

## **Savoury Lentil, Sundried Tomato & Basil Pesto Cannelloni Bake**

**R75**

100% vegan & sugar free

Cannelloni tubes stuffed with savoury lentil bolognaise, baked in a spinach béchamel sauce and topped with sundried tomatoes, basil pesto & vegan parmesan cheese

500g

## **Creamy Thai Carrot Soup with Basil**

**R50**

100% vegan, gluten & sugar free

A creamy Thai soup made with carrots, garlic, onion, coconut oil, veggie stock, peanut butter, chilli, salt, pepper & fresh basil

Served in a 375ml sealed glass jar

## **Gourmet Bean & Walnut Burger Patties**

**R60**

100% vegan

3 x Gourmet Burger Patties made with red kidney beans, walnuts, brown rice, chilli, cumin, paprika, onion, bread crumbs & BBQ sauce

## **Mixed Berry Cheesecake Cup**

**R40**

100% vegan & gluten free

A beautiful layered cheesecake made with a base of almonds & dates and filling of cashew nuts, lemon juice, agave syrup, vanilla, coconut cream, coconut oil & mixed berries

125ml cup - keep frozen until ready to eat

## **Raw Chocolate Date Fudge**

**R50**

100% vegan, gluten & sugar free

8 pieces of "melt in your mouth" chocolate fudge squares made with coconut oil, dates, water, cacao powder, vanilla & salt

Served in a 250ml sealed glass jar - keep refrigerated or frozen

## **Raw Chocolate Walnut Fudge**

**R65**

100% vegan, gluten & sugar free

A decadent raw chocolate fudge made with coconut oil, raw almond butter, agave syrup, cacao powder, vanilla, salt & raw walnuts  
Served in a 250ml sealed glass jar - keep refrigerated or frozen

## **Coconut Yoghurt**

**R50**

100% vegan & gluten free

Our home-made creamy coconut yoghurt made with coconut milk, agar agar, coconut sugar & vegan probiotic cultures  
Served in a 250ml sealed glass jar - keep refrigerated

## **Banana Bread Granola**

**R55**

100% vegan

Freshly baked granola loaded with protein, fibre, healthy fats, omega and tastes just like banana bread! Made with rolled oats, walnuts, almonds, raw coconut sugar, cinnamon, salt, flaxseed, coconut oil, maple syrup, vanilla & bananas  
Served in a 250ml sealed glass jar

## **Creamy Cashew Nut Cheese**

**R75**

100% vegan, gluten & sugar free

Our home-made smooth & creamy nut cheese spread made with cashew nuts, water, lemon juice & salt  
Served in a 200ml sealed glass jar - keep refrigerated

## **Spicy Pepperdew & Walnut Cheese Spread**

**R85**

100% vegan, gluten & sugar free

A spicy creamed cheese made with cashew nuts, garlic, lemon & zest, nutritional yeast, salt, olive oil, vegan cream cheese, pepperdews, smoked paprika and topped with raw walnuts, nutritional yeast, smoked paprika, chilli powder & salt  
Served in a 200ml sealed glass jar - keep refrigerated