

PRODUCT CATALOGUE

Homemade With No Preservatives



HUMMUS



Plain Hummus

1 Kg / Unit

Made from chick peas and sesame based Tahini, Hummus is a high protein, high fiber food with a variety of uses. Put on toast instead of butter. Use as a sandwich spread. Dip in with chips or vegetable sticks. Hunger satisfying and wonderfully nutritious.

Spicy Hummus

1 Kg / Unit

With Spicy Hummus you can get all the nutritional value of plain hummus with the added flavor of chili and paprika. Use as a dip or spread or as the basis for a delicious salad dressing.





Caramelized Onion Hummus

1 Kg / Unit

Nutritionally fabulous Plain Hummus meets the tang of Caramelized Onions and the flavor of Balsamic Vinegar. A real winner for a spread on bread or crackers and a great basis for a dressing.

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Feta Hummus

1 Kg / Unit

Our wonderful Plain Hummus is enhanced by the flavor of real Feta cheese and fresh herbs. A perfect sandwich or toast spread as well as the basis for a tasty dip for chips or vegetable sticks.



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Roasted Pepper Hummus

1 Kg / Unit

Hummus alone is nutritionally beneficial because of the sesame and olive oil content, but this one has the benefit of the taste of roasted Red Capsicum which also gives it a wonderful red color. Use as a spread or dip.

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Sundried Tomato Pesto

1 Kg / Unit

Sundried tomatoes, cashews, garlic and oil make up the basic ingredients for this classic Pesto. Use it for the basis for a pesto pasta or a spread. Adding sour cream makes a perfect dip for crisps or fresh veggies.



Cashew Basil Pesto

1 Kg / Unit

This classic combination of fresh basil leaves, cashews, and parmesan cheese makes it possible for you to have a great pesto pasta without a lot of hassle. This pesto can also be used in dressings or as a coating for a chicken or fish dish. Add some olive oil and it becomes a wonderful dip for chips or vegetable sticks.



ANTI PASTO



Flame Roasted Peppers

1 Kg / Unit

Perfect red capsicums are roasted and skinned, combined with EVOO, thyme, garlic comfit, bay leaves, and dried chili. These peppers are great for salads or as garnishes for meat or vegetable dishes.



SAUCES DRESSINGS

Barbeque Sauce

Available in

- 1 Kg / Unit

- 500 Gr / Unit

- 300 ml / Unit

Our BBQ sauce is a tasty combination of tomato sauce, our homemade Peri Peri sauce and smoked paprika. Use for any meat/fish item to be barbequed and you'll have people asking for more.



Vinaigrette Dressing *250 ml / Unit*



This classic dressing is made from oil and vinegar with the addition of Dijon mustard and seasonings. Because it is so classic and simple, you can use vinaigrette for almost any salads from mixed greens to pasta.

Teriyaki Sauce

Available in
1 Kg / Unit | 500 Gr / Unit | 300 ml / Unit

Original Teriyaki sauce was just soy, mirin, and sugar but our newer version uses them in conjunction with pineapple and ginger and garlic for a wonderful depth of flavor.



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Tomato Salsa Sauce

1 Kg / Unit

This Tomato Salsa is a classic from Mexican cuisine using very fresh red tomatoes, garlic, onions, and green capsicums so it goes with Tacos and all manner of other tasty Mexican treats. A staple in any kitchen condiment line up.



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Tomato Sauce

1 Kg / Unit

Made with superfresh peeled tomatoes cooked with onions and garlic, bay leaves, and other herbs, this sauce is a perfect base for a variety of delicious pasta dishes.



Bolognese Sauce

1 Kg / Unit

Using high quality imported minced beef, and mixed with onions, garlic, peeled tomatoes, and bay leaves, and simmered for hours, this is a classic sauce for all your tomato based pasta dishes.





Onion Relish

1 Kg / Unit

Onion relish is a wonderfully tasty combination of chopped dry onions, sultanas, bay leaves, and red wine vinegar. Use as a side dish for meat or poultry dishes or as a spread for sandwiches.



Sweet Chili Sauce

1 Kg / Unit & 300 ml / Unit

Sweet Chili Sauce is perfect for a dipping sauce for almost any Asian dish like fried or grilled chicken or fish. Made of garlic, chili and vinegar plus spices, this sauce will improve the taste of anything you want to dip in it.



Peri Peri Sauce

1 Kg / Unit

This Peri Peri Sauce is made with red peppers, chilis, and onions with vinegar, sugar, and spices. It's great with fish or chicken as a marinade or as a finishing sauce.



Classic tartar sauce made with quality mayonnaise and the addition of pickles, fresh dill and tarragon is a standard accompaniment to a large range of fish dishes but most famously, Fish and Chips. Also tasty as a sauce for French Fries or Onion Rings.

Tartar Sauce

Available in
1 Kg / Unit
200 Gr / Unit & 250 ml / Unit





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Caesar Dressing

Available in
1 Kg / Unit
500 Gr / Unit
& 250 ml / Unit



Well known Caesar Dressing is made from quality mayonnaise with the addition of anchovies and parmesan cheese and a bit of lemon juice. Caesar Dressing can be used with a slew of salads and is not limited to use with Caesar Salad only!

Spicy Asian Dressing

Available in
1 Kg / Unit | 500 Gr / Unit
& 300 ml

Spicy Asian Dressing is a combination of sweet chili sauce, coriander, and lemongrass and is perfect for those who like a bit of heat in their salad dressing.



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Goma Dressing

Available in
- 1 Kg / Unit
- 500 Gr / Unit
- 250 ml / Unit

Goma or Sesame Dressing has ground sesame as its base with added mayonnaise, Mitsukan vinegar, sesame oil, and a touch of sugar. This is a great dressing for many types of salads and can also be used as a topping for steamed vegetables.

Chef's Dressing

1 Kg / Unit

Chef's Salad Dressing is made to go with the famous Chef's Salad and is a mayonnaise base with chili and lemon juice added for tartness. This dressing also goes well with other green leaf salads or even with pasta salads.





Cranberry Sauce

1 Kg / Unit

Our Cranberry Sauce is made from high quality quick frozen cranberries and a limited amount of sugar. Cooked down over low heat for some time, it becomes thick and wonderfully cranberry ISH without any added preservatives or flavorings.



Arrabbiata Sauce

400 Gr / Unit

Arrabbiata sauce is a standard tomato based sauce with the addition of chili and spices which create more 'heat' and a stronger taste. A good sauce for heavier pasta choices.

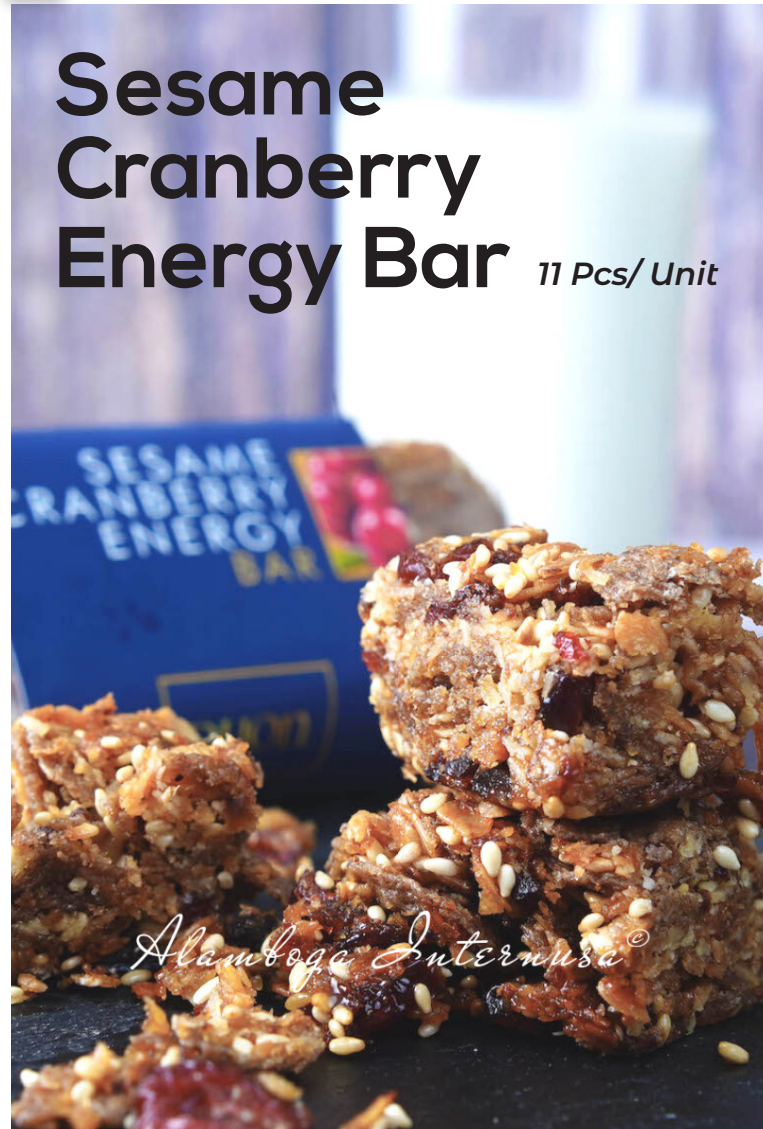


DIJON BARS



**Chocolate
Fruit Bar** 11 Pcs / Unit

A true original from the good old days, this bar is still a winner. Made from coconut, dried fruit, condensed milk, and dark chocolate, this is not for those watching their waistlines, but oh so nice!



**Sesame
Cranberry
Energy Bar** 11 Pcs/ Unit

This high energy bar is made from toasted sesame seeds, coconut, dried cranberries, and guarantees an energy boost when you need one!



A great combination of extra dark chocolate, almond meal, coffee, butter, and sugar. Very hard to resist, even for those on a strict diet.



Fat pitted dates are combined with chopped walnuts, flour, butter, eggs, and palm sugar. Try one and for sure you will want another.

Multi Seed Bar

11 Pcs / Unit



Multiseed bars start with Honey Oats and are then balanced out with 5 different seeds, honey, butter and vanilla. These bars are good to take to the gym or the beach for a great energy treat!

Gluten Free Cashew Date & Maca Bar

11 Pcs / Unit



Gluten free "safe to eat" for Celiacs and gluten sensitive folks, these are made from cashews, pitted dates, and maca powder and are a wonderful taste treat with no added sugar.

Gluten Free Fudgy Brownies

17 Pcs / Unit



These gluten free brownies are made with high quality dark chocolate, eggs, sugar, butter, almonds, and cocoa powder, and are very hard to resist.

Gluten Free Cranberry Coconut Bar

11 Pcs / Unit



Cranberries and coconut are the stars of this unusual taste satisfying bar. Organic coconut oil creates great consistency and pitted dates add sweetness without sugar. A must try!

Quinoa Energy Bar

11 Pcs / Unit



Highly nutritious Quinoa is mixed with a variety of dried fruit and seeds and then combined with butter, coconut oil and honey to create the perfect boost of energy.



Date Bar

11 Pcs / Unit

Lots of pitted dates combined with the usual baking ingredients and spices to make a truly memorable bar.



DESSERTS

Tiramisu Jar

130 - 140 Gr / Unit

Tiramisu Cup

160 - 170 Gr / Unit

Tiramisu Family Pack

Small 850 - 900 Gr / Unit



Tiramisu Family Pack

Medium 1.1 - 1.2 Kg / Unit

Available in four sizes from personal portion to Family Pack of over one kilo, this Tiramisu combines imported light Lady Fingers with Bali coffee, whipped cream, mascarpone, eggs, sugar and rum flavoring. Loved by many, this is a perennial favorite wherever it is served.

Chocolate Truffle

For twenty years we have been producing spectacularly delicious chocolate truffles using three kinds of dark chocolate plus butter, cream and cocoa powder. These truffles will impress all your guests with their high quality goodness.



JAMS & SPREADS



Blueberry Cranberry Jam

*Available in 1 Kg / Unit
& 200 gr / Unit*

Blueberries and cranberries are a great combination both for taste and for color. An unusual mix but very popular with those who like something a little different.





Strawberry Jam

**Available in 1 Kg / Unit
& 200 gr / Unit**

Fresh strawberries packed with nutrients are the basis of this jam which uses much less than the normal amount of sugar to help cut down on your added sugar while creating the same amount of food pleasure.



Mango Raspberry Jam

**Available in 1 Kg / Unit
& 200 gr / Unit**

In season mangoes are combined with succulent raspberries to make this unusual jam combination.

Peanut Butter

Available in 1 Kg / Unit

& 200 gr / Unit

Unlike commercial peanut butter products, this healthier version uses no added sugar or fat at all. Peanuts are roasted before processing to get maximum flavor. Try once and you'll be hooked!



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Chunky Peanut Butter

Available in 1 Kg / Unit

& 200 gr / Unit

Just like our plain peanut butter, this delicious product has no added sugar or oil but definitely has chunks of fine roasted peanuts.



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Nanny's Marmalade

Available in 1 Kg / Unit
& 200 gr / Unit

A unique old family recipe which takes four days to make using extra fresh citrus fruit with minimal sugar. Hard to find any local marmelades with this "old country" flavor profile.



Cashew Butter

Available in 200 gr / Unit

Local cashews are blended with a little salt to make a tasty butter for spreading on toast or muffins. Also good for a cashew version of peanut butter cookies!



FROZEN ITEMS

MEAT

Lamb Shank Picante

480 Gr / Unit

Imported lamb shanks are braised and then simmered for hours with onions, garlic, herbs and spices, tomatoes and chilis. This is a falling off the bone dish which never fails to get rave notices.



Beef Patties

160 Gr (2 Pcs) / Unit

Delicious made from premium beef with a slight addition of suet, spices and a dash of hot sauce. Perfect for the best hamburgers on any grill or stove top cooking.



Chicken Curry

400 Gr / Unit

Boneless chicken thighs and legs form the basis for this delicious curry. Made with onions and garlic plus lots of ginger and spices, this is the perfect dish for a great Indian meal. Serve with rice or Indian bread.



Chicken Vindaloo

350 Gr / Unit

Made from chicken legs and thighs with skin left on, different spices and herbs combine with garlic and onions to make an unforgettable flavor burst in your mouth.



Chicken Pesto

90 Gr / Unit

Our normal delicious Chicken Schnitzel are coated with Pesto to make these even more fantastic a main dish. They also keep well in the freezer. Great for sandwiches and salads for an extra plus factor.



Chicken Schnitzel

90 Gr / Unit

Chicken breasts are seasoned and coated in bread crumbs mixed with Parmesan cheese. These are good items to have on hand in the freezer for a quick and tasty main dish.



Lamb Meat Biryani

180 Gr - 200 Gr / Unit

Lamb Meat Biryani is a delicious combination of chunky bites of tender lamb cooked in yoghurt and Indian spices. This tasty dish can be used in a variety of ways but one of the favorite choices is to mix this with basmati rice.



SOUPS

Tomato Lemongrass Soup

400 Gr / Unit

Based on perfectly fresh red tomatoes, this soup features an Asian flavor with the addition of Lemongrass, Keffir Lime leaves and galangal. Stock is a hearty vegetable one making it both light and vegetarian.



Moroccan Lentil Soup

400 Gr / Unit

Our Moroccan Lentil Soup is a simple hearty and healthy meal on its own or as an accompaniment to a salad, sandwich or main dish. Ingredients include sweet potatoes, spices and herbs, onions and garlic as well as the main ingredient, lentils.



Vegetable Lentil Soup

400 Gr / Unit

Red Lentils are the main ingredient of this vegetable packed soup. You'll find tasty celery, broccoli, zucchini, baby beans and carrots in addition to onions, garlic and herbs. Perfect for a fast heat up lunch or dinner.



Minestrone Soup

400 Gr / Unit

Our version of this Italian classic is a vegetable based broth with such vegetables as carrots, celery, zucchini, (both yellow and green) and tomatoes. Macaroni gives the soup its substantial texture, perfect for a quick meal.





Chickpea Pasta Soup

400 Gr / Unit

Hearty chickpea pasta soup is a “heat and serve” dish bound to please anyone with good taste and little time to cook. Based on chickpeas it contains red capsicums, fresh tomatoes, onions and garlic, fresh basil and a dash of Balsamic as well as Rissoni pasta.

Double Mushroom Soup

300 Gr / Unit

This unusual mushroom soup is based on Button and Portobello mushrooms chopped fine and cooked together with onions and garlic. Added broth and milk make a rich, heavy soup with a very unique flavor profile.



APPETIZERS



Falafel These patties are made from chickpeas as a base
6 Pcs with eggs and a variety of spices to give flavor.
 They are commonly used as the main filling in
 wraps or on their own with a tasty sauce. Fully
 vegetarian and highly nutritious, they keep well in
 the freezer.
240 Gr / Unit



PASTA

Baked Macaroni

250 Gr / Unit

A classic American dish! Baked Macaroni pasta in a creamy milk based sauce with added cheese and flavored with vegetables and spices to make it just perfect. Freezer safe so you can always have something in stock.



Baked Macaroni Family Pack

750 Gr / Unit

Our delicious Baked Macaroni in a family size pack is perfect for those times when you have more than just a couple at the table. Keeps well in the freezer so you can always have 'food insurance' for those unexpected guests.



Beef Lasagna

250 Gr / Unit

Lasagna is a hearty Italian pasta dish made from long Lasagna noodles with a delicious tomato sauce and different cheeses in layers. Famous world wide, this dish is seen on dining room tables everywhere. Now you too can serve it with confidence. Keeps well in the freezer.



Beef Lasagna Family Pack

2.3 Kg / Unit

Everyone's favorite Baked Lasagna is available in a family size pack which can feed the whole family plus!

