



# SwartskAAP

ready-made meals to freeze

## BEEF

serves 2

## VENISON

serves 2

## VEGETARIAN

serves 2

## CHICKEN

serves 2

## SOUP

serves 2

- Traditional bobotie topped with a cheese crust **R115**
- Creamy steak pie with black pepper, mushroom, roasted onion & rosemary **R140**
- Slow braised beef short rib **R170**
- Rich slow braised red wine oxtail **R300**
- Beef Lasagne **R125**
- Cottage pie served with a potato, butternut & sage mash topping **R120**
- Meatballs a la Norma served on creamy parmesan polenta **R130**
- Red wine, bacon & thyme venison pie **R125**
- Cottage pie topped with herby mashed potato **R110**
- Venison lasagne **R115**
- Meatballs a la Norma served on creamy parmesan polenta **R120**
- Rich macaroni & cheese with tomato & pesto topping **R80**
- Melanzane parmigiana **R130**
- Spinach & feta quiche **R100**
- Cauliflower, vanilla & chickpea cheese pie **R90**
- Vegetable curry served with sambals **R90**
- Roasted butternut, creamed spinach & feta cannelloni bake **R100**
- Chicken, broccoli & risoni bake **R145**
- Butter chicken curry served with sambals **R135**
- Creamy chicken, mushroom & feta pie **R140**
- Grilled chicken pieces served in a lemon & herb cream sauce OR a Cajun cream sauce **R135**
- Roasted tomato, red pepper & thyme **R120**
- Roasted sweet potato, carrot, fennel & coconut **R100**
- Roasted butternut & sage **R110**
- Creamy broccoli, pea, gorgonzola & bacon **R130**

Order from Liza Strauss on 083 279 1733

## LAMB

serves 2

## PIES

6 pies

## SIDES

serves 2

## GIANT SPRING ROLLS

6 spring rolls

## SWEET

## SOSATIES

6 sosaties

- Chinese lamb stew **R250**
- Minty lamb pie **R260**
- Lamb breyani **R240**
  
- Minty lamb **R480**
- Creamy chicken, mushroom & feta **R400**
- Creamy steak pie with black pepper, mushroom, roasted onion & rosemary **R420**
- Slow braised red wine oxtail **R480**
- Traditional bobotie **R340**
- Cheese griller sausage roll **R270**
- Spinach & feta **R300**
- Cauliflower, vanilla, chickpea & cheese
  
- Basmati rice **R25**
- Yellow rice **R25**
- Lemon infused mashed potato **R30**
- Traditional green beans **R30**
- Creamed spinach **R35**
- Pumpkin & sweet potato bake **R50**
- Pumpkin fritters with caramel sauce **R40**
- Sweetcorn bake **R35**
- Broccoli & cheese gratin **R50**
  
- Minty lamb **R240**
- Creamy chicken mushroom & feta **R200**
- Creamy black pepper, mushroom, roasted onion, rosemary & steak pie **R210**
- Slow braised red wine oxtail **R240**
- Traditional bobotie **R170**
- Spinach & feta **R150**
- Cauliflower, vanilla, chickpea & cheese **R160**
  
- Traditional milk tart (serves 4) **R110**
- Tipsy tart soaked in brandy (serves 4) **R140**
- Apple crumble tart (serves 4) **R135**
- Malva pudding (serves 4) **R100**
- Vanilla baked cheesecake topped with fruit coulis (serves 8) **R360**
- Chocolate caramel mousse cake (serves 8) **R350**
- Red velvet cake, cream cheese icing (serves 8) **R300**
- Poppy seed coconut cake, white chocolate icing (serves 8) **R320**
- Carrot cake, lime mascarpone icing (serves 8) **R340**
  
- Curry lamb sosaties **R150**

**the BEST curry lamb sosaties you have ever tasted...ready to braai**



# Swartskapie

home-cooked, nutritious  
ready-made meals to freeze

## BABY MEALS

from 6 months

salt and sugar free pureed food

frozen in cubes

vacuum sealed in 10 portion

Variety pack **consisting of:**

2x Chicken, broccoli & basmati

2x Spaghetti bolognese

2x Creamed spinach, butternut & couscous

2x Lamb stew & bulgur wheat

2x Hake cottage pie

**ALL R100**

## BABY FRUIT

from 6 months

salt&sugar free pureed fruit

frozen in cubes

vacuum sealed in 10 portion

Variety pack **consisting of:**

2x Apple & cinnamon

2x Guava & vanilla

2x Pear & star anise

2x Peach & rooibos

2x Strawberry & banana

**ALL R100**

## TODDLER MEALS

from 12 months

individual portions

lightly seasoned, textured food

Chicken, broccoli & basmati **R40**

Spaghetti bolognese **R35**

Macaroni & cheese with  
creamed spinach & butternut **R30**

Lamb curry & bulgur wheat **R45**

Fish cottage pie **R35**

Collection on **Tuesday-Friday 08:00-17:00 or Saturday-Sunday 08:00-12:00**

from **Swartskaaap Bistro** at **Sherewood Lodge**,

100 Cole Street, Shere.

We are situated **across the street of Laerskool Tygerpoort** Preprimary,  
**close to Silver Lakes** and Lombardy.



# Swartskaap

ready-made meals to freeze

## HOW TO ORDER please take note

- Indicated portions are an average guideline.
- **ADULT MEALS, SWARTSKAAP MEALS:** Make sure to specify allergies.
- **BABY & TODDLER MEALS, Swartskapie MEALS:** We do not cater for any dietary requirements or allergies.
- We cook on order, so please order **48 hours** in advance with Liza Strauss on 083 279 1733 from 09h00-17h00 (Mondays – Fridays).
- Collection on **Tuesday-Friday 08:00-17:00 or Saturday-Sunday 08:00-12:00** from **Swartskaap Bistro** at **Sherewood Lodge**, 100 Cole Street, Shere. We are situated across the street of Laerskool Tygerpoort Preprimary, close to Silver Lakes and Lombardy.
- A **delivery fee** of **R50** will be charged for the Pretoria East area only. Delivery only on Fridays. The delivery fee will differ for areas further out.
- We need **full payment in advance** before we start with any order.

### Steps on how to order:

1. Call or WhatsApp to place your order **48 hours** in advance with Liza Strauss on 083 279 1733. Please make sure to specify any allergies.
2. You will receive your pro-forma invoice via email. To confirm your order please make payment into our bank account and email your proof of payment back to [jacobajacobs@gmail.com](mailto:jacobajacobs@gmail.com)
3. Your order will be started once we receive your proof of payment.

### Banking details:

Inekol Trading & Investments Pty Ltd

Investec Grayston: 580105

Current account number: 100 118 24 994

Please email your POP to: [jacobajacobs@gmail.com](mailto:jacobajacobs@gmail.com)

Use your name and surname as reference

Order from Liza Strauss on 083 279 1733