



♥ PLATTERS ♥ COOKIES ♥ RUSKS ♥ READY MEALS ♥ FROZEN MEALS

Ready to Eat Frozen Foods: Create your own Combo

- Generous portions, hand prepared with quality ingredients -

<u>Beef Options</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Spaghetti Bolognaise (white pasta)	R 45	R 65	R 90
Lasagne (white pasta)	R 80	R 115	R 160
Bobotie (with / without raisins) (low carb)	R 90	R 130	R 180
Cottage Pie (gluten free)	R 60	R 90	R 120
Curry Mince and Rice (brown or white rice)	R 60	R 90	R 120
Curry Mince and Creamy Potato Mash (gluten free)	R 65	R 95	R 130
Curry Mince (gluten free / low carb)	R 80	R 115	R 160
Meatballs with Tomato Onion smoor (low carb)	R 90	R 120	R 150
Beef Stroganoff (with mushrooms) (gluten free / low carb)	R 75	R 105	R 150
Beef Curry (with carrots) (gluten free / low carb)	R 80	R 115	R 160
Beef Tomato Bredie (gluten free / low carb)	R 85	R 125	R 170
Beef Tomato Bredie with rice (brown or white rice)	R 65	R 95	R 130
Mielie Pap and Wors with Tomato Onion smoor (gluten free)	R 65	R 95	R 130
Beef Stroganoff Pie (with mushrooms) (with pastry)	R 80	R 115	R 160
Beef Green Bean Casserole (gluten free / low carb)	R 85	R 125	R 170
<u>Chicken Options</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Lasagne (white pasta)	R 70	R 105	R 140
Chicken Pie (with pastry)	R 80	R 115	R 160
Chicken & Mushroom Pie (with pastry)	R 85	R 125	R 170
Chicken Cheese Cake (low carb)	R 90	R 130	R 180
Chicken Curry with Peas (gluten free/ low carb)	R 65	R 95	R 130
Chicken Curry with Potatoes (gluten free)	R 65	R 95	R 130
<u>Delicious Pasta's</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Mac and Cheese (white pasta)	R 35	R 55	R 70
Mac and Cheese with Bacon (white pasta)	R 55	R 80	R 110
Chicken Pasta Bake (white pasta)	R 55	R 80	R 110
Bacon & Chicken Pasta Bake (white pasta)	R 55	R 80	R 110
<u>Savoury Quiches (no crust)</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Savoury Quiche	R 75	R 105	R 150
Bacon & Feta Quiche (gluten free/ low carb)	R 90	R 130	R 180
Chicken & Cheese Quiche (gluten free/ low carb)	R 90	R 130	R 180
Bacon, Spinach & Feta Quiche (gluten free/ low carb)	R 90	R 130	R 180

<u>Puddings / Dessert</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Baked Pudding	R 35	R 50	R 70
Custard Dumplings	R 35	R 50	R 70
<u>Complete your dish</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
White Rice or Brown Rice	R 15	R 25	R 30
Creamy Potato Mash	R 30	R 45	R 60
Mielie Pap	R 10	R 15	R 20
White Spaghetti / Pasta (pasta)	R 12	R 20	R 25
<u>Sides and Vegetables</u>	<u>350g</u>	<u>500g</u>	<u>700g</u>
Pumpkin Pie	R 40	R 60	R 80
Broccoli & Cauliflower with Cheese Sauce	R 40	R 60	R 80
Seasonal Roasted Vegetables	R 50	R 70	R 95
Spinach Quiche	R 75	R 110	R 150
Vegetables with Cheese Sauce	R 40	R 60	R 80
Sweet Potato	R 45	R 70	R 90
Butternut	R 40	R 60	R 80
Cabbage, Carrot and Corn Stir fry	R 50	R 75	R 100
Carrots with Peas	R 40	R 60	R 80
Sweet Carrots	R 35	R 50	R 70

Create your own combo, mix and match sizes to your preference and add Cookies, Rusks and Gift Hampers for your convenience

Kindly place your order at least **2 working days** in advance

Custom orders and **special requests** will gladly be accommodated and can be quoted for

R 5 per km additional delivery fee, per delivery

FREE delivery on orders of R 1 500 or above

(for the first 15 km's, thereafter R 5 per km additional delivery fee, per delivery)

**** 5% DISCOUNT on all orders of R 2 500 or above ****

Full Payment required on confirmation of order, thank you

Banking details for electronic transfer:

Cook Kiss (Pty) Ltd
Nedbank - 131 006 0932
Branch Code - 198 765

Melanie Vollgraaff

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