



MENU

ALL DAY GOURMET FAVOURITES: JUNE 2014

BEEF

- **The Lasagne**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Homemade egg rich layers of lasagne smothered between a rich minced prime meat Ragu and a smooth béchamel, topped with parmesan shavings.

- **Cottage pie**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Minced prime beef, cooked with onions, carrots and peas, topped with fluffy mashed potatoes and cheddar cheese.

- **Slow cooked Bolognese sauce**

R95 - serves 3 | R180 – serves 6

Lean beef mince, slow cooked the classic way in tomato with fresh herbs and red wine. Serve on your favourite pasta for a quick meal everybody loves.

- **Italian meat balls**

R95 - serves 2 | R180 – serves 4 |

Herby moist meatballs cooked in a rich tomato sauce and topped with grated cheese. You'll fight over the last one.

- **Homemade beef hamburgers**

R80 - serves 2 | R150 – serves 4 |

Healthy large low carbohydrate handmade beef burgers, flavoured with fresh herbs and onions less any preservatives, additives or colourants. Perfect for the braai or panfry.

CHICKEN

- **Chunky chicken and mushroom pie**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Juicy chicken pieces cooked with leeks, peas and fresh thyme then topped with puffed pastry that turns golden brown in the oven.

- **Fragrant green Thai curry**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Tender pieces of chicken breast cooked with julienne carrots, peppers and fresh pineapple pieces in coconut, ginger and lime a with a hint of chili. Very mild but flavourful.

- **Butter Chicken curry**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Tender pieces of marinated chicken breasts cooked in a rich and scrumptious mild curry, butter and yogurt sauce. Serve it with your favourite rice or a roti and garnish with fresh coriander leaves. You'll definitely want more than one helping.



MENU

- **Red chicken curry**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

A slightly hotter red coconut curry with juicy pieces of chicken breast and chopped aubergines, caught up in all the well known Thai flavours like kaffir lime leaves, ginger and coconut milk. Add your own red chilies for a bit of extra kick.

- **Chicken & Broccoli bake**

R95 - serves 2 | R180 – serves 4 | R340- serves 8

Succulent chicken pieces cooked in a creamy sauce with some added white wine and leeks then combined with blanched broccoli pieces and topped with crumbs and grated cheese. It comes ready to be baked till golden brown and handsomely shared with those close to you.

LAMB

- **Boneless leg of lamb stew**

R110 - serves 2 | R210 – serves 4 |

Cubes of leg of lamb slowly cooked till tender in thick gravy with added red wine and fresh herbs, makes this the perfect winter fair. Served with creamy mashed potatoes and a solid glass of red wine; will ensure empty plates and full tummies.

PORK

- **Hungarian Pork goulash**

R110 - serves 2 | R210 – serves 4 |

Cubes of prime pork leg seared in the pan to preserve its flavour and tenderly cooked in a rich Hungarian goulash sauce flavoured with smoked paprika. Serve on mashed potatoes or your preferred starch for a hearty meal.

NEW VEGETARIAN

- **NEW Lentil Lasagne**

R85 - serves 2 | R160 – serves 4 |

Homemade egg rich layers of lasagne sheets smothered between a rich tender lentils and a smooth béchamel, topped with parmesan shavings.

- **NEW Ratatouille**

R85 - serves 2 | R160 – serves 4 |

Aubergines, zucchini, onions and peppers cooked in a thick tomato compote with a hint of garlic and flavoured with fresh herbs to give this well known French dish its due. This ratatouille is perfect as a main on pasta or a side dish with any meal.



MENU

LOW CARBOHYDRATE HIGH FAT OPTIONS (LCHF):

BEEF

- **The LCHF Lasagne**

R105 - serves 2 | R190 – serves 4 |

Prime beef mince ragu layered between thin layers of zucchini on an aubergine base covered with a creamy cheese sauce and topped with parmesan takes care of this LCHF option.

- **LCHF Cottage pie**

R105 - serves 2 | R190 – serves 4 |

High protein minced beef are cooked with LowC al vegetables and traditional herbs, topped with cream and butter rich cauliflower mash with a grated cheddar cheese topping. Bake till brown and serve with afresh crunchy salad.

- **LCHF Slow cooked Bolognese sauce**

R95 - serves 3 | R180 – serves 6

Prime beef mince, slow cooked with added duck fat in tomato with fresh herbs and homemade stock. It is just delicious.

- **LCHF Italian meat balls**

R105 - serves 2 | R190 – serves 4 |

Herby moist meatballs browed in flavourful duck fat and smothered in a rich tomato sauce and topped with grated cheese. You'll fight over the last one.

- **LCHF Homemade beef hamburgers**

R85 - serves 2 | R155 – serves 4 |

Healthy large handmade low carb beef burgers, flavoured with fresh herbs and onions, less any preservatives, additives or colourants. Perfect for the braai or panfry.

CHICKEN

- **LCHF Chunky chicken and mushroom pie**

R105 - serves 2 | R190 – serves 4 |

Juicy chicken pieces cooked in chicken fat with leeks, and fresh thyme then topped with topped with cream and butter rich cauliflower mash with a grated cheddar cheese topping.

- **LCHF Butter Chicken curry**

R105 - serves 2 | R190 – serves 4 |

Now this is an easy one. Tender pieces of marinated chicken breasts cooked in a rich and scrumptious mild curry sauce consisting of butter, cream, double fat yougurt and the delicious curry spices. Serve it on julienne baby marrow or steamed cauliflower and garnish with fresh coriander leaves. You'll definitely want more than one helping.



MENU

- **LCHF Red chicken curry**

R105 - serves 2 | R190 – serves 4 | R340- serves 8

A slightly hotter red coconut curry with juicy pieces of chicken breast and chopped aubergines, caught up in all the well known Thai flavours like kaffir lime leaves, ginger, lemongrass and coconut cream. Add your own red chillies for a bit more of a kick.

- **LCHF Chicken & Broccoli bake**

R105 - serves 2 | R190 – serves 4 |

Succulent chicken pieces cooked in a cream sauce with some added thyme and leeks, then combined with blanched broccoli pieces and sprinkled with almond flakes and grated cheese. Ready to be baked till golden brown with a crunch on top.

LAMB

- **LCHF Boneless leg of lamb stew**

R120 - serves 2 | R225 – serves 4 |

Slow cooked leg of lamb cubes in thick gravy made from homemade stock and fresh herbs, makes this the perfect winter fair. Serve with creamy cauliflower mash and cheat with a solid glass of red wine.

PORK

- **LCHF Hungarian Pork goulash**

R110 - serves 2 | R210 – serves 4 |

Cubes of prime pork leg seared in goose fat to enhance its flavour and tenderly cooked in a creamy Hungarian goulash sauce flavoured with smoked paprika and fresh parsley. Serve on julienne zucchini or cauliflower mash for a hearty meal.

More meals will be added weekly. Look forward to more curries, lamb- , vegetarian dishes, and soups.

We strive to carry stock of our all dishes, but would like to urge you to place an order as long in advance as possible, especially if you want dishes to serve 8 or more. We can also do meals in your own dishes, but discuss with us first. We always try and accommodate a delivery of larger orders in the Constantia area if organised beforehand.

All our dishes are oven and microwave proof up to 190° Celsius and they also look great.

Any dietary and allergy issues can be answered by Johann.

For orders, advice and other info please contact Johann here:

Email: thatgourmetguy@gmail.com

Call: 082 8205848 or 021-7947021