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freefromfood

FARM TO FREEZER TO FORK

New AIP Meals

New AIP Pear Muffins

Gluten, dairy & egg free



Baked Falafels

Thai Beef Caulirice

## ABOUT US

We are a small, female strong business run out of Durban. We provide healthy, convenient frozen food, that is free-from gluten, dairy and egg.

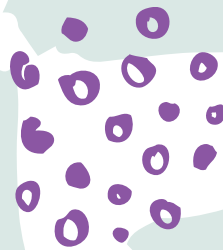
We know how stressful it is to lead a free-from lifestyle. Our mission to take all the worry about researching, planning and preparing meals away from you. Let us liberate you!



Our meals are created by our qualified chef, Nell, in our small kitchen in Durban, under strict safety practices.

All our meat is free-range, and free-from added hormones and antibiotics.

Our meals are made using high-quality ingredients that you can enjoy whilst nourishing your body.



Peanut Butter Blondies

## AIP PACKAGE

This package is especially designed for people wanting to eliminate unwanted inflammation. This diet will help heal your gut to reduce inflammation created by autoimmune conditions.

These meals contain no egg, dairy, grains, gluten, soy, nightshade vegetables (e.g. tomatoes & onions), nuts, legumes, seeds & sugar. Our vegetables are organic and ethically sourced, where possible. Our meat is free range, with no added hormones and is antibiotic free.

5 dinners

R440

### Lemony Beef Meatballs

R98

Free-range beef meatballs tossed in a lemony basil pesto and served with roasted vegetables.

### Chicken Cottage Pie

R98

Free-range chicken breast strips in a creamy coconut sauce baked with leeks & spinach. Topped with herbed sweet potato mash.

### Low Carb Beef Stroganoff

R89

Tenderised free-range steak strips in a creamy coconut sauce with tender stem broccoli and spinach. Served with cauliflower.

### Chicken and Spinach Hash

R79

Free-range chicken mince stir fried with tamari, and served with pumpkin, courgettes, and wilted spinach.

### Courgette and Beetroot Fritters

R82

Baked and lightly fried Courgette and Beetroot Fritters served with creamed roasted sweet potato and spinach.

### Fishballs and Roasted Vegetables

R98

Hake flavoured with lemon, ginger, and fresh herbs rolled and baked until golden. Served alongside roasted pumpkin, sweet potato, and spinach.

### Cauliflower and Coleslaw Salad

R79

Spiced cauliflower and sweet potato, served on a bed of coleslaw flavoured with fresh lemon and coriander.

# AIP TREATS



Blueberry & Banana Muffins

R60



Salted Caramel Blondies

R38



R60

Pear Muffins

### Poached Lemon and Herb Fish

R89

Hake fillet flavoured with fresh lemon and herbs and served on a bed of creamed sweet potato, spinach, and leeks.

### Mediterranean Chicken and Roast Vegetable Salad

R89

free-range chicken, lightly marinated with Mediterranean flavours, and served with roasted pumpkin, sweet potato, and courgettes.

### Green Caulirice & Sweet potato Salad

R98

Spinach & tenderstem broccoli dusted with cauliflower rice, tossed with basil pesto sweet potatoes & pomegranates.

### Low Carb Chicken Ala King

R89

Free-range chicken breast strips in a creamy coconut sauce with sauteed greens and served on a bed of cauliflower.

# AIP MENU



Chicken Ala King

# VEGAN MENU

## Golden Baked Falafels

R79

Lightly baked falafels served with a spicy beetroot hummus and roasted mediterranean vegetables on a bed of gluten-free millet.

## Mexican Bean Bowl

R75

Mexican style tomatoes, beans, butternut & crunchy broccoli paired with a spicy red pepper sauce and served on a bed of wild rice.

## Thai Chickpea Quinoa Salad

R77

Protein-rich chickpeas & quinoa in a Thai peanut dressing, served with finely sliced vegetables and tossed with pumpkin & sunflower seeds.

## Green Quinoa Risotto

R82

Tenderstem broccoli, baby marrows & green peas tossed with quinoa risotto and topped with slivered almonds.

## Sweet Potato Courgette Stew

R75

Slow cooked sweet potatoes & courgettes in a tomato-based stew with chickpeas and served on quinoa rice.



Baked Falafels

Best seller

## Mushroom Stroganoff

R75

Creamy sauce made with fresh herbs and mushrooms, served on a bed of brown basmati rice, black rice, and quinoa flavoured with fresh sage, oregano and spring onions.

## Lentil Bobotie

R75

A traditional South African favourite with a vegan twist. Vibrantly spiced tender lentils and sweet potatoes, topped with a vegan savoury custard and served with yellow basmati rice.

## VEGAN PACKAGE

This package is perfect for our plant-based meal lovers who are looking for an on-the-go solution to suit their busy lifestyles.

Our vegan range contains a wide variety of much-loved dishes with a plant-based spin.

5 dinners

R360

A photograph of a grey bowl filled with a hearty stew of sweet potatoes, courgettes, and chickpeas, garnished with fresh herbs. The bowl is set on a wooden surface. A white label with the text 'Sweet Potato Courgette Stew' is overlaid on the bottom of the bowl.

Sweet Potato Courgette Stew

# Chicken

## Chicken Laksa

R109

Free-range chicken breast strips in a fragrant rich and creamy, rich, and fragrant coconut, lemon, and chilli broth. Served with stir fried vegetables on a bed of flat rice noodles. This dish is as decadent as it sounds!

## Beef Lasagne



# Beef

## Spaghetti Bolognese

R87

Free-range beef mince with a rich bolognese sauce tossed in gluten-free spaghetti and topped with roasted butternut & sweet potato.

## Low Carb Beef Lasagne

R98

Free-range beef mince with homemade tomato sauce, layered with a creamy sauce & low carb mushroom lasagne sheets. Topped with fresh herbs.

## Hearty Beef and Vegetable Soup

R65

Chunky beef soup made with free-range tender beef, sweet potato & other nutritious vegetables.

## Hearty Beef Soup



# MEATY MENU

## Dukkah Spiced Lamb Curry

R109

Dukkah spiced free-range lamb knuckle curry with heirloom carrots served with basmati and broccoli rice.



## Lean Ostrich Ragù

R87

Lean free-range ostrich mince in a rich tomato based ragù, paired with cauliflower rice.



Antibiotic & hormone free

# TREATS



Choc PB Cookie Dough Balls



Raspberry Lemon Custard Tartlet



Golden Crunchies

- Coconut Caramel Protein Balls **R30**
- Chocolate PB Cookie Dough Balls **R30**
- Beauty Bliss Balls **R30**
- Treat Box **R160**



- Peanut Butter Blondies **R60**
- Blackbean Brownies **R50**
- Coconut Seed Bars **R65**
- Carrot & Pecan Muffins **R55**
- Sweet Potato Muffins **R50**
- Protein Choc Chip Cookies **R60**
- Mini Mylk Tart **R26**
- Anzac Cookies **R70**
- Fudgy Brownies **R37**
- Dark Chocolate Chip Muffins **R55**
- Mini Apple Crumble **R35**
- Raspberry Lemon Custard Tartlets **R35**



# CAKES

All of our cakes are 15cm rounds, and are gluten-free, dairy-free, and vegan. For collection only in Westville, Durban.

2 layer  
3 layer

R550  
R650

At least 2 weeks notice required for orders

## Cake flavours

Chocolate  
Vanilla  
Carrot

## Icing

Chocolate  
Vanilla  
-may be coloured

## Additions

Roses	R100
Chocolate Ganache	R65
Salted Caramel Drip	R35
Meringues	R10
Decorative toppers	R10 each
Fruit	R50
-Strawberries	
-Raspberries	
-Blueberries	



# CUPCAKES

6 cupcakes  
12 cupcakes

R180  
R360

## Cupcake flavours

Chocolate  
Vanilla  
Carrot  
Strawberry

## Icing

Chocolate  
Vanilla  
-may be coloured

All of our cupcakes are gluten-free, dairy-free, and vegan.

For collection only in Westville, Durban.

At least 1 weeks notice required for orders



## Additions

Decorative toppers  
Fruit/flowers

R10 each  
R50

- Strawberries
- Raspberries
- Blueberries