

# VEGAN BULK MEALS

*Ready Made Bulk Meals. Filling, Healthy, Diabetic Friendly.*

*Pop in oven for 10-15 minutes. Also microwave friendly. Can be kept frozen for up to 1 month*

*Get FREE CARBS with each order (serves 4 OR serves 6-8 according to family meal chosen). Get FREE Vegetable sides with Vegetarian Jambalaya*

---

**VEGETARIAN JAMBALAYA - SMALL** **R 100**  
**SERVES 4**

**VEGETARIAN JAMBALAYA - LARGE** **R 150**  
**SERVES 6-8**

*A combination of long grain rice, beans, vegetables seasoned with natural spices and herbs. May be served hot or cold. Dairy free*

---

**CHICKPEA BALLS - SMALL** **R 100**  
**SERVES 4**

**CHICKPEA BALLS - LARGE** **R 150**  
**SERVES 6-8**

*Served with any of these flavour sauces: Mushroom/ Lemon & Herb/ Sweet Sticky/ Chicken A'La King/ BBQ/ Curry/ Traditional Chicken Sauce/ Traditional Beef Sauce/ Mozambican Peri Peri*

---

**LENTIL PATTIES- SMALL** **R 100**  
**SERVES 4**

**LENTIL PATTIES - LARGE** **R 150**  
**SERVES 6-8**

*Served with any of these flavour sauces: Mushroom/ Lemon & Herb/ Sweet Sticky/ Chicken A'La King/ BBQ/ Curry/ Traditional Chicken Sauce/ Traditional Beef Sauce/ Mozambican Peri Peri*

---

**MIXED BEAN PATTIES - SMALL** **R 100**  
**SERVES 4**

**MIXED BEAN PATTIES- 1KG** **R 150**  
**SERVES 6-8**

*Served with any of these flavour sauces: Mushroom/ Lemon & Herb/ Sweet Sticky/ Chicken A'La King/ BBQ/ Curry/ Traditional Chicken Sauce/ Traditional Beef Sauce/ Mozambican Peri Peri*

**Delivery, Packaging & Handling Fee: R180. You can pack up to 10 Bulk Meals in a box WE DELIVER NATIONWIDE.**



# VEGAN BULK MEALS

*Ready Made Bulk Meals. Filling, Healthy, Diabetic Friendly.  
Pop in oven for 10-15 minutes. Can be kept frozen for up to 1 month*

---

**PASTA, OLIVE, BEAN PASTA BAKE - SMALL R 100**  
SERVES 4

**PASTA, OLIVE, BEAN PASTA BAKE - LARGE R 150**  
SERVES 6-8

*A Creamy low calorie vegetarian pasta based dish with Calamata Olives and Beans. Dairy free & gluten free*

---

**VEGETARIAN SUNDRIED TOMATO BAKE - SMALL R 100**  
SERVES 4

**VEGETARIAN SUNDRIED TOMATO BAKE - LARGE R 150**  
SERVES 6-8

*A Creamy Vegetarian pasta based dish with sundried tomato, gluten free pasta, spinach & parmesan (dairy free parmesan available for non dairy options)*

---

**BUTTERNUT ALFREDO PASTA- SMALL R 100**  
SERVES 4

**BUTTERNUT ALFREDO PASTA - LARGE R 150**  
SERVES 6-8

*A Creamy Butternut Alfredo Sauce mixed with Pasta. Dairy and Gluten Free*

---

**CREAMY VEGETABLE PASTA BAKE - SMALL R 100**  
SERVES 4

**CREAMY VEGETABLE PASTA BAKE- LARGE R 150**  
SERVES 6-8

*A Creamy home made traditional white sauce mixed with vegetables and pasta. Dairy and Gluten free*

**Delivery, Packaging & Handling Fee: R180. You can pack up to 10  
Bulk Meals in a box WE DELIVER NATIONWIDE.**