



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
 or email contact@groundedat.co.za
 or whatsapp 073 826 5645

BAKED GOODS		
Whole Carrot Cake (serves 12)		R320.00
Whole Pistachio Lemon Cake (serves 12)		R210.00
Whole Lemon and Raspberry Cake (serves 12)		R310.00
Whole Old School Chocolate Cake (serves 16)		R260.00
Whole Gluten Free Beetroot Chocolate Cake (serves 16)		R220.00
Whole Cheese Cake (serves 12)		R440.00
Whole Banting Cheese Cake		R440.00
Whole Red Velvet Cake (serves 12)		R255.00
Mini Tartlets (6)	(Salted Caramel/White Chocolate/Chocolate/Milk tart)	R110.00
Baked Cheese Cake Pops (24)		R185.00
Brownies (8)		R185.00
Meringues Nests 8cm (6)		R45.00
Whole Milk tart (serves 6)		R105.00
Deconstructed Lemon Tartlets (16)		R140.00
Whole Veg Quiche (serves 4-5)	(Roast Veg, Feta/ Butternut, Feta, Sage /Butternut, Caramelised onions, Feta/Spinach, Balsamic tomato, Feta)	R135.00
Whole Meat Quiche (serves 4-5)	(Bacon, Baby marrow, Sundried tomato/Butternut, Biltong, Feta/ Pulled pork, Butternut, Sage, Feta/ Ham, Mushroom, Red onion)	R145.00

BREAKFAST ITEMS		
Croissants (12)		R325.00
Chocolate and Almond Croissants (6)		R230.00
Catering Muffins Bran Banana/Apple, Carrot, and Ginger	(6 large/12 medium)	R150.00
Catering Muffins White Choc, Orange, and Cranberry/ Cheesy Marmite	(6 large, 12 medium)	R190.00
Mini Granola and Fruit Cups (6)		R195.00
Bacon and Egg Nests (12)		R260.00
Fruit Platter (800g)	Seasonal Selection	R205.00

CANAPES AND BITES		
Bacon Wrapped Cajun Chicken Bites (16)		R215.00
Bacon and Date Bites (12)		R115.00
Crudité Plate with Hummus Dip (serves 6-8)		R130.00
Zucchini Rolls with Sundried Tomato and Cottage Cheese (6)		R55.00
Mediterranean Skewers (12)		R165.00
Brinjal, Tomato, Mozzarella, and Basil Wraps (12)		R175.00
Curried Mince Wraps with Avo (12)		R260.00
Chicken Mayo Wraps (12)		R260.00
Cream Cheese and Cucumber Crostini (12)		R90.00

DIPS, DIPPERS AND CONDIMENTS (MORE OPTIONS AVAILABLE IN OUR DELI AND FAMILY MENU)		
Baby Marrow Hummus Bowl (500g)		R80.00
Seasonal Salsa Bowl (400g)		R65.00
Mediterranean Chickpea Bowl (470g)	Chickpeas, olives, feta, basil pesto, sundried tomatoes, and lemon	R95.00
Herby Croutons (24)		R40.00
Cheese Straws (24)		R75.00
Herby Flat Bread Dippers with Pecorino (16)		R40.00
Low Carb Herby Flat Bread Dippers with Feta (16)		R50.00
Brie/Camembert with Cranberry Chutney (125g)		R70.00
Blue Cheese and Caramelised Onions (100g)		R70.00
Christmas in a Bowl (200g)	Cottage cheese with basil pesto, soaked sundried tomatoes, and toasted almond	R95.00

MEAT DISHES		
Slow Roasted Pork Shoulder (3,5kg)		R690.00
Half Slow Roasted Pork Shoulder (1.7 kg)		R460.00
Whole Beef Lasagne (2kg- serves 12-14)		R420.00
Whole Chicken Pie (2kg- serves 12-14)		R385.00
Marinated Chicken Drumsticks/ Thighs (±2kg /12pc)	Homemade BBQ or Asian marinade	R315.00
Bacon Wrapped Cajun Chicken Breasts (12pc)		R425.00
Beef Meatballs (24)		R240.00

VEGETABLES AND SALAD		
Mixed Roast Vegetables (2,5kg)		R270.00
Grilled Butternut with Tzatziki and Popped Pumpkin Seeds (2,9kg)		R215.00
Grilled Red Onions, Rocket and Nut-Chili Salsa (940g)		R210.00
Zucchini and Pecorino Fries (500g)		R95.00
Herb Garden Salad with Pecorino and Lemon Dressing (413g)		R105.00
Brinjal Slices with Herbs, Sundried Tomato and Yoghurt (1,1kg)		R130.00
Aubergine Cheese Cake (1.1 kg)		R230.00
Curried Cous Cous with Brinjals, Lemon and Coriander (760g)		R80.00
Creamy Coleslaw (900g)	With carrot, apple, green and purple cabbage, and almonds	R80.00
Lentil Ratatouille (1100g)		R145.00
Broccoli Salad (1.2 kg)	With mayo, cheese, apples, cashews, and dried cranberries	R260.00
Green Beans with Quinoa and Tahini dressing (1 kg)		R150.00
Sweet Potatoes with Wholegrain Mustard Dressing (1.2 kg)		R155.00
Pickled Onion and Butternut Cous Cous Salad (1.2 kg)		R120.00
Creamy Mashed Potatoes (1.9kg)		R140.00
Crunchy Detox Bowl (1.2 kg)		R235.00
Wish it was Summer Salad (900g)	With pears, avo, pecans, and dried cranberries	R160.00
Roast Veg with Black Garlic Yoghurt and Seed Mix (2kg)		R265.00
Beetroot, Avo and Pea Salad (1.2 kg)		R185.00

DRINKS

Iced Tea Tapped Jar with Ice (2 Flavours- 8L)	R350.00
Filter Coffee/ Tea Set-up (8 cups/ 1 flask)	R110.00

SOUP AND BREAD

Tomato and Basil Soup with Bread (Portion)	R60.00
Butternut and Ginger Soup with Bread (Portion)	R60.00

SET LUNCHES (Minimum Order Quantity :10)

Option 1 Meat	Chicken Pot Pies with PeasRoast Veg Salad	R65.00
Option 1 Vegetarian	Lentil Ratatouille Pot Pies Roast Veg Salad	R65.00
Option 2 Meat	Homemade Fish FingersCreamy ColeslawMashed Potato	R65.00
Option 2 Vegetarian	Vegetable SausagesCreamy ColeslawMashed Potato	R65.00
Option 3 Meat	Bacon Wrapped Cajun Chicken BreastsPasta Salad	R65.00
Option 3 Vegetarian	Roast Vegetables and Feta QuichePasta Salad	R65.00
Option 4 Meat	Creamy Chicken PastaMixed Green Salad	R65.00
Option 4 Vegetarian	Creamy Mushroom PastaMixed Green Salad	R65.00
Option 5 Meat Soup	Butternut and Ginger Soup with Crispy Bacon Sprinkle and BreadBrownies	R65.00
Option 5 Vegetarian Soup	Tomato and basil soupBread rollBrownies	R65.00
Option 6 Meat	Fruity Chicken Curry with Rice Peanut butter Cookie	R65.00
Option 6 Vegetarian	Fruity Chicken Curry with Rice Peanut butter Cookie	R65.00
Option 7 Meat	Grounded Burgers and Chips	R65.00
Option 7 Vegetarian	Vegetarian Burgers and Chips	R65.00
Option 8 Meat	Curried mince and Avo WrapCreamy Coleslaw	R65.00
Option 8 Vegetarian	Brinjal, Tomato, Mozzarella, and Basil WrapCreamy Coleslaw	R65.00
Option 9 Meat	Meat and Cheese Sub and Fruit	R65.00
Option 9 Vegetarian	Veg and Cheese Subs and Fruit	R65.00
Option 10 Meat	Marinated chicken piece with Pickled Onion, Butternut, and Cous-Cous Salad	R65.00
Option 10 Vegetarian	Vegetable Sausages with Pickled Onion, Butternut, and Cous-Cous Salad	R65.00
Option 11 Meat	Beef Stir Fry and Rice	R65.00
Option 11 Vegetarian	Veg Stir Fry and Rice	R65.00
Option 12 Meat	Asian Marinated Pork ChopsMashed PotatoMixed Green Salad	R65.00
Option 12 Vegetarian	Asian Marinated Vegetable Sausages Mashed PotatoMixed Green Salad	R65.00
Option 13 Meat	Beef LasagneMixed Green Salad	R65.00
Option 13 Vegetarian	Vegetarian LasagneMixed Green Salad	R65.00
Option 14 Meat	Chicken and Vegetable Stew with Pap	R65.00
Option 14 Vegetarian	Roast Vegetable Stew with Pap	R65.00
Option 15 Meat	Meatballs with Mielie bread Mixed Green Salad	R65.00
Option 15 Vegetarian	Vegetable Sausages with Mielie bread Mixed Green Salad	R65.00