

Menu

WEEK 2

Monday

Nacho Average Meal - with wholewheat wraps, sweetcorn, mixed peppers, cherry tomato salsa topped with avocado and yogurt

[Grilled chicken strips (R95) , Plant bean base (R59), Hake Goujons (R99), Beef steak strips (R125)

Tuesday

The Bliss Bowl - with sweet potato fries, Lentil tomato salad, topped with spring onions and fresh avocado slices

[Grilled chicken breast (R75), Tofu Steak (R75), White Fish Fillet (R79), Sliced beef steak (R99)

Wednesday

The Med Mix - with wholewheat pitas, wild rocket leaves, cherry tomatoes, shredded cucumber, red onion slices served with hummus and feta cheese

[Chicken meatballs (R86), Falafels (R86), Hake goujons (R99) or Beef meatballs (R103) [4 units per item]

Thursday

The 'Perfect Choice' - with bulgar wheat, feta cheese, chickpeas, perfect cauli salad mix, topped with sour cream and freshly sliced jalapenos

[Grilled chicken cubes (R69), Black beans & 2 Boiled eggs (R69), Hake Goujons (R85), Beef steak cubes (R99)

Friday

The Gorgeous Poke - with brown rice or wholewheat couscous, diced cucumber, mango cubes, sweetcorn, avocado topped with crispy air fried onions and Sriracha mayo

[Grilled chicken strips (R89), Falafels (R89), Hake Goujons (R102) Sliced beef steak (R119)

Cookalot

Large

Menu

WEEK 2

Monday

Nacho Average Meal - with wholewheat wraps, sweetcorn, mixed peppers, cherry tomato salsa topped with avocado and yogurt

[Grilled chicken strips (R119) , Plant bean base (R86), Hake Goujons (R136), Beef steak strips (R155)]

Tuesday

The Bliss Bowl - with sweet potato fries, Lentil tomato salad, topped with spring onions and fresh avocado slices

[Grilled chicken breast (R92), Tofu Steak (R99), White Fish Fillet (R99), Sliced beef steak (R129)]

Wednesday

The Med Mix - with wholewheat pitas, wild rocket leaves, cherry tomatoes, shredded cucumber, red onion slices served with hummus and feta cheese

[Chicken meatballs (R124), Falafels (R139), Hake goujons (R135) or Beef meatballs (R145) [6 units per item]]

Thursday

The 'Perfect Choice' - with bulgar wheat, feta cheese, chickpeas, perfect cauli salad mix, topped with sour cream and freshly sliced jalapenos

[Grilled chicken cubes (R93), Black beans & 2 Boiled eggs (R79), Hake Goujons (R109), Beef steak cubes (R127)]

Friday

The Gorgeous Poke - with brown rice or wholewheat couscous, diced cucumber, mango cubes, sweetcorn, avocado topped with crispy air fried onions and Sriracha mayo

[Grilled chicken strips (R123), Falafels (R132), Hake Goujons (R136) Sliced beef steak (R154)]

Cookalot