         |
| Courgette onion and parmesan cheese                 |         |
| Sun dried tomato, cream cheese and fresh herb       |         |
| Butternut sage goat's feta and pecan                |         |
| Sweet potato caramelized onion and blue cheese      |         |
| Spinach and Feta                                    |         |
| Breakfast quiche                                    |         |

### Pie (Minimum order of 2 portions)

|   |        |
|---|--------|
| Shepherds Pie – lentil stew topped with butternut and potato mash | R45.00 |
| Moroccan vegetable pie  | R45.00 |
| Vegetable and lentil pie  | R45.00 |
| Boboti - traditional South African curried bake                   | R45.00 |

### Stews and Curries (Minimum order of 2 portions)

|                               |        |
|-------------------------------|--------|
| Moroccan vegetable curry      | R45.00 |
| Thai sir fry and coconut rice | R50.00 |
| Aubergine stew                | R45.00 |

### Home Baked Bread

|                          |        |
|--------------------------|--------|
| Whole wheat farm bread   | R25.00 |
| Broccoli and spice bread |        |
| Herbed focaccia bread    |        |
| Lemon poppy seed loaf    |        |



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## Grains & Rice 200g portion

|  |         |
|--|---------|
| Short grain brown rice                   | R 16.00 |
| Brown Basmati rice                       | R 16.00 |
| Brown rice and quinoa mix                | R 20.00 |
| Short grain brown rice and mixed nut mix | R 23.00 |
| Couscous and fresh herbs                 | R 20.00 |
| Quinoa                                   | R 25.00 |

## Soups 500ml Portion

|                                    |        |
|------------------------------------|--------|
| Butternut and cashew soup          | R27.00 |
| North African vegetable spice soup | R27.00 |
| Minestrone and pesto soup          | R27.00 |
| Hearty lentil veg soup             | R27.00 |

## Extras (each)

|                    |         |
|--------------------|---------|
| Falafel Balls      | R 3.00  |
| Spring rolls       | R 6.00  |
| Samosas            | R 6.00  |
| Mini Pizza         | R 8.00  |
| Quesadillas        | R 45.00 |
| Phyllo Parcels     | R 9.00  |
| Nachos 250g        | R 25.00 |
| Spicy Tofu - 150g  | R 28.00 |
| Veg & Tofu kebabs  | R 14.00 |
| Guacamole tub      | R 25.00 |
| Hummus tub         | R 22.50 |
| Hot-U-Go tub       | R 23.00 |
| Berry Coolie 250ml | R 18.00 |

## Terms and Conditions:

Ingredients may vary subject to availability.

Orders must be confirmed two days in advance.

To avoid disappointment allow more time for large orders or special requests

Meals are provided in disposable containers or you are welcome to supply your own dishes.

Orders must be collected during business hours only.

Payments are COD by cash, cheque, credit card and EFT.

Prices are subject to change without prior notice.

**Orders: 011 646 4404**