



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 order depends on demand at the time of ordering.

DELI AND FAMILY FOOD MENU

Order online at www.groundedat.co.za/shop
 or email catering@groundedat.co.za

Items prefixed 'Deli' are available for pickup immediately or can be bought directly from our store (Grounded at Echo).
 Items prefixed 'Family' require a 48hour (minimum) preparation time, depending on kitchen demand.

PANTRY AND FRIDGE

Deli Espresso Blend 250g	A blend of medium roasted beans from Guatemala, Brazil, and Costa Rica	R88.00
Deli Espresso Blend 1kg	A blend of medium roasted beans from Guatemala, Brazil, and Costa Rica	R325.00
Deli Cream Cheese (500g)	Medium Fat Lancewood Cream Cheese	R87.00
Deli Cottage Cheese (500g)	Smooth Lancewood Cottage Cheese	R76.00
Deli Danish Feta (250g)	Soft and creamy feta	R52.00
Deli Eggs (6)		R25.00
Deli Frozen Egg Whites (500ml)		R50.00
Deli Almond Slices (250g)		R75.00
Deli Butter Salter or Unsalted (500g)		R72.00

SAUCES, CONDIMENTS, PICKLES, PESTOS

Deli Frozen Hollandaise Sauce (500ml)	We are famous for our homemade hollandaise sauce!	R95.00
Deli Frozen Hummus Dip (370g)	Thaw at room temperature, and use with just about any meal.	R65.00
Family Hummus Dip (370g)	Made with chickpeas, tahini, olive oil, and garlic. Perfect add-on to any meal.	R65.00
Deli Frozen Pesto Red Pepper or Basil (500g)	Our home made pestos are a freezer-must!	R150.00
Deli Caramelised Onions Jar (250ml)		R53.00
Deli Vegetable Pickles Jar (500ml)	Perfect for salads, sandwiches, or served as part of a mezze platter.	R99.00
Deli Home Made Jam Jar (250ml)	Seasonal flavour selection available.	R75.00
Deli Cranberry Chutney Jar (250ml)		R55.00
Family Tzatziki Dip (370g)	Made with creamy feta, cucumber, yoghurt, olive oil, and garlic.	R79.00

MEATS MEAT DISHES AND MEATY SNACKS

Deli Frozen Smoked Chicken Sliced (250g)		R65.00
Deli Frozen Silverside Beef Sliced (250g)		R75.00
Deli Frozen Chicken Pie (1kg)		R185.00
Deli Frozen Beef Lasagne (1kg)		R205.00
Deli Frozen Slow Roasted Pulled Pork (500g)		R105.00
Family Mielie Bread Muffins with Smoked Viennas (16)	Great for kids, lunchboxes, or on-the-go snacks	R115.00
Family Corn Dogs (16)	Great for kids, lunchboxes, or on-the-go snacks	R157.00
Deli Frozen BBQ Marinated Chicken Drumsticks Uncooked (12)		R285.00
Family BBQ Chicken Drumsticks Cooked (12)	Great for kids, lunchboxes, or on-the-go snacks	R285.00
Deli Frozen Beef Meatballs Cooked (24)		R215.00
Family Fancy Fishfingers (16)	Great for kids, lunchboxes, or last-minute dinner	R165.00
Family Chicken Pot Pies with Peas (16)	Great for kids, lunchboxes, or last-minute dinner	R315.00
Family Bacon Wrapped Chicken Bites (16)	Great for kids, lunchboxes, or on-the-go snacks	R255.00
Family Meaty Quiche Bites (16)	Great for kids, lunchboxes, or on-the-go snacks	R130.00
Family Mini Hawaiian Pizzas (16)	Great for kids, lunchboxes, or on-the-go snacks	R200.00
Family Mac and Cheese Squares with Bacon (16)	Great for kids, lunchboxes, or last-minute dinner	R365.00
Family Cut Biltong (300g)	Great for kids, lunchboxes, or on-the-go snacks	R115.00

VEG DISHES AND VEG SNACKS

Deli Frozen Mixed Roast Vegetables (1kg)	Simply heat up for a healthy last-minute dinner	R109.00
Deli Frozen Whole Roast Veg and Feta Quiche	Simply heat up for a healthy last-minute dinner	R120.00
Family Lentil Pot Pies (16)	Great for kids, lunchboxes, or last-minute dinner	R315.00
Family Rainbow Veg Fritters (16)	Great for kids, lunchboxes, or on-the-go snacks	R115.00
Family Zucchini and Carrot Fingers (16)	Great for kids, lunchboxes, or on-the-go snacks	R140.00
Family Pumpkin Fritters (16)	Great for kids, lunchboxes, or on-the-go snacks	R105.00
Family Vegetable Quiche Bites (16)	Great for kids, lunchboxes, or on-the-go snacks	R120.00
Family Creamed Corn and Cheese Gem Squash (16)	Great for kids, lunchboxes, or last-minute dinner	R165.00
Family Cheesy Broccoli Tots (16)	Great for kids, lunchboxes, or last-minute dinner	R124.00

TO BAKE

Deli Frozen Unbaked Croissants (6)	Bake at home weekend treat!	R140.00
Deli Frozen Short Crust Pastry Sweet or Savoury (250g)	Ready to use for any pastries and pies.	R30.00

RUSKS, GRANOLAS, AND BREADS

Family Low Carb Rusks Batch (70pc)	Our famous low carb rusks in bulk	R502.00
Family Luxury Breakfast Rusk Batch (70pc)	Low GI breakfast rusks crammed with pecan nuts.	R350.00
Deli Luxury Breakfast Rusk Pack (16)		R87.00
Deli Low Carb Rusk Pack (16)		R135.00
Deli Low Carb Granola Pack (350g)	With seeds, nuts, and toasted coconut chips.	R114.00
Deli Monkey Business Granola Pack (350g)	With peanut crunch and dark choc chips.	R114.00
Family Low Carb Coconut Bread (16 Slices)	Low carb. Great for kids, lunchboxes, or on-the-go snacks.	R185.00
Family Mielie Bread (16 Slices)	Low GI. Great for kids, lunchboxes, or on-the-go snacks.	R103.00
Deli Low Carb Seed Bread Frozen (16 slices)		R140.00
Deli Bread roll Batch Rye, Health Roll, or Ciabatta (6)		R55.00

CONVENIENT AND HEALTHY SNACKS

Family Oat and Pumpkin Sugar Free Breakfast Biscuits (16)	Healthy breakfast cookie, made with pumpkin, dates, oats, and peanut butter.	R205.00
Family Cranberry Crunchies (16)	Low GI crunchies with yoghurt drizzle.	R165.00
Family Sugar Free Seed Bars (16)	Made with dates, oats, and quinoa. Great long-lasting snack!	R320.00
Family Gluten Free Almond Butter Cookies (16)	Crammed with dark choc chips, oats, and almonds.	R240.00
Family Peanut Butter Cookies (16)	Dipped in dark chocolate.	R89.00
Brownie Bites (12)	Freezer friendly treat.	R63.00
Family Marie S' mores (16)	Dipped in white chocolate with 100's and 1000's. Fun treat!	R185.00
Family Meringues Nests 8cm (6)	Instant dessert solution!	R40.00
Family Mini Scones (16)	Freezer friendly treat.	R80.00
Family Mini Berry Dutch Babies (16)	Sugar free Dutch style pancake puffs with berry coulis.	R39.00
Family Apple, Carrot and Ginger Muffins (16)	Low GI. Great for kids, lunchboxes, or on-the-go snacks	R185.00

Family Cheesy Marmite Muffins (16)	Low GI. Great for kids, lunchboxes, or on-the-go snacks	R225.00
Family Banana Bran Muffins (16)	Low GI. Great for kids, lunchboxes, or on-the-go snacks	R185.00
Family Trail Mix Packs (16)	Great for kids, lunchboxes, or on-the-go snacks	R320.00
Family Peanut and Raisin Packs (16)	Great for kids, lunchboxes, or on-the-go snacks	R200.00
Rainbow Nation Cookie Packs (16)	Trio of tiny chocolate, vanilla, and ginger baby cookies. Fun gift or treat.	R180.00

BABY / TODDLER FROZEN FOOD CUBES

Creamy Mash Cubes (20)	Simply heat and eat.	R63.00
Mince Cubes (20)	Simply heat and eat.	R195.00
Cinnamon Pumpkin Cubes (20)	Simply heat and eat.	R73.00
Creamy Broccoli and Cauliflower Cubes (20)	With white sauce and cheese. Simply heat and eat.	R210.00
Chicken and Mushroom Cubes (20)	Simply heat and eat.	R168.00
Pulled Pork Cubes (20)	Simply heat and eat.	R260.00
Gem Squash Cubes (20)	Simply heat and eat.	R73.00
Fruit Pulp Cubes Various(20)	Seasonal selection available.	R210.00