



Table Top Culinary
 Germiston, Johannesburg
 Edward: 072 529 6495

Email: tabletopculinary@gmail.com
 www.tabletopculinary.weebly.com

Table Top Culinary Premade Meals Pricelists

** Please note other sheets with full ingredients lists*

How to order: There is not set way to order. You can either type it out and send it to us, with the serving size and base. OR fill in the order sheet/s provided.
 OR fill in your order on the pricelist provided.

Name:
Delivery address:

Please note, that if prices are not listed, they are not available in that size

Chicken Dishes	Single (+/-450g)	2_3 (+/-1.13kg)	4_6 (+/-2kg)*	Base ^o
Chicken Broccoli Bake in cheese sauce	R 58	R 145	R 290	
Honey Mustard Chicken strips	R 60	R 150	R 300	
Creamy Basil pesto chicken casserole with feta & olives	R 65	R 163	R 325	
Chicken a la king	R 58	R 145	R 290	
Mediterranean Chicken Stir Fry	R 58	R 145	R 290	
Tamari Chicken & veg stir fry	R 58	R 145	R 290	
Thai Chicken & Butternut curry	R 58	R 145	R 290	
Cajun Chicken & Rice / Quinoa / Cauli-rice	R 58	R 145	R 290	
Chicken Schnitzel with gluten free crust (with veggies)	R 60	R 150	R 300	No base
Chicken Schnitzel with gluten free crust (without veggies)		R 105	R 210.00	No base
Chicken Schnitzel with walnut & cheese crust (with veggies)	R 65	R 163	R 325	No base
Chicken Schnitzel with walnut & cheese crust* (without veggies)		R 117.50	R 235	No base
Bacon Wrapped stuffed chicken (with vegetables)	R 62	R 155	R 310	No base
Bacon Wrapped stuffed chicken (without vegetables)		R 110	R 220	No base

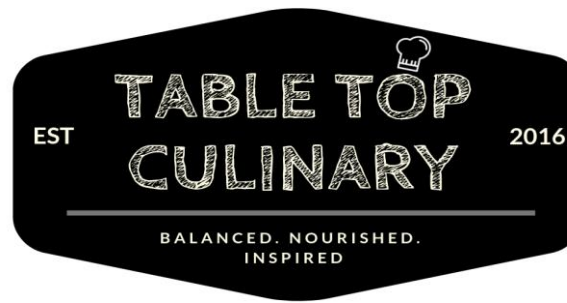


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° **Base options:** Quinoa / Basmati rice / cauli-rice / organic pasta / gluten free pasta / no base

Meat dishes (Lamb and Beef)	Single (+/-450g)	2_3 (+/-1.13kg)	4_6 (+/-2kg)	Base°
Lamb Curry	R 65	R 163	R 325	
Pulled lamb in homemade BBQ sauce	R 62	R 155	R 310	
Boeuf Bourginon	R 62	R 155	R 310	
Beef cottage pie	R 58	R 145	R 290	None
Beef meatballs with tomato relish	R 58	R 145	R 290	
Beef Hawaiian Stir fry	R 58	R 145	R 290	

° **Base options:** Quinoa / Basmati rice / cauli-rice / organic pasta / gluten free pasta / no base

Venison dishes (Ostrich, kudu/ springbok/ rooibok)	Single (+/-450g)	2_3 (+/-1.13kg)	4_6 (+/-2kg)	Base°
Venison or Ostrich cottage pie	R 58	R 145	R 290	No base
Venison stew	R 60	R 150	R 300	
Venison or Ostrich meatballs with tomato relish	R 58	R 145	R 290	
Venison or Ostrich bolognese with mushrooms & rosemary	R 58	R 145	R 290	
Ostrich fillet with vegetables	R 60	R 150	R 300	No base
Ostrich fillet without vegetables		R 105	R 210.00	No base

° **Base options:** Quinoa / Basmati rice / cauli-rice / organic pasta / gluten free pasta / no base

Vegetarian Dishes	Single (+/-450g)	2_3 (+/-1.13kg)	4_6 (+/-2kg)
Roast vegetable Lasagne	R 55	R 138	R 275
Mediterranean Vegetable Moussaka	R 50	R 125	R 250
Gluten free pumpkin & sage fritters	R 30	R 50	R 100*
Mushroom Burger Patties		R45 (4 pack)	R85 (8 pack)
Broccoli & cheese soup	R 35		

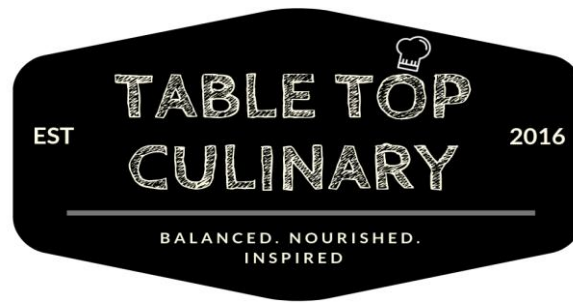


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Vegan Dishes	Single (+/-450g)	2_3 (+/-1.13kg)	4_6 (+/-2kg)	Base ^o
Mild lentil & sweet potato curry	R 45	R 113	R 225	
Thai butternut & chickpea curry	R 50	R 125	R 250	
Sprouted lentil bolognese	R 45	R 113	R 225	
Mediterranean vegetable stir fry	R 45	R 113	R 225	
Tamari Stir Fry veg with sprouted chickpeas	R 45	R 113	R 225	
Butternut & Mushroom Barley Risotto	R 40	R 100	R 200	No base
Sprouted lentil cottage pie	R 50	R 125	R 250	No base
Carrot, coconut & ginger soup	R 35			No base
Basil pesto pasta with roast butternut & pumpkin seeds	R 45	R 113	R 225	
Basil pesto pasta with broccoli, mushrooms and cherry tomatoes	R 45	R 113	R 225	
Baked falafels	R 30	R 75	R 150	No base
Chickpea Nuggets	R 40			*200g
Black bean burger patties		R 45		* 4 pack

Salads	Single (+/-300g)	2_3 (+/-750g)	4_6 (+/-1.5kg)
Roast Beetroot & Fennel Salad	R 35	R 87.50	R 175
Roast butternut, beetroot & feta salad	R 35	R 87.50	R 175
Roast veg & quinoa salad	R 40	R 100	R 200
Vietnamese Chicken salad with bao mayo	R 55	R 138	R 275
Rainbow slaw with sundried tomatoes & bao mayo	R 38	R 95	R 190

Desserts	Single (+/-125ml)	4_6 (+/-800ml)
Coconut flour Dessert Brownie with almond milk ganache	R 23	R 115
Coconut flour Dessert Brownie without almond milk ganache	R 20	R 100
Amarula malva pudding (gluten free)	R 28	R 140

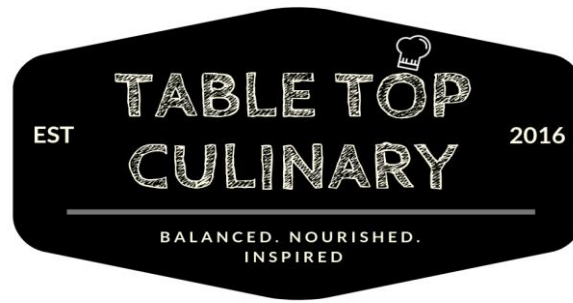


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Apple Crumble with oat & almond top	R 22	R 105
Vanilla Berry Coconut cream panna cotta	R 25	
Espresso Panna cotta	R 22	
Chocolate quinoa cake (<i>2 slices</i>)	R 60	

* = exceptions to the average size

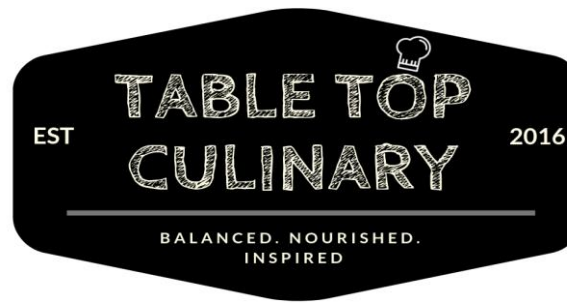


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MEAL (Chicken Dishes)	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 2-3 / 4-6	QTY
Chicken Broccoli Bake in a cheese sauce topped with gluten free crumbs	Free range chicken; broccoli, milk, mushrooms, cheddar cheese, butter, stoneground flour OR gluten free flour (brown rice flour, tapioca starch) gluten free bread, spices* himalayan rock salt, black pepper, with basmati rice* / quinoa / cauli-rice / pasta / gluten free pasta	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta		
Honey Mustard Chicken strips	Free range chicken; wholegrain dijon mustard; honey; sesame seeds; olive oil; spices*; with zucchini; broccoli & carrots with 'yellow' basmati rice*(turmeric*)/ quinoa / cauli-rice (cauliflower, turmeric*) * = certified organic ingredients egg) Sweet potatoes; zucchini, cauliflower, carrots, peppers, onions OR Stir fry veg mix of broccoli, carrots, mushrooms and green beans	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Creamy Basil pesto chicken casserole with feta & olives	Free range chicken; basil pesto (basil, olive oil, lemon juice, himalayan rock salt); cream; cauliflower, carrots, feta cheese; olives; arrowroot; himalayan rock salt, black pepper.) with basmati rice* / quinoa / cauli-rice / pasta * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Chicken a la king / Fettucine Alfredo	Free range chicken, cream*, mushrooms; peppers; carrots; peas / beans; lemon thyme; black pepper; himalayan salt with basmati rice*(basmati rice, turmeric) / cauli-rice (cauliflower, turmeric) / quinoa / pasta* (durum wheat semolina) / gluten free pasta (brown rice flour) * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Mediterranean Chicken Stir Fry	Free range chicken, zucchinis, carrots, olives, cherry tomatoes, basil, onion, peppers, balsamic dressing (balsamic vinegar*, olive oil, honey). served with basmati rice*(basmati rice, turmeric) / cauli-rice (cauliflower, turmeric) / quinoa / pasta (durum wheat semolina)* / gluten free pasta (brown rice flour). * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Tamari Chicken & Veg Stir Fry	Free range chicken; mushrooms; green beans; broccoli, red pepper; tamari sauce*(fermented soya beans); onions; sesame seeds; spices* (olive oil; coriander, cumin, lemon, lemon thyme, himalayan rock salt, black pepper.) with brown basmati rice* / quinoa / cauli-rice (cauliflower) * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Thai Chicken & Butternut Curry	Free range chicken, butternut; carrots; broccoli; spinach, celery; coconut cream; masala*; red chilli; cumin;coriander; himalayan rock salt; cayenne pepper* with yellow basmati rice*(basmati rice, turmeric) / cauli-rice (cauliflower, turmeric) / quinoa / pasta * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	

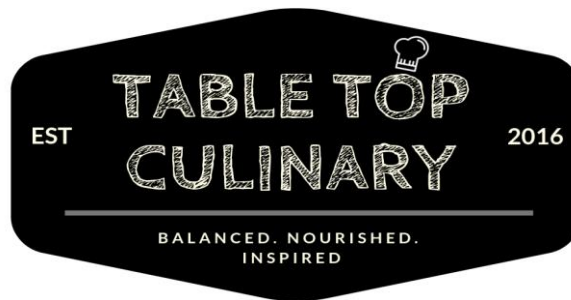


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Cajun Chicken & Rice / Quinoa / cauli-rice	Free range chicken; carrots, bacon, peas, tomatoes, peppers celery, garlic, spices* with brown basmati rice* / quinoa / cauli-rice (cauliflower * = certified organic ingredients)	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
Chicken Schnitzel with Gluten free crumb	Free range chicken breast, GF crumbs (brown rice flour, buckwheat flour, tapioca starch, psyllium husk, egg), spices*. Veg: Sweet potatoes; zucchini, cauliflower, carrots, peppers, onions OR Stir fry veg mix of broccoli, carrots, mushrooms and green beans.	With vegetables	(self fill in)	
		Without vegetables		
Chicken Schnitzel with walnut & cheese crumb	Free range chicken breast, ground walnuts, cheddar cheese, free range egg, tapioca starch, spices*. Veg: Sweet potatoes; zucchini, cauliflower, carrots, peppers, onions OR Stir fry veg mix of broccoli, carrots, mushrooms and green beans.	With vegetables	(self fill in)	
		Without vegetables		
Bacon Wrapped Stuffed chicken	Free range chicken, bacon, feta cheese*, pepperdew, spices* Broccoli, carrots, sweet potato, peas / beans, cauliflower, butter, spices* * = certified organic ingredients	With vegetables	(self fill in)	
		Without vegetables		

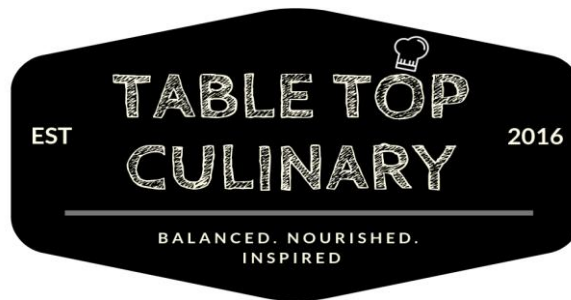


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MEAT DISHES (LAMB & BEEF)

MEAL	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 2-3 / 4-6	QTY
Lamb Curry	Free range lamb; carrots; zucchini; sweet potato; green peppers; tomatoes; onion; celery; ground coriander; bay leaves; cinnamon; cumin seeds, cardamom seeds, peppercorns, fennel seeds, mustard seeds, cloves, and red chilli peppers with basmati rice* / quinoa / cauli-rice * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Pulled Lamb in Homemade BBQ Sauce	Free range lamb; butternut; zucchini; cauliflower; broccoli; carrots; tomatoes; garlic; onions; tamari*, apple cider vinegar*; dijon mustard; chilli flakes*; Spices* (paprika, cayenne pepper, cinnamon); himalayan rock salt; black pepper with basmati rice*; quinoa or cauli-rice * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Boeuf Bourginon	Grass fed free range beef, carrots, mushrooms, butternut, onions, bacon, chef's choice of red wine, pepper, fresh herbs*, garlic, arrowroot powder*, black pepper, Himalayan rock salt with quinoa / basmati rice* / cauli-rice * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Beef Cottage Pie	Free range beef mince; broccoli; carrots; green beans / peas; onions; tomatoes; peppers; tamari sauce* (fermented soy beans); oregano*; thyme*; red wine vinegar*, bay leaves*; coriander seeds*; cumin seeds*; himalayan salt Topping: Sweet potatoes; butternut / Cauliflower; mature white cheddar cheese; butter, himalayan salt. * = certified organic ingredients	Butternut mash Cauliflower mash	(self fill in)	
Beef meatballs with tomato relish	Free range beef , sea salt; black pepper; bell peppers; coriander, parsley, mustard seeds*;onion; garlic; chillis; lemon*; bay leaves*; cloves. Relish & vegetables: Tomatoes; onions; peppers; zucchini; celery, garlic With wheat pasta* (durum wheat semolina) / gluten free pasta/ quinoa / cauli-mash / cauli-rice / basmati rice*. * = certified organic ingredients	Quinoa Basmati rice Cauli-mash / rice Organic pasta Gluten free pasta	(self fill in)	
Beef Hawaiian Stir fry	Free range beef; carrots; cabbage; peppers; pineapple; onions; peas / beans; tamari*, sesame seeds; spices*; himalayan rock salt and pepper. With basmati rice*; quinoa or cauli-rice * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	

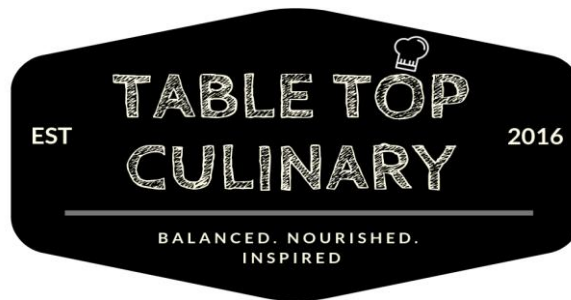


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MEAT DISHES (Venison & Ostrich)

MEAL	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 2-3 / 4-6	QTY
Venison or Ostrich cottage pie	Venison mince; broccoli; carrots; green beans / peas; onions; tomatoes; peppers; tamari sauce* (fermented soy beans); oregano*; thyme*; red wine vinegar*, bay leaves*; coriander seeds*; cumin seeds*; himalayan salt Topping: Sweet potatoes; butternut; / Cauliflower; mature white cheddar cheese; butter, himalayan salt. * = certified organic ingredients	Sweet potato mash		
		Cauliflower mash		
Venison Stew	Venison; sweet potatoes; carrots; onions; mushrooms; celery; herbs*; spices*; garlic with basmati rice*; quinoa / pasta / cauli-rice. * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
Venison or Ostrich meatballs with tomato relish	Venison / ostrich mince, sea salt; black pepper; bell peppers; coriander, parsley, mustard seeds*; onion; garlic; chillis; lemon*; bay leaves*; cloves. Relish & vegetables: Tomatoes; onions; peppers; zucchini; celery, garlic With wheat pasta* (durum wheat semolina) / quinoa / cauli-mash * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Caulimash / cauli-rice		
		Organic pasta		
Venison or Ostrich bolognese with mushrooms & rosemary	Free range beef / Venison (Kudu / rooibok); tomatoes, onion, mushrooms, carrots; peas; celery, pepper; coriander; cumin; Himalayan rock salt and black pepper. with spaghetti* (durum wheat semolina) or your choice of base; cheddar cheese / mozzarella cheese (Optional) * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
Ostrich fillet with vegetables	Ostrich, spices*, mustard seeds*, tamari*, broccoli, beans, carrots, mushrooms, butter, spices* * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
		Gluten free pasta		

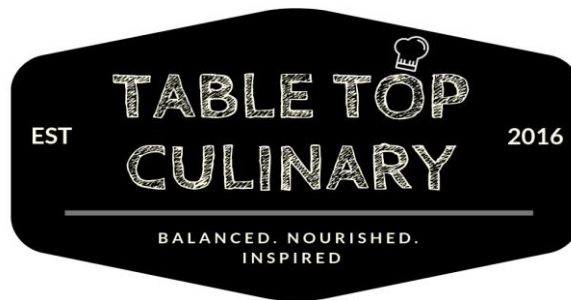


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VEGAN & VEGETARIAN DISHES

MEAL	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 2-3 / 4-6	QTY
Roast Vegetable Lasagne	Sweet potato / butternut; zucchini; mushrooms; carrots; tomatoes; onions; green pepper; celery; Milk*; white cheddar cheese; butter; stoneground flour/ rice flour ; lasagne sheets (semolina wheat, eggs)/ gluten free pasta (maize flour, rice flour) / aubergines. * = certified organic ingredients	Gluten free pasta Durum wheat pasta		
Mediterranean Vegetable Moussaka	Sweet potatoes, butternut, aubergines, zucchini, tomatoes, red wine, onions, pepper, garlic, spices*, herbs*, Sauce: Milk, cheddar cheese, stoneground flour / GF flour mix (brown rice flour, tapioca starch), butter, egg, himalayan rock salt, black pepper. * = certified organic ingredients	Gluten Free	(self fill in)	
Gluten free Pumpkin & sage fritters	Pumpkin, brown rice flour, free range eggs, white rice flour, tapioca starch, sage*, himalayan rock salt. * = certified organic ingredients	If you would like plain or sweet cinnamon please let us know here.	(self fill in)	
Broccoli & cheese soup	Broccoli, carrots, zucchini, feta cheese, onions, celery, cheddar cheese, garlic, tomatoes, arrowroot starch / tapioca starch		(only available in single portions)	
Mild Lentil & Sweet Potato Curry	Sprouted lentils; sweet potato; tomatoes; onions; carrots; peas; zucchini; spices*; coriander; ground cumin; himalayan rock salt, black pepper.) with brown basmati rice* / cauli-rice (cauliflower, turmeric, himalayan salt, extra virgin olive oil) * = certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Thai Butternut & Chickpea curry	Broccoli; Butternut; Green beans; carrots; chickpeas (sprouted) ; mushrooms; green pepper; red pepper; tamari sauce* (fermented soya beans); onions; sesame seeds; spices* (olive oil; coriander, cumin, lemon, lemon thyme, himalayan rock salt, black pepper.) with brown basmati rice* / cauli-rice (cauliflower, turmeric, himalayan salt, olive oil) / quinoa	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	
Sprouted Lentil Bolognese	Sprouted lentils; tomatoes; onions; carrots; peas; zucchini; celery; spices*; coriander; ground cumin; himalayan rock salt, black pepper.) with wheat pasta* (durum wheat semolina) ADD CHEESE for a non-vegan alternative *= certified organic ingredients	Quinoa Basmati rice Cauli-rice Organic pasta Gluten free pasta	(self fill in)	

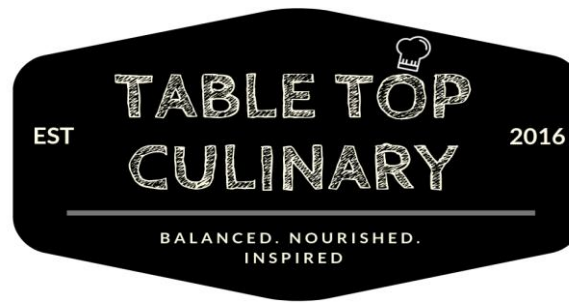


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Mediterranean vegetable stir fry	Zucchini, carrots, olives, cherry tomatoes, basil, onion, peppers, balsamic dressing (balsamic vinegar, olive oil, honey). served with basmati rice*(basmati rice, turmeric) / cauli-rice (cauliflower, turmeric) / quinoa / pasta* (durum wheat semolina) / gluten free pasta (brown rice flour). * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
		Gluten free pasta		
Tamari Stir Fry veg with sprouted Chickpeas	Broccoli; Green beans; carrots; chickpeas; mushrooms; green pepper; red pepper; tamari sauce* (fermented soya beans); onions; sesame seeds; spices* (olive oil; coriander, cumin, lemon, lemon thyme, himalayan rock salt, black pepper.) with brown basmati rice* / cauli-rice (cauliflower, turmeric) / quinoa / pasta. * = certified organic ingredients	Quinoa	(self fill in)	
		Basmati rice		
		Cauli-rice		
		Organic pasta		
		Gluten free pasta		
Butternut & Mushroom Barley Risotto	Barley, butternut, mushrooms, vegetable stock (carrots, celery, tomatoes), onions, garlic, olive oil, herbs (parsley and sage) * = certified organic ingredients	Add feta	(self fill in)	
		No additions		
Sprouted Lentil Cottage pie	Sprouted lentils; broccoli; carrots; green beans / peas; onions; tomatoes; peppers; tamari sauce* (fermented soy beans); herbs, molasses, bay leaves*; coriander seeds*; cumin seeds*; himalayan salt. Topping: Sweet potatoes; butternut, himalayan salt / Cauliflower, olive oil, himalayan salt * = certified organic ingredients	Sweet potato mash	(self fill in)	
		Cauliflower mash		
		Add cheese		
Basil pesto pasta with broccoli, mushrooms and cherry tomatoes	Basil pesto (olive oil; basil; juice of lemon; himalayan rock salt; almonds OR hemp seeds; sunflower seeds; nutritional yeast); wheat pasta* (semolina wheat) / gluten free pasta (brown rice flour); broccoli, cherry tomatoes, zucchini, sundried tomatoes * = certified organic ingredients	Organic wheat pasta	(self fill in)	
		Gluten free pasta		
Basil pesto pasta with roast butternut & pumpkin seeds	Basil pesto (olive oil; basil; juice of lemon; himalayan rock salt; hemp seeds; sunflower seeds; nutritional yeast); wheat pasta* (semolina wheat) / gluten free pasta (brown rice flour); butternut; mushrooms; pumpkin seeds. * = certified organic ingredients	Organic wheat pasta	(self fill in)	
		Gluten free pasta		
Carrot, ginger & coconut soup	Carrots; sweet potato; onion, celery, coconut cream; tomatoes; ginger; cumin*, coriander*, chervil / fennel, himalayan salt and cayenne pepper* * = certified organic ingredients		(only available in single portions)	

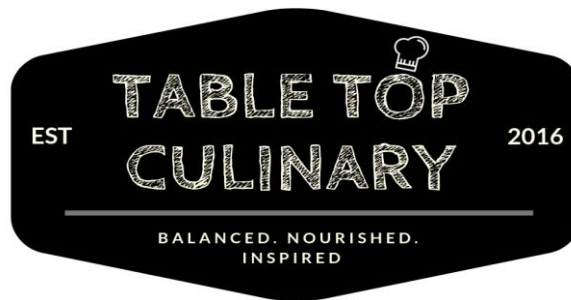


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Baked Falafels	Sprouted chickpeas; sweet potato; coriander, parsley, himalayan salt, cayenne pepper <i>Red pepper hummus</i> : red pepper, chickpeas, garlic, olive oil / <i>Tzatziki</i> : greek yoghurt, cucumber, himalayan salt, black, pepper / <i>Bao Mayo</i> : olive oil, baobab powder, apple cider vinegar, coconut sugar, himalayan rock salt * = certified organic ingredients	Red pepper hummus	(self fill in)	
		Tzatziki		
		Bao Mayo		
Chickpea Nuggets	Sprouted chickpeas. basmati rice*. onion. herbs. spices. olive oil. turmeric. sea salt. Crumb: rice flour. tapioca starch. apple cider vinegar. baking powder. bicarbonate of soda. * = Certified organic ingredients		(only available in - 500ml tub - 200g)	
Black Bean Burger Patties	Black beans*; quinoa; sweet potato; peppers; onion; brown rice flour; himalayan salt; pepper * = Certified organic ingredients		(only available in - 4 patties per pack)	
Mushroom burger patties	Mushrooms; onions; gluten free homemade breadcrumbs; cheddar cheese; garlic; brown rice flour; herbs; himalayan rock salt		(only available 4 or 8 patties per pack)	

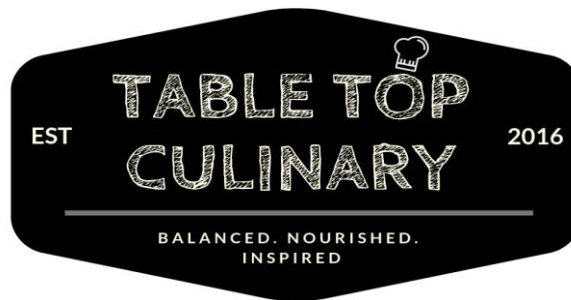


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Salads

MEAL	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 2-3 / 4-6	QTY
Roast Beetroot & Fennel Salad	Beetroot, fennel bulb, olive oil, himalayan salt, spices*, feta cheese, lemon juice, chives and mixed greens. For vegan alternative omit feta	Standard		
		Vegan		
Roast butternut, beetroot & feta salad	Butternut, beetroot, mixed greens, feta cheese, pumpkin seeds, sunflower seeds, olive oil, himalayan salt, rosemary and pepper		(self fill in)	
Roast Veg & Quinoa salad with olive oil & balsamic dressing	Carrots, butternut, zucchini, peppers, quinoa, feta cheese, baby spinach, olive oil, balsamic vinegar, honey, himalayan rock salt, black pepper <i>For vegan alternative omit feta and request dressing change</i>	Standard	(self fill in)	
		Vegan		
Vietnamese Chicken salad with bao mayo	Free range chicken breasts; cabbage; celery; carrots; cashew nuts; spring onions; bao mayo (olive oil; baobab powder; apple cider vinegar; honey; himalayan rock salt), mixed greens VEGAN ALTERNATIVE (no chicken or honey) - less R10 per serving	Standard	(self fill in)	
		Vegan		
Rainbow Slaw with Sundried tomatoes & Bao Mayo	Rainbow cabbage. carrots. sundried tomatoes. olive oil. baobab powder*. agave* (or raw honey for non-vegan). apple cider vinegar. himalayan rock salt * = certified organic ingredients	Standard	(self fill in)	
		Vegan		

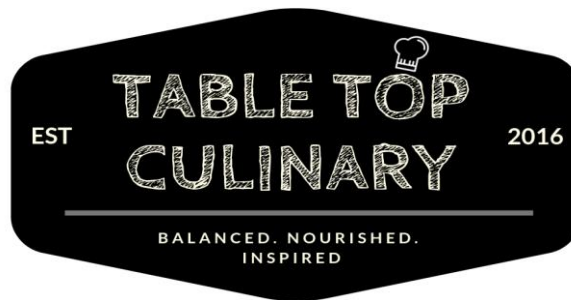


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Desserts

MEAL	INGREDIENTS	BASE (tick box)	PORTION SIZE single / 4-6	QTY
Coconut flour Dessert Brownie	Cocoa powder*; coconut oil*; coconut sugar*; coconut flour, free range eggs / chia seeds (vegan) dates; vanilla; himalayan salt. Ganache: Almond milk, cocoa powder*, coconut sugar* * = certified organic ingredients	With almond milk ganache		
		Without almond milk ganache		
		Vegan		
Amarula Malva Pudding	Cream*, milk, stoneground flour (OR GF flour mix - brown rice flour, tapioca starch), coconut sugar*, butter, amarula liquor, apple cider vinegar, apricot jam (sugar, apricot, pectin, citric acid), vanilla. * = certified organic ingredients	Stoneground flour	(self fill in)	
		Gluten free		
Apple Crumble with oat / coconut & almond top	Apples. coconut sugar*. almonds. oats (or coconut flour for gf paleo version). cinnamon*. butter (or coconut oil for vegan & paleo version). * = certified organic ingredients	Almond & oat top	(self fill in)	
		Almond & coconut top		
		Vegan		
Vanilla berry panna cotta	Coconut cream / Cream; honey; gelatin, berries, vanilla	Coconut cream based	(self fill in)	
		Cream based		
Espresso Panna Cotta	Cream*, milk*, honey, coffee, gelatin, vanilla, cinnamon * = certified organic ingredients	Coconut cream based	(self fill in)	
		Cream based		
Chocolate Quinoa Cake	Quinoa; coconut sugar*; coconut oil*; free range eggs; cacao powder*; coconut milk / almond milk; baking soda; baking powder; himalayan rock salt. Icing: Dates*; coconut sugar; walnuts; cacao powder* * = certified organic ingredients			