



**Please note:**

All prices are subject to change.

All prices include 15% Vat.

Full payment is required at least 24 Hours before arranged collection time.

Due to a limited capacity kitchen, please note that the confirmation of your catering order depends on demand at the time of ordering.

## CATERING MENU

Order online at [www.groundedat.co.za/shop](http://www.groundedat.co.za/shop)  
or email [catering@groundedat.co.za](mailto:catering@groundedat.co.za)

### BAKED GOODS

Whole Carrot Cake (serves 12)	R285.00
Whole Pistachio Lemon Cake (serves 12)	R190.00
Whole Lemon and Raspberry Cake (serves 12)	R290.00
Whole Old School Chocolate Cake (serves 16)	R230.00
Whole Gluten Free Beetroot Chocolate Cake (serves 16)	R190.00
Whole Cheese Cake (serves 12)	R399.00
Whole Banting Cheese Cake	R399.00
Mini Tartlets (6)	(Salted Caramel/White Chocolate/Chocolate/Milktart) R99.00
Baked Cheese Cake Pops (24)	R165.00
Brownies (8)	R168.00
Meringues Nests 8cm (6)	R40.00
Whole Milktart (serves 6)	R95.00
Deconstructed Lemon Tartlets (16)	R124.00
Whole Veg Quiche (serves 4- 5)	R120.00
Whole Meat Quiche (serves 4- 5)	R130.00

### BREAKFAST ITEMS

Croissants (12)	R292.00
Chocolate and Almond Croissants (6)	R210.00
Catering Muffins Bran Banana/Apple, Carrot, and Ginger	(6 large/12 medium) R135.00
Catering Muffins White Choc, Orange, and Cranberry/ Cheesy Marmite	(6 large, 12 medium) R175.00
Mini Granola and Fruit Cups (6)	R174.00
Bacon and Egg Nests (12)	R235.00

### CANAPES AND BITES

Bacon Wrapped Cajun Chicken Bites (16)	R195.00
Bacon and Date Bites (12)	R105.00
Crudite Plate with Hummus Dip (serves 6-8)	R115.00
Zucchini Rolls with Sundried Tomato and Cottage Cheese (6)	R49.00
Mediterranean Skewers (12)	R150.00
Brinjal, Tomato, Mozzarella, and Basil Wraps (12)	R156.00
Curried Mince Wraps with Avo (12)	R225.00
Chicken Mayo Wraps (12)	R235.00
Cream Cheese and Cucumber Crostini (12)	R80.00

### DIPS, DIPPERS AND CONDIMENTS (MORE OPTIONS AVAILABLE IN OUR DELI AND FAMILY MENU)

Baby Marrow Hummus Bowl (500g)	R70.00
Seasonal Salsa Bowl (400g)	R59.00
Mediterranean Chickpea Bowl (470g)	Chicpeas, olives, feta, basil pesto, sundried tomatoes, and lemon R85.00
Herby Croutons (24)	R35.00
Cheese Straws (24)	R65.00
Herby Flat Bread Dippers with Pecorino (16)	R35.00
Low Carb Herby Flat Bread Dippers with Feta (16)	R45.00
Brie/Camembert with Cranberry Chutney (125g)	R75.00
Blue Cheese and Caramelised Onions (100g)	R65.00
Christmas in a Bowl (200g)	Cottage cheese with basil pesto, soaked sundried tomatoes, and toasted almonds R85.00

### MEAT DISHES

Slow Roasted Pork Shoulder (3,5kg)	R625.00
Half Slow Roasted Pork Shoulder (1.7 kg)	R415.00
Whole Beef Lasagne (2kg- serves 12-14)	R400.00
Whole Chicken Pie (2kg- serves 12-14)	R350.00
Marinated Chicken Drumsticks/ Thighs (±2kg /12pc)	Homemade BBQ or Asian marinade R295.00
Bacon Wrapped Cajun Chicken Breasts (12pc)	R395.00
Beef Meatballs (24)	R215.00

### VEGETABLES AND SALAD

Mixed Roast Vegetables (2,5kg)	R245.00
Grilled Butternut with Tzatziki and Popped Pumpkin Seeds (2,9kg)	R195.00
Grilled Red Onions, Rocket and Nut-Chili Salsa (940g)	R190.00
Zucchini and Pecorino Fries (500g)	R85.00
Herb Garden Salad with Pecorino and Lemon Dressing (413g)	R93.00
Brinjal Slices with Herbs, Sundried Tomato and Yoghurt (1,1kg)	R115.00
Aubergine Cheese Cake (1.1 kg)	R195.00
Curried Cous Cous with Brinjals, Lemon and Coriander (760g)	R72.00
Creamy Coleslaw (900g)	With carrot, apple, green and purple cabbage, and almonds R72.00
Lentil Ratatouille (1100g)	R129.00
Broccoli Salad (1.2 kg)	With mayo, cheese, apples, cashews, and dreid cranberries R235.00
Green Beans with Quinoa and Tahini dressing (1 kg)	R135.00
Sweet Potatoes with Wholegrain Mustard Dressing (1.2 kg)	R140.00

Pickled Onion and Butternut Cous Cous Salad (1.2 kg)	R103.00
Creamy Mashed Potatoes (1.9kg)	R124.00
Crunchy Detox Bowl (1.2 kg)	R210.00
Wish it was Summer Salad (900g)	With pears, avo, pecans, and dreid cranberries R145.00
Roast Veg with Black Garlic Yoghurt and Seed Mix (2kg)	R240.00
Beetroot, Avo and Pea Salad (1.2 kg)	R166.00

#### DRINKS

Iced Tea Tapped Jar with Ice (2 Flavours- 8L)	R320.00
Filter Coffee/ Tea Set-up (8 cups/ 1 flask)	R99.00

#### SOUP AND BREAD

Tomato and Basil Soup with Bread (Portion)	R55.00
Butternut and Ginger Soup with Bread (Portion)	R55.00

#### SET LUNCHES (Minimum Order Quantity :10)

Option 1 Meat	Chicken Pot Pies with PeasRoast Veg Salad	R45.00
Option 1 Vegetarian	Lentil Ratatouille Pot Pies Roast Veg Salad	R45.00
Option 2 Meat	Homemade Fish FingersCreamy ColeslawMashed Potato	R45.00
Option 2 Vegetarian	Vegetable SausagesCreamy ColeslawMashed Potato	R45.00
Option 3 Meat	Bacon Wrapped Cajun Chicken BreastsPasta Salad	R55.00
Option 3 Vegetarian	Roast Vegetables and Feta QuichePasta Salad	R45.00
Option 4 Meat	Creamy Chicken PastaMixed Green Salad	R55.00
Option 4 Vegetarian	Creamy Mushroom PastaMixed Green Salad	R55.00
Option 5 Meat Soup	Butternut and Ginger Soup with Crispy Bacon Sprinkle and BreadBrownies	R45.00
Option 5 Vegetarian Soup	Tomato and basil soupBread rollBrownies	R45.00
Option 6 Meat	Fruity Chicken Curry with RicePeanutbutter Cookie	R45.00
Option 6 Vegetarian	Fruity Chicken Curry with RicePeanutbutter Cookie	R45.00
Option 7 Meat	Grounded Burgers and Chips	R55.00
Option 7 Vegetarian	Vegetarian Burgers and Chips	R55.00
Option 8 Meat	Curried mince and Avo WrapCreamy Coleslaw	R45.00
Option 8 Vegetarian	Brinjal, Tomato, Mozzarella, and Basil WrapCreamy Coleslaw	R45.00
Option 9 Meat	Meat and Cheese Sub and Fruit	R55.00
Option 9 Vegetarian	Veg and Cheese Subs and Fruit	R45.00
Option 10 Meat	Marinated chicken piece with Pickled Onion, Butternut, and Cous-Cous Salad	R55.00
Option 10 Vegetarian	Vegetable Sausages with Pickled Onion, Butternut, and Cous-Cous Salad	R45.00
Option 11 Meat	Beef Stir Fry and Rice	R45.00
Option 11 Vegetarian	Veg Stir Fry and Rice	R45.00
Option 12 Meat	Asian Marinated Pork ChopsMashed PotatoMixed Green Salad	R55.00
Option 12 Vegetarian	Asian Marinated Vegetable Sausages Mashed PotatoMixed Green Salad	R55.00
Option 13 Meat	Beef LasagneMixed Green Salad	R55.00
Option 13 Vegetarian	Vegetarian LasagneMixed Green Salad	R55.00
Option 14 Meat	Chicken and Vegetable Stew with Pap	R45.00
Option 14 Vegetarian	Roast Vegetable Stew with Pap	R45.00
Option 15 Meat	Meatballs with MieliebreadMixed Green Salad	R45.00
Option 15 Vegetarian	Vegetable Sausages with MieliebreadMixed Green Salad	R45.00