***Soul Gourmet Family Favourites***

***This menu is subject to seasonal availability of ingredients& time constraints***

***Fish Selection***

Cape Malay Fish Curry & Rice $55.00 (P) Feeds 4

Mild coconut cream-based fish curry with rice

Jambalaya $55.00 (P) Feeds 4

A Cajun spiced fish stew made with fresh tomato, onion & capsicum

Whole Fillets of Salmon $120.00 (P &GF)

A whole fillet of salmon slow cured for 24-48 hours then either baked or hot smoked with one of the following sauces, teriyaki, honey mustard, sweet chilli & served with leafy greens & fresh lemon wedges

Fried Fillets of Hake $9.00(P)

Crispy batter coated fillets of hake. Minimum order 6 fillets

*Traditional Jewish Fish Dishes $48.00 per kilo*

Chopped Herring Fish Balls

Danish Herring Fish Cocktails

Mustard Herring Curry Fish Balls

Mock Crayfish Curry Fish Cocktails

***Pasta/Pizza*** *For all pasta dishes GF is an option*

Penne Napolitano $25.00 feeds 4-6 (P & Vegan)

Penne Alfredo with mushroom $35.00 feeds 4-6 (milk)

Spinach & Feta Lasagne $50.00 feeds 4-6 (milk)

Vegetable Lasagne $50.00 feeds 4-6 (P or Milk)

Tuna Lasagne $55.00 feeds 4-6 (P or Milk)

Mac & Cheese $60.00 feeds 4-6 (milk)

***Soup per 1L $14.00***

Chicken & vegetable (GF, meat)

Pumpkin & Coconut Cream (P, Vegan, GF)

Country Style Chunky Vegetable (P, Vegan, GF)

***Chicken Dishes*** all chicken is pre-cut into 10

Roast Chicken $40.00 (GF)

BBQ Chicken $45.00 (in a homemade BBQ sauce)

Honey Ginger Chicken $45.00 baked with fresh ginger, fresh lemon & honey

Peri Peri Chicken $45.00 not too spicy

Lemon & Herb chicken $45.00

Mild chicken curry with rice $55.00

Chicken pies approx. 1kg $30.00

Chicken Schnitzel strips $65.00pkg

***Meat Dishes***

Roast Beef in paprika jus $60 (500gr cooked meat weight)

Braised Brisket in monkey gland sauce $60(500gr cooked meat weight)

Beef Curry & rice $60 (mild 500gr cooked meat) $60

Beef Goulash with rice & vegetables $60 (500gr cooked meat)

Shephard’s pie feeds 4-6 $60

Beef Lasagne feeds 4-6 $60 (GF an option)

Beef shawarma meat only $60 per 500gr

***Sides*** (feeds 4-6, vegan, GF)

Slow roasted caramelized pumpkin $25

Roasted baby potato $25

Grilled vegetable medley $25 (min 5 different veg)

Creamed Spinach $25 (P)

Turmeric infused basmati rice $20

***Salads*** (price depends on size, vegan)

Classic French Salad Rocket, pea, avo & red onion

New York slaw Potato salad

Chinese Cabbage Cauliflower & Broccoli salad

Couscous & roast veg with lots of mint parsley & coriander

Eggplant salad 2 styles: Fried & marinated in a light vinaigrette

 Roasted in a slightly spicy tomato reduction

***Dips, spreads, sauces & dressings***

Creamy salad dressing

Smoked Paprika salad dressing

4 Seed salad Dressing

Green Goddess Salad Dressing

Fully loaded sweet chili sauce

Egg mayo $25pkg, tuna mayo $25pkg, smashed avocado $25pkg

***Dessert Selection***

Creamy Pareve Ice Cream: Vanilla, Strawberry, Chocolate, Don Pedro $15 p/L

Warm Pudding selection: Sticky choc, date, malva & apple sponge $15 each (P)

Pull apart cinnamon babka $35 (P)

Rugelach $2.50 each

Cinnamon Scrolls $3.50

Apple Crumble $30 (P)

Iced Cupcakes $3.50 (P)

Chocolate Mousse $15 (P, 500ml)

Choc brownies $3.50 each (P)

Iced Birthday Cakes $60

Slab Cakes $60 (P): vanilla, choc mud, marble, apple sponge, blueberry

Cheese Cake (CY): Tart size $45 or a

 10” Springform $70 (New York Style)

***Other Yum Selection***

Rice paper spring rolls (P) Falafel (P) Bourkas (P)

Protein Balls (P) Fudge (CY) Chili Bites(P)

Samosas veg or beef Egg Rolls (P) Biltong

Please where no price is listed contact me for more information.