



FOOD MENU

WEEKLY PACKAGES

WEEKLY MEAL
PREP NOW
AVAILABLE!

PACKAGES

Signature Meal (Build-a-Plate)

Individual Packages

(Serves 1 person)

3 Meals Per Week
Chicken & Hake Meals **360**

3 Meals Per Week
Beef Meals **390**

5 Meals Per Week
Chicken & Hake Meals **580**

5 Meals Per Week
Beef Meals **630**

Family Packages

(Serves 4-6 people)

3 Meals Per Week
Chicken & Hake Meals **1 500**

3 Meals Per Week
Beef Meals **1 650**

5 Meals Per Week
Chicken & Hake Meals **2 500**

5 Meals Per Week
Beef Meals **2 750**

MENU ITEMS

Build your own meals

Protein

Grilled Chicken Breast, Grilled Chicken,
Chicken Stew, Chicken Curry

Beef Mince, Beef Stew, Steak Strips

Hake

Main Options

Rice, Pap, Pasta, Roast Potatoes, Sweet
Potato Mash, Butternut Mash, Dumpling

Side Options

Roasted Veggies, Creamed Spinach,
Butternut, Coleslaw, Potato Salad,
Roasted Potatoes, Green Salad,
Chakalaka, Salsa

Add ons

Novaphi Pickled Chillie **70**

Novaphi Sweet Chillie Sauce **70**

TERMS & CONDITIONS

Please see Next Page

SWEET

TREATS

MUFFINS (Box of 4) **120**

Chocolate, Blueberry, Lemon, Carrot

MUFFINS (Box of 6) **180**

Chocolate, Blueberry, Lemon, Carrot

DRINKS

Green, Papaya, Orange **30**

Beetroot Juice

350ml (Subject to seasonal fruits
availability)

Kombucha

(Rooibos, Hibiscus & Green Tea) 350ml **35**



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WEEKLY PACKAGES



TERMS & CONDITIONS

3 Meals Per Week

5 Meals per Week

1. Pre-Bookings

All meals are prepared fresh based on pre-orders. Orders must be placed in advance to secure your slot.

2. Payment Policy

An 80% deposit is required to confirm your order.
No order will be processed without a deposit.

3. Balance Payment

The remaining 20% must be paid before delivery or on collection.

4. Order Deadlines

All weekly orders must be placed by **Sunday**.
Late orders may not be accommodated.

5. Cancellations & Refunds

- Deposits are non-refundable once the order is confirmed.
- Rescheduling may be allowed with sufficient notice (at least 24-48 hours).

6. Delivery & Collection

Delivery times will be communicated in advance.
Please ensure availability to receive your order.
Collection times must be adhered to.

7. Custom Orders

Special requests or changes must be communicated when placing your order. We will try to accommodate where possible.

8. Portion & Quality

Meals are prepared fresh with quality ingredients and portioned according to our standard serving sizes.