

# Vienrose

Finest Cuisine Catering

## Ready-Made Meals Menu

Our Menu Can Accommodate Halaal Substitutions On All Our Meals, Please Enquire With Us To Specify Any Requests Or Dietary Restrictions.

Order Values From R600,00 Will Qualify For The Free 20km Delivery & 25% Off (Rate/Km) , Standard Delivery Rates are @R4,00/Km

	Single	Double	Family of 4
<b>Vienrose Soups:</b> <i>Served With Fresh Cocktail Rolls Or Crispy Foccacia Bread</i>			
<b>Creamy Butternut Soup</b> Roasted Butternut Simmered With Tumeric, Cinnamon, Fresh Cream, Minced Onions & Herbs	R55	R105	R209
<b>Spiced Carrot &amp; Lentil Soup</b> Carrots & Lentils Braised With Olive Oil, Onions, Fresh Herbs Ginger & Garlic	R55	R105	R209
<b>Tomato Soup</b> Prepared With Roasted Tomatoes, Onion, Butter & Herbs	R55	R105	R209
<b>Pumpkin Soup</b> Prepared With Roasted Pumpkin, Onions, Cream & Herbs	R58	R110	R220
<b>Hearty Chicken Soup</b> Tender Chicken, Potatoes, Carrots, Turnips, Baby Spinnach & Cream Served with Croutones	R58	R110	R220
<b>Mushroom Soup</b> Mushroom & Potatoes Creamed With Herbs & Light Spicing	R58	R110	R220
<b>Vegetable Soup</b> Mixed Fresh Vegetables, Carrots, Peas, Sweet Potatoes, Onion, Broccoli, Celery, Butternut, Baby Cabbage & Spinach Slow Cooked With Ginger Garlic & Spicing	R58	R110	R220
<b>Chicken Noodle Soup</b> Shredded Chicken Fillet Breast, Chopped Carrots, Celery, Onion, Fresh Thyme & Garlic With Noodles & A Hearty Chicken Broth	R58	R110	R220
<b>Coconut Squash Soup</b> Shredded Fresh Coconut, Coconut Milk, Spices, Roasted Squash, Fresh Herbs & Light Spicing	R58	R110	R220
<b>Bacon, Bean &amp; Tomato Soup</b> Grilled Chopped Bacon With Tomatoes, Butter Beans, Kidney Beans, Garlic, Ginger & Herbs Slow Cooked	R58	R110	R220
<b>Potato &amp; Leek Soup</b> Potatoes, Leek, Spring Onion Creamed With Fresh Cream, Light Spicing	R58	R110	R220
<b>Beef Goulash Soup</b> Soft Braised & Slow Cooked Rump Prepared With Tomatoes, Chickpeas, Vegetables & Warm Spices With Paprika	R58	R110	R220

## Main Dishes:

*Low GI/Low Carb Meals*

<b>Chicken with Mushrooms</b> Low Calerie Chicken Casserole With Bacon, Peas & Parsley Sauce Served With Rice	R75	R143	R285
<b>Barley, Chicken &amp; Mushroom Risotto</b> Creamy Risotto Made With Pearl Barley, Chicken, Leeks & Mushroom	R72	R137	R274
<b>Moroccan Chicken With Sweet Mash</b> Tender Chicken & Creamy Sweet Potato Mash With A Moroccan Sauce Served With Baby Peas And Baby Carrots	R72	R137	R274
<b>Minced Beef &amp; Sweet Potato Stew</b> One-Pot Hearty Casserole With Seasonal Greens	R82	R156	R312
<b>Steamed Fish With Ginger &amp; Spring Onion</b> Asian Steamed Fish With Pak Choi, Mirin, Garlic & Soy Topped With Coriander	R92	R175	R350
<b>Smoked Haddock With Lemon &amp; Dill</b> Delicate Fish With Flavoured Pulses	R90	R171	R342
<b>Grilled Chicken Wings</b> Grilled Chicken Wings In Light Seasoning Served With Greens & Salsa	R70	R133	R266
<b>Grilled Salmon And Asparagus</b> Lightly Seasoned Salmon Grilled In Olive Oil Served With Asparagus, Grilled Cherry Tomatoes, Grilled Peppers & Mushrooms	R98	R186	R372

## Main Dishes: Traditional

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	Single	Double	Family of 4
<b>Chicken</b>			
<b>Chicken A-La-King</b> Grilled Chicken Prepared In A Creamy Sauce Of Mushrooms, Onions, Green Peppers & Baby Peas Served With White Rice & Caramelized Butternut	R75	R143	R285
<b>Parmesan Chicken</b> Two Breaded Chicken Breasts Grilled In Lemon Topped With A Tomato Passata Sauce, Sweet Basil, Mozzarella & Parmesan Served With Grilled Baby Potatoes Seasoned With Garlic Butter And Herbs	R75	R143	R285
<b>Chicken Stirfry</b> Tender Chicken Strips Sautéed With Onion, Carrots, Cabbage, Peppers & Pineapple In A Sweet Soya Sauce Served With Chinese Egg Noodles	R75	R143	R285
<b>Creamy Chicken</b> Tender Chicken Breasts Served In A Creamy White Wine Sauce With Roasted Baby Potatoes, Broccoli & Green Beans	R75	R143	R285
<b>Chicken Fried Rice</b> Tender Grilled Chicken Strips Tossed With Onion, Green Peppers, Egg, Grated Carrots, Mushrooms & Spices With Rice	R68	R129	R258
<b>Chicken Cordon-Bleu</b> Crispy Breaded Chicken Fillet Filled With Ham & Cheddar Cheese Pan-Fried & Served With A Creamy Mushroom Sauce, Baked Potatoes & Spinach	R75	R143	R285
<b>Roast Chicken</b> Crispy Roast Chicken Prepared With Mustard, Lemon & Light Spicing Served With Roast Potatoes, Whole Mushrooms, Broccoli, Sweet Carrots & Savoury Gravy	R75	R143	R285
<b>Parmesan Chicken Breasts</b> Fried Chicken Breasts Breaded In Parmesan Served With A Creamy Garlic Potato Bake, Grilled Green Beans & Carrot Satini	R75	R143	R285
<b>Chicken Stew</b> Hearty Chicken Stew Prepared With Carrots, Potatoes & Beans In A Savoury Gravy Served With Basmati Rice & Sweet Butternut	R75	R143	R285
<b>Creamy Herb Chicken</b> Chicken Strips Grilled In Olive Oil & Fresh Lemon With A Light Cream, Rosemary & Thyme Sauce Served With Rice Pasta	R75	R143	R285
<b>Fried Chicken</b> Crispy Crumbed Fried Chicken Served With Fried Potato Wedges & Served With A Greek Salad	R75	R143	R285
<b>Chicken &amp; Mashed Potatoes</b> Pan-Fried Chicken Breasts Served With Creamy Mashed Potatoes Topped With A Cheese Crust, Baby Marrow, Gamsquash And Baby Carrots	R75	R143	R285
<b>Salads</b>			
<b>Smoked Salmon, Avocado &amp; Arugula Salad</b> With Pear, Red Onion, Greens, Cream Cheese & Spring Onion	R95	R181	R361
<b>Grilled Chicken &amp; Bacon Caesar Salad</b> With Lettuce, Cherry Tomatoes, Red Onions, Avo, Cucumber, Feta & Cream Cheese	R95	R181	R361
<b>Chicken &amp; Sweetcorn Pasta Salad</b> With Onions, Green & Red Peppers & Baby Spinach With A Creamy Garlic Mayo Dressing	R75	R143	R285
<b>Greek Salad</b> With Lettuce, Tomatoes, Onions, Cucumber, Feta & Olives	R75	R143	R285
<b>Chicken Caesar Salad</b> With Baby Lettuce, Romaine Tomatoes, Egg, Parmesan Cheese & Crunchy Croutons With A Creamy Garlic Dressing	R75	R143	R285
<b>Moroccan Butternut &amp; Chickpea Salad</b> Barley, Feta, Mixed Lettuce, Celery, Cucumber, Served With A Honey & Mustard Dressing	R85	R162	R323
<b>Chicken &amp; Broccoli Salad</b> With Toasted Sesame Seeds, Mozzarella, Mixed Lettuce, Fresh Apple Slices Toasted Almonds Served With A Pineapple Dressing	R85	R162	R323
<b>Beef Strip Salad</b> Beef Strips, Fresh Avo, Blue Cheese, Cherry Tomatoes, Spring Onion Tossed With Mixed Lettuce & Served With A Salsa Dressing & Tortilla Wedges	R95	R181	R361
<b>Chickpea Salad</b> With Baby Peas, Fresh Carrot, Olives, Parsley, Mint Red Peppers, Croutons, Feta, Beetroot & Hummus	R75	R143	R285
<b>Tuna Pasta Salad</b> With Sweetcorn, Red Onion, Cucumber, Cheddar & Mozzarella, Baby Tomatoes & Coriander	R95	R181	R361
<b>Thai Aubergine Salad</b> Slices Of Aubergine Grilled & Tossed With Lettuce, Tomatoes, Cucumber, Carrots, Feta & Olives In A Vinaigrette Dressing	R85	R162	R323
<b>Beef</b>			
<b>Beef Stroganoff</b> Beef Fillet Strips Pan-Fried In Soya Sauce, Garlic, Onion, Green Peppers & Mushrooms Simmered In A Light Creamy Sauce Served With Rice & Sweet Butternut	R85	R162	R323

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	Single	Double	Family of 4
<b>Beef Brisket</b> Grilled Brisket With Roasted Pumpkin, Baby Marrow, Mushrooms & Broccoli Served With A Creamy Cheese & Potato Bake	R75	R143	R285
<b>Cottage Pie</b> Savoury Mince With Vegetables Topped With Creamy Mash Potatoes & Cheddar Cheese	R75	R143	R285
<b>Beef &amp; Mushroom Wine Sauce</b> Tender Beef Fillet Cooked In A Red Wine & Soya Sauce With Mushrooms Served With A Potato & Green Bean Mash & Pumpkin Satini	R89	R169	R338
<b>Oxtail Casserole</b> Fall Off The Bone Oxtail Prepared With Carrots, Celery & Onion In A Thick Gravy With Red Wine Baked & Served With Rice/Mash/Polenta	R120	R228	R456
<b>Meatballs &amp; Mash</b> Baked Beef Mince Meatballs With A Tomato & Cream Sauce Served With Creamy Mash Potatoes, Sweet Butternut And Seasonal Greens	R75	R143	R285
<b>Beef Stew</b> Rump Beef Slow Cooked With Potatoes, Carrots, Green Beans In A Thick Savoury Gravy Served With Rice & Coleslaw Vinaigrette Salad	R85	R162	R323
<b>Beef Fillet Steak</b> Beef Fillet Steak Pan-Fried With A Lemon Garlic Sour Cream & Served With Scalloped Potatoes And Greens	R125	R238	R475
<b>Rump Steak</b> Pan Fried Rump Steak Prepared In Butter, Garlic, Olive Oil & Herbs Served With Roast Potatoes & Fresh Mixed Roasted Vegetables	R125	R238	R475
<b>Stir Fry Beef</b> Tender Beef Fillets Stir-Fried With Onions, Peppers, Carrots, Thin Cabbage, Green Beans Served With Chinese Egg Noodles In Soya Sauce	R95	R181	R361
<b>Beef Trinchado</b> Thin Beef Slices Prepared In A Light & Spicy Cream Sauce Served With Warm Bread For Dipping	R95	R181	R361
<b>Lamb</b>			
<b>Lamb Pancakes</b> Two Lamb Pancakes Filled With Pulled Grilled Lamb, Hoisin Sauce, Cucumber Strips, Spring Onion & Plum Sauce	R95	R181	R361
<b>Lamb Chops</b> Grilled Lamb Chops In Coriander & Lemon Served With Rice & Grilled Vegetables	R95	R181	R361
<b>Roast Lamb</b> Crumbed Roast Lamb Cutlets Baked And Served With Roasted Baby Potatoes, Gemquash & Creamy Spinach	R95	R181	R361
<b>Lamb Shanks</b> Slow Cooked Lamb Shanks Prepared In A Light Red Wine & Tomato Puree Gravy With Carrots Served With Mash, Fettucine Or A Crispy Baked Potato	R155	R295	R589
<b>Lamb Pie</b> Pulled Roasted Lamb In A Sweet Gravy With Carrots, Beans & Peas Topped With A Crust Of Mashed Potatoes & Fresh Herbs	R89	R169	R338
<b>Lamb Wraps</b> Tender Pulled Lamb Prepared In Olive Oil & Parsley Wrapped In A Tortilla Wrap With Shredded Lettuce, Tomato, Mozzarella, Sundried Feta & Cream Cheese	R89	R169	R338
<b>Pork</b>			
<b>Chorizo Portuguese Rice</b> Tomato Style Portuguese Rice With Tomatoes, Chorizo, Mushrooms, Peppers, Garlic & Smoked Paprika With Fresh Thyme & Rosemary	R75	R143	R285
<b>Sweet &amp; Sour Pork</b> Tender, Battered Fried Pork Tossed In A Sweet & Sour Sauce With Bell Peppers, Onion & Pineapple Served With Chinese Egg Noodles/Rice	R75	R143	R285
<b>Pork Tenderloin</b> Tender Pork Stuffed With Garlic & Herb, Cream Cheese & Bacon Topped With Maple Apple Sauce Served With Grilled Baby Potatoes & Mixed Vegetables	R89	R169	R338
<b>Pork Fried Rice</b> Pork Strips Fried In Sweet & Sour Sauce & Tossed With Chinese Rice, Onions, Sweet Peppers, Pineapple, Shredded Carrots & Cabbage	R75	R143	R285
<b>Pork Stir Fry</b> Pork Strips Pan-Fried With Onions, Peppers, Pineapple, Carrots, Thin Cabbage In A Sweet & Sour Sauce Served With Chinese Egg Noodles/Rice	R68	R129	R258
<b>Sticky Pork</b> Glazed Pork Strips With Ginger & Garlic In Soya & Honey Served With Spicy Asian Roasted Broccoli & Rice	R85	R162	R323
<b>Roast Pork</b> Roast Pork Slices Baked & Grilled In Garlic, Mustard & Thyme Served With Roast Potatoes, Mixed Vegetables & A Light White Wine Gravy	R85	R162	R323
<b>Italian Dishes</b>			
<b>Minced Beef Lasagna</b> A Classic Baked Lasagna Pasta With Minced Beef, Italian Tomato Passata Sauce & A Creamy Bechamel Sauce Topped With Mozzarella	R85	R162	R323
<b>Chicken Lasagna</b>	R85	R162	R323

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	Single	Double	Family of 4
Layers of Lasagna Pasta Baked With Sweet Butternut, Tender Grilled Chicken Breasts & Bechamel Sauce Topped With Mozzarella & Parmesan			
<b>Spaghetti Bolognaise</b>	R85	R162	R323
A Classic Italian Dish With Mince In A Bolognaise Sauce Served With Spagetti & Parmesan			
<b>Chicken Fettucine Alfredo</b>	R85	R162	R323
Creamy Garlic Parmesan Fettucine Pasta Tossed With Tender Strips Of Chicken & Mushrooms			
<b>Caprese Salad</b>	R89	R169	R338
Cherry Tomatoes, Mozzarella Cheese Salad Topped With Freshly Made Pesto Sauce			
<b>Gnocchi</b>	R75	R143	R285
Potato Gnocchi Prepared In A Tomato Basil Sauce & Fresh Herbs			
<b>Bacon Alfredo</b>	R85	R162	R323
Bacon And Spinach In A Creamy Alfredo Sauce With Fettucine Pasta			
<b>Traditional Macaroni &amp; Cheese</b>	R75	R143	R285
Baked Macaroni Pasta With Cheddar Cheese Topped With Cheddar Cheese & Baby Tomatoes			
<b>Bacon Macaroni &amp; Cheese</b>	R89	R169	R338
Baked Macaroni Pasta With Crispy Bacon, Onion, Cheddar Cheese Topped With Cheddar Cheese & Baby Tomatoes			
<b>Veal Marsala</b>	R95	R181	R361
Veal Cutlets Prepared In Cream With Mushrooms, Marsala Wine, Butter, Rosemary, Thyme & Parsley Served With Roasted Baby Potatoes & Greens			
<b>Italian Chicken Skillet</b>	R85	R162	R323
Casserole With Chicken Breasts Prepared With Zucchini, Tomatoes, Fresh Basil & Peppers			
<b>Focaccia</b>	R55	R105	R209
With Garlic, Butter & Herbs			
<b>Ciabatta Garlic Bread/Bruschetta</b>	R55	R105	R209
<b>Pistachio Parma Cotta</b>	R75	R143	R285
Creamy Dessert Served With Chopped Pistachios			

## Indian Dishes

<b>Butter Chicken</b>	R85	R162	R323
Creamy & Spiced Chicken in Tomato & Yoghurt, Butter Chicken Gravy With Warm Spices Served With Naan Bread			
<b>Beef Curry</b>	R85	R162	R323
Soft Braised Beef & Cooked Potatoes With Carrots & Peas Served With Basmati Rice & Raita Salad			
<b>Chicken &amp; Coconut Curry</b>	R75	R143	R285
Chicken Fillets Prepared With In A Creamy Coconut Milk Curry With Spices Served With Saffron Basmati Rice & Carrot Satini Salad			
<b>Tandoori Masala Chicken Curry</b>	R75	R143	R285
Chicken Marinated & Cooked With Yoghurt & Spices Served With Saffron Basmati Rice & Cucumber Raita Salad			
<b>Paneer Tikka Masala</b>	R85	R162	R323
Marinated Paneer Cheese Served In A Spicy Rich & Creamy Gravy Served With Warm Naan Bread			
<b>Lamb Biryani</b>	R95	R181	R361
Casserole Of Tender Lamb Curry & Fragrant Saffron Rice With A Creamy Cucumber & Mint Raita			
<b>Chicken Biryani</b>	R75	R143	R285
Classic Chicken Biryani Served With Basmati Rice/Roti & A Creamy Cucumber & Mint Raita Salad			
<b>Naan/Roti</b>	R20	R38	R76

## Vegetarian Dishes

<b>Gnocchi With Mushrooms &amp; Blue Cheese</b>	R75	R143	R285
Soft Creamy Blue Cheese With Philadelphia Creamy Sauce, Spinach, Mushrooms Grilled With Gnocchi, Garlic & Herbs			
<b>Aubergine &amp; Mozzarella Bake</b>	R85	R162	R323
Thin Slices Of Aubergine & Mozzarella Baked In Olive Oil, Tomato, Garlic With A Crispy Parmesan Topping			
<b>Vegetarian Lasagna</b>	R75	R143	R285

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	Single	Double	Family of 4
Baked Layers Of Lasagna Pasta With Sweet Butternut, Baby Peas, Mushrooms, Peppers, Broccoli & Bechamel Sauce Topped With Mozzarella			
<b>Exotic Mushroom Risotto</b>	R75	R143	R285
A Light Risotto Prepared With Mushrooms, Garlic, Onion, Peppers & Thyme			
<b>Red Lentil And Chickpea Curry</b>	R78	R148	R296
A Rich & Hearty Lentil Curry Served With Basmati Rice & Sambals			
<b>Zucchini Noodles</b>	R78	R148	R296
Pan-Fried Cherry Tomatoes, Mushrooms, Fresh Basil & Shallots In A Light Creamy Sauce Topped On A Bed Of Zucchini Noodles			
<b>Aubergine, Potato &amp; Goats Cheese Gratin</b>	R85	R162	R323
Layers Of Potato, Aubergine Slices & Goats Cheese In A Creamy Cheese Sauce Baked With Parmesan Topping			

## Burgers

<b>Classic Beef Burger</b>	R75	R143	R285
Beef Burger Patty(150g) On A Bed Of Lettuce, Topped With Tomato, Onion, Cheddar Cheese, Gherkin & Mayo - Mustard			
<b>Chicken Fillet Burger</b>	R75	R143	R285
Tender Grilled Chicken Breasts On A bed Of Lettuce, Topped With Cheese & Creamy Garlic Mayo Sauce			
<b>Crumbed Chicken Fillet Burger</b>	R75	R143	R285
Grilled Crumbed Chicken Fillet Breast Topped With A Creamy Mushroom Sauce & Cheese			
<b>Beef &amp; Bacon Burger</b>	R75	R143	R285
Beef Burger Patty (150g) & Crispy Bacon with Lettuce, Tomato, Caramelised Onion & Mustard (For More Burger Options Please See Our Luncheons Menu)			

## Vienrose Pastry Pies

Served With Roasted Potato Wedges And Salad

<b>Chicken &amp; Mushroom</b>	R65	R124	R247
<b>Steak &amp; Onion</b>	R65	R124	R247
<b>Roast Chicken</b>	R65	R124	R247
<b>Beef Curry</b>	R65	R124	R247

## Quiche

Served With A Fresh Greek Salad

<b>Bacon, Spinach &amp; Mushroom</b>	R55	R105	R209
<b>Chicken, Mushroom &amp; Spinach</b>	R65	R124	R247
<b>Bacon, Cheese &amp; Tomato</b>	R58	R110	R220
<b>Spinach, Feta &amp; Caramelised Onion</b>	R58	R110	R220
<b>Butternut, Feta &amp; Spinach</b>	R55	R105	R209
<b>Cheese &amp; Tomato</b>	R55	R105	R209
<b>Sweet Tuna &amp; Onion With Baby Peas</b>	R55	R105	R209

## Pizza

23cm Pizza Base With The Following Toppings

<b>Sweet &amp; Sour Chicken</b>	R75	R143	R285
Tender Chicken Strips With Pineapple, Onion, Peppers In A Sweet & Sour Sauce Topped With Mozzarella Cheese			
<b>Chicken Tikka</b>	R75	R143	R285
Tender Chicken Strips With Sweet Pepperdews, Onion & Tikka Sauce Topped With Mozzarella Cheese			
<b>Four Seasons</b>	R75	R143	R285

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	Single	Double	Family of 4
Olive Oil , Mozzarella Cheese, Mushrooms, Prosciutto, Olives			
<b>Margarita</b>	R65	R124	R247
Tomato & Mozzarella			
<b>Hawaiian</b>	R75	R143	R285
Topped with Tomato Sauce, Mozzarella Cheese, Pineapple & Ham			
<b>Capricciosa</b>	R85	R162	R323
Ham, Spinach & Mushroom			
<b>Sweet Tuna</b>	R75	R143	R285
Topped with Tomato Sauce, Shredded Tuna, Peppers & Pineapple			
<b>Smoked Salmon</b>	R89	R169	R338
Smoked Salmon With Cream Cheese, Onion, Garlic, Fresh Basil Topped With Mozzarella Cheese			

## Seafood

<b>Fish Cakes</b>	R75	R143	R285
Two Fish Cakes Portion Made With Fresh Grilled RedSnapper, Onion, Basil, Garlic, Lemon & Springonion Served With Roasted Potato Wedges			
<b>Grilled Fish</b>	R85	R162	R323
Grilled RedSnapper With Onions & Tomato Grilled In Lemon & Olive Oil Served With Rice, Creamy Lentils & Sambals Salad			
<b>Baked Salmon</b>	R95	R181	R361
Garlic Butter Baked Salmon Served With Crispy Roast Potatoes, Asparagus & Garlic Butter Sauce			
<b>Salmon In White Wine</b>	R95	R181	R361
Grilled Salmon With Lemon Dill & Garlic, A White Wine & Butter Sauce Served With Creamy Mashed Potatoes & Brussel Sprouts			
<b>Tuna Steaks</b>	R120	R228	R456
Tuna Fillet Steaks Grilled In Soya & A Tomato Sauce With Fresh Thyme Served With Rice & Sambals Salad			
<b>Queen Prawns</b>	R140	R266	R532
6 Grilled Queen Prawns In Garlic, Lemon Butter Served On a Bed Of Savoury Fried Rice, Crispy Potato Wedges & A Side Of Greek Salad			
<b>Grilled Kingklip</b>	R140	R266	R532
Kingklip Marinated & Grilled With Light Cream Sauce Served With Roasted Potato Wedges & Vegetables			

## Vegan Dishes

<b>Crispy Buffalo Cauliflower Bites</b>	R75	R143	R285
Served With Potato Cakes			
<b>Roasted Vegetable Pasta</b>	R85	R162	R323
Roasted Mediterrean Vegetables Tossed Prepared With Fresh Herbs			
<b>Black Bean &amp; Sweet Potato Quesadillas</b>	R75	R143	R285
Sweet Potato Mashed With Salsa, Rice & Fried Beans			
<b>Chinese Noodles</b>	R75	R143	R285
Noodles Bok Choy Broccoli, Button Mushrooms & Carrots In A Ginger Garlic Sauce			
<b>Lentil, Chard &amp; Sweet Potato Curry</b>	R75	R143	R285
Spicy Curry Prepared With Vegan Yoghurt with Lentils, Chard & Sweet Potato			
<b>Vegetable White Bean Hash</b>	R75	R143	R285
Potatoes, White Beans & Vegetables Pan - Sauteed Served With Chickpea Nuggets			

We understand that business and family time is important to our customers & your time is essential, therefore we have selectively created a gourmet menu that you can enjoy in the comfort of your workspace or at home delivered to your door.

Please specify delivery days and place of delivery i.e.; Office/home/gym in the drop-down list

<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday	<input type="checkbox"/> Home <input type="checkbox"/> Office <input type="checkbox"/> Gym	Delivery Address: _____
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- Thursday
- Friday
- Saturday
- Sunday
- Public Holiday

Specified Collection Point

Contact Person:

Contact Number:

Single Double Family of 4

For any changes to existing orders or special dietary requirements, meal replacements please provide below in our comment box

**Comment Box:**

Meals are freshly prepared on the day & delivered on a daily basis at your business, home or gym.

For custom quotes please kindly send your email to [jacqueline@vienrose.co.za](mailto:jacqueline@vienrose.co.za)

### **Additional Information:**

Portion size average ( +/- 400g to 500g ) per portion

Meals are grilled, steamed, no extra fat added, salt & limited spicing on all our Low Gi/Low Carb Recipes

Ingredients: we only use extra lean meat, fish & fresh vegetables in all recipes

Oven Heating Instructions: The Packaging: Can be used in a oven

Microwave Heating Instructions: Transfer into an Microwave-safe dish and re-heat (REMOVE PLASTIC LID)

Storage: Can be freezed up to -25°C

Time Saving Benefits with ordering at your convenience:

- Grocery Shopping (30-60 min a day/week)
- Cooking and cleaning up (60-120 min a day)

Cost Saving Benefits:

- Electricity/Gas and water required to prepare your meals and to wash dishes after cooking
- Groceries that are used for cooking
- Travel Costs

Our ready-made meals are designed with you in mind, a healthy approach to take away food just browse our many menu options and order online

or email [jacqueline@vienrose.co.za](mailto:jacqueline@vienrose.co.za) to request a menu designed to suit your preference and budget.