



BY JANE

VEGAN SUNDAY LUNCH
DELIVERED TO YOUR DOOR

DM TO ORDER



082-744-5799



078-283-4000



SINGLE MEAL

CHAPATI X 1

COCONUT BEANS

POTATOES

PILAU

SUKUMA WIKI

[GREAT FOR ONE PERSON]

99



FOR TWO

CHAPATIS X 2

COCONUT BEANS

POTATOES

PILAU

SUKUMA WIKI

[GREAT FOR TWO PEOPLE]

189



FAMILY OF FOUR

CHAPATIS X 6

COCONUT BEANS

POTATOES

PILAU

SUKUMA WIKI

[GREAT FOR FOUR PEOPLE]

365



BY JANE

CHAPATIS

A PAN FRIED UNLEAVENED FLAT BREAD EATEN IN ALMOST EVERY COUNTRY IN EAST AFRICA (BURUNDI, UGANDA, RWANDA, TANZANIA AND KENYA)



COCONUT BEANS

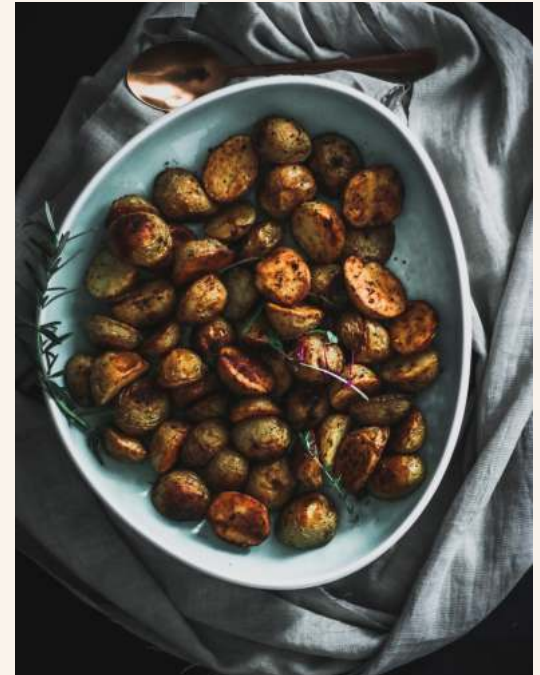
A POPULAR DISH KNOWN AS MAHARAGE YANAZI IS THE TANZANIAN NATIONAL MEAL AND ITS EATEN BY EVERYONE.

INCLUDES COCONUT, COCONUT MILK, KIDNEY BEANS, CINNAMON, CARDAMOM, ONIONS, TOMATOES, GARLIC AND SECRET INGREDIENT.



POTATOES

BABY POTATOES ROASTED WITH HEALTHY HERBS TILL THEY ARE GOLDEN BROWN.





BY JANE

SUKUMA WIKI

SUKUMA WIKI MEANS TO PUSH OR STRETCH THE WEEK. COLLARD GREENS CAN BE FOUND IN THE MOST SIMPLE GARDENS IN EAST AFRICA.

INCLUDES KALE, SPINACH, TOMATOES, GARLIC, ONIONS, MUSHROOMS



PILAU RICE

EAST AFRICAN PILAU WITH 14 DIFFERENT SPICES.

INCLUDES CASHEWS, BASMATI RICE AND VARIOUS SPICES.




DELIVERY

35 - 65 FOR DELIVERIES IN THE CAPE TOWN AREA.

ORDER BY THURS 7PM AND WE'LL DELIVER BY 12PM ON ANY SUNDAY :)

 082-744-5799

 078-283-4000