



## The Cookhouse

**Dinner is ready.  
Come and get it!**

nourishing prepared meals  
for your freezer

### Menu Updated July 2023

## SOUPS

450g Tub

### Roasted Tomato & Lime

Italian style with a dash of cream & a squeeze of lemon

**R62**

### Farm-style Bacon & Bean

Hearty, broth-like & packed full of tomato, celery, onions, mixed beans, white wine & smoky bacon bits

**R52**

### Spicy Mexican Pumpkin

Roasted pumpkin blended with cumin, lemon, cream & seven spice

**R52**

### Cream of Carrot & Ginger

Smooth & creamy with just a hint of ginger & caramelised onion

**R52**

### Cream of Courgette & Caramelised Onion

Slow cooked courgettes, sweet caramelised onions, cream & stock.

**R57**

## MAINS

### Greek Style Moussaka

Layered baked aubergine slices with beef bolognese mince. Topped with a scrumptious cheese sauce

**Single - R72 | 2 Ptn - R134 | 4 Ptn - R258**

### Cape Malay Creamed Chicken Masala

De-boned chicken breast pieces in a cream sauce. Full of flavour with masala spices, garlic, lemon, cumin & coriander

**Single - R63 | 2 Ptn - R112 | 4 Ptn - R221**

### Tub Of Bolognese

Ground beef topside mince slowly cooked down with tomatoes, garlic, onions & herbs

**475g Tub - R130 | serves at least 2 - 3**

### Comfort Cottage Pie

Delicious savoury mince topped with buttery mashed potato

**Single - R60 | 2 Ptn - R113 | 4 Ptn - R225**

### Chicken a la Queen

Our take on the classic Chicken a la King. But without peppers or mushrooms.

A lemon & parsley creamy chicken with spinach, celery & peas

**Single - R58 | 2 Ptn - R104**

### Braised Beef Pot

Hearty, beef shin stew slow cooked with tomato, white wine & garlic. With carrots, mushrooms, courgettes & pearl onions

**Single - R78 | 2 Ptn - R149 | 4 Ptn - R288**

### Tangy Chicken & Pineapple

Chinese sweet & sour style with succulent chicken strips, pineapple, sweetcorn, carrots & spring onions

**Single R50 | 2 Ptn - R92 | 4 Ptn - R179**

### Beef Stroganoff

Slow cooked beef thick flank strips in a cream sauce of mushrooms, onion, white wine, garlic, lemon & paprika

**Single - R87 | 2 Ptn - R166 | 4 Ptn - R331**

### Moroccan Style Lamb

De-boned lamb pieces tossed in fragrant spices including cumin, ginger, allspice, coriander, garlic & honey. With green beans, chick peas, tomatoes & carrots

**Single - R99 | 2 Ptn - R189 | 4 Ptn - R373**

### Italian Style Sweet Potato & Veg Bake

Sweet potato, broccoli & corn tossed in Italian style tomato sauce. Topped with our famous cheese sauce

**Single - R46**

### Cape Malay Creamed Veggie Masala

Sautéed spinach, cauliflower, broccoli, white beans, green beans & onion in a cream sauce of masala spices, garlic, lemon, cumin & coriander

**Single - R52 | 2 Ptn - R92**

### Tub of Beef Meatballs

10 x plain 30g meatballs. Pure ground beef with herbs, garlic & seasoning

**500ml Tub - R85 | serves 2**

### Lasagne Style Pasta Bake

Not layered lasagne sheets, but rather beef bolognese with pasta shells and topped with white Bechamel sauce and cheese

**Single - R57 | 2 Ptn - R109 | 4 Ptn - R212**

### Mac 'n Cheese

Simple & tasty bake. Macaroni tubes in cheese sauce. Topped with cheese.

**Single - R39 | 2 Ptn - R70**

## PIE MAINS

### Family Style Roasted Pork & Leek Pie

Stripped roasted pork shoulder. In a sauce of leeks, apples, carrots, bacon, honey & barley. Topped with an uncooked puff pastry lid to bake to golden

**Single - R56 | 2 Ptn - R103 | 4 Ptn - R199**

### Country Chicken, Bacon & Pea Pie

Stripped roast chicken, bacon, herbs, peas, carrots, garlic in a white wine & cream sauce. Topped with an uncooked puff pastry lid to bake to golden

**Single - R63 | 2 Ptn - R114 | 4 Ptn - R225**

## SAUCES

### Pizzaiola Sauce with Bacon

Italian style sauce cooked down with tomatoes, garlic & sweet peppers. With bacon bits, white wine & a splash of cream

**500ml Tub - R75 | serves at least 2**

### Pizzaiola Sauce with Olives

Italian style sauce cooked down with tomatoes, garlic & sweet peppers. With calamata olives, white wine & a splash of cream

**500ml Tub - R69 | serves at least 2**

### Alfredo Sauce

Bacon, mushrooms, garlic, white wine, cream, lemon & spring onions

**500ml Tub - R78 | serves at least 2**

## SIDES & VEG

### Creamy Butternut Mash

Smooth, creamy butternut with a dash of cream, butter & seasoning

**400g Tub - R32 | serves at least 3 sides**

### Cream of Tomato, Onion & Garlic Spinach

Our take on the classic "creamed spinach"

**500ml Tub - R56 | serves 2 - 3 sides**

### Potato Mash

Hassle-free mashed potato with a dash of cream, butter & seasoning

**450g Tub - R39 | serves 2 - 3 sides**

### Flavoured OR White Rice

White long grain rice either plain or subtly flavoured with braising spice

**500ml Tub - R20**

### Fettucine Pasta Tub

Durum wheat pasta

**1 Litre Tub - R43**

## SWEET SOMETHINGS

### Horlicks Flavour Ice Cream

Dry malt extract with sugar, milk, yoghurt, cream & vanilla essence

**500ml Tub - R56**

### Wild Berry Ice Cream

Mixed berries with milk, yoghurt, sugar, cream & vanilla essence

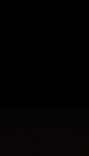
**500ml Tub - R56**

### Berry Apple Crumble

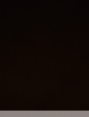
Mixed berry & apple compote, topped with a buttery crumble with hints of vanilla & cinnamon

**520g - R78 | serves 3 - 4**

## CONTACT US



079 144 6982



info@thecookhouse.co.za



thecookhouse.co.za



3A Mare St. Howick  
Shop 3, Gillitts Corner, Gillitts  
The Quad, Athlone Circle, PMB

