

Snacks and Breakfast

Vish Cakes & Dip	39
Aromatic Thai Vegan Fish Cakes (Seitan based) served with a Dipping Sauce. (2pc)	
Samoosas & Dip	
Gourmet samoosas. (3pc)	
Plant Based Mince ,Potato & Peas (Soya based)	36
Vegan Cheese & Sweetcorn	39
Zingy Wings**	65
Zingy Battered Chickn Wings (Seitan Based) served with a Fiery Hot Sauce Dip.	

TVC Legends

Southern Fried Chickn, Chips & Slaw **	89
Southern Fried Chicken (Seitan based) served with Chips, Dipping Sauce and Rainbow Slaw.	
Battered Vish, Chips & Slaw **	89
Battered Vegan Fish (Seitan based) served with Chips, Tartar Sauce and Rainbow Slaw.	
Sticky Ribs, Chips & Slaw	89
Sticky Vegan Ribs (Seitan based) garnished with Sesame Seeds and served with Chips and Rainbow Slaw.	
Gourmet TVC Sharing Platter	219
A gourmet sharing platter with battered Vish pieces, Southern Fried Chickn, Sticky Ribs, Chips, TVC 1000 Island Sauce and Rainbow slaw.	

Kiddies

Kiddies Meal - Chickn Pops **	58
Southern Fried Chickn Pops, Chips, Carrot and Cucumber Sticks.	

Salads & Poke Bowls

Buddha Bowl (GF)	79
Grilled Veggies ,Fresh Salad and Chickpeas served with a Peanut Satay Sauce.	
Buddha Bowl (with Seasoned Chickn)	92
Pieces of Seasoned Chickn (Seitan based) served on a bed of Grilled Veggies ,Fresh Salad and Chickpeas served with a Peanut Satay Sauce.	
Falafel Bowl (GF)	92
Falafel Balls, Grilled Veggies and Fresh Salad served with a Ranch Sauce.	

Picnic Baskets and Picnic Blankets available on request



the vegan chef

Gourmet Cruelty Free Comfort Food

Fourways Menu

Rustika Lodge @ Rustic Timbers Garden Centre,
c/o Witkoppen Road and Kingfisher Drive,
Fourways

Mon - Fri 10am - 7pm
Sat 9am - 7pm Sun 9am - 6pm

www.theveganchef.co.za

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Burgers

Crispy Chickn Burger **	80
Crispy Chickn fillet (Seitan based) served on a toasted bun with Lettuce, Tomato, Gherkins and 1000 Island Rainbow Slaw	
Zingy Chickn Burger **	80
Zingy Chickn Fillet (Seitan Based) on a bed of Lettuce, Rainbow Slaw and Fiery Zingy Hot Sauce on a Toasted Bun.	
Gourmet Rib Burger	80
Sticky Ribs (Seitan Based) served on fresh bun with Lettuce, TVC Ranch sauce, Spicy Jalapeno Pepper, Red Onions and Rainbow Slaw	
Beyond Burger **	118
Beyond Italian Burger Patty on a toasted bun with Lettuce, Tomato, Gherkins and TVC Burger sauce. (GF Option available)	
Beyond Burger - Chef Special (with Vacon & Cheese)	165
Beyond Italian Burger Patty on a toasted bun with Vacon, Cheese, Lettuce, Tomato ,Gherkins and TVC Burger Sauce. Served with Chips.	
Replace with Gluten Free Bun	29
Add vegan bacon to burger	10

Curries

Vish Curry	89
Vegan Fish curry (Seitan Based) with the perfect blend of Spices. Served with Rice and Side Salad.	
Chickpea Curry (GF)	89
Mouthwatering Chickpea curry cooked in a delicious blend of Spices & Coconut cream. Served with Rice and Side Salad.	
Tofu Masala (GF)	89
Tofu Simmered in a spicy Tomatoe Coconut Cream Gravy. Served with Rice and Side Salad.	
Broad Bean & Potato Curry (GF)	69
Durban Broad Beans and up to date Potato curry. Served with Rice and Carrot & Onion Salad. (Gluten Free)	
Roti (each) **	15
White Rice**	15
Brown Basmati Rice (Portion) **	20
Carrot and Onion Salad	9
Finely diced carrot and onions and seasoned with salt and vinegar.	

GF Gluten FREE ** Onion & Garlic Free

Wraps

Chicken Salad Wrap & Chips/Salad ** 79
Crispy & succulent Chickn in a lightly toasted wrap served with mixed crispy Lettuce leaves, Cherry tomatoes, Peppers and TVC 1000 island sauce. Served with Chips or Salad.

Zingy Chicken Wrap & Chips/Salad ** 79
Crispy and Succulent Chickn in a lightly Toasted Wrap Served with mixed Lettuce Leaves, sliced Peppers, Cherry Tomatoes and a Fiery Hot Zingy Sauce. Served with a side Salad or Chips.

Toasties

GF Cheese & Tomato Toastie ** 42
Toasted Vegan Cheese and Tomato sandwich (GF Option Available)

Vacon & Cheese Toastie 59
Toasted vegan Bacon (Seitan Based), Cheese & Tomato sandwich.

GF Mince & Cheese Toastie 59
Toasted Plant based Mince (Seitan Based) and Cheese sandwich (GF Option Available)

Chickn Mayo Toastie ** 59
Toasted Chicken Mayo sandwich with Gherkins and Dill infused Mayo.

Zingy Chickn Mayo Toastie 65**
Toasted Vegan Chicken Mayo sandwich with gherkins and a spicy Zingy Sauce

Chickn Mayo & Vacon Toastie 69
Toasted Chicken Mayo sandwich with vegan Bacon, Gherkins and Dill infused Mayo.

Sugar Bean Curry Toasted Sandwich 49
Sugar Beans Curry toasted sandwich

Replace with Gluten Free Bread 29

Buckets

Fried Chickn Bucket served with Chips, Rainbow Slaw & a Dipping Sauce.

Bucket For 1 85
Sharing Bucket 130

Add: Zingy Hot sauce to your Bucket

Bucket For 1 12

Sharing Bucket 18



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Pies

Please allow a prep time of 30min as all pies are freshly baked

Pies - Single 65
Your choice of a Freshly Baked handcrafted TVC Flaky Pie in puff pastry.

Pie Combo - Pie, Chips, Gravy & Rainbow Slaw 95
Your choice of a Freshly Baked handcrafted TVC Flaky Pie in puff pastry served with Crispy Chips, rich Gravy and Refreshing & Crunchy Rainbow Slaw.

Choice of Pie Fillings :

Chickn Curry Pie
Plant Based Mince Curry Pie
Veggie Pie

Sides

	Potato Chips**	Masala Chips	Rainbow Slaw**	Side Salad
Regular	35	36	25	29
Large	45	46	39	

Portion of Vegan Bacon 24
Extra portion of our delicious Vegan Bacon (Seitan based)

1000 Island Sauce 22

Ranch Sauce 22

Zingy Hot Sauce 25

Mylkshakes

Chocolate	60
Vanilla	60
Cookies and Crème	60
Bombay Crush	70

GF Gluten FREE ** Onion & Garlic Free

Smoothies

GF Peanut Butter Bomb 49
Peanut Butter, Banana, Chia Seeds & Almond Milk.

GF Blueberry Dream 49
Blueberries, Banana, Chia Seeds, Peanut Butter & Almond Milk.

GF The Green Machine Smoothie 54
Spinach, Cucumbers, Green Apples, Pineapples & Coconut water.

GF Tropical Smoothie 58
Pineapple, Fresh Coconut, Banana, Chia seeds & Coconut water

Sweet Decadence

Decadent Brownie (each) 28

GF Raw Brownie (each) (GF and Refined Sugar Free) 49

Decadent Brownies & Ice Cream 59
Check out our wide variety of Cakes, Cupcakes, Biscuits and Desserts in store.

Waffles

Banoffee Waffle 79

A perfectly golden waffle topped with slices of banana and smothered in our delicious homemade sticky sauce. Served with ice cream and a sprinkle of pecan nuts.

Carrot cake waffle 79

Shredded carrots in a waffle batter with spice. Topped with chopped Pecans, Ice cream and dusted with Cinnamon.

Decadent Chocolate waffle 79

Decadent Vegan waffle with Aero Dark Pieces, Ice-cream and Chocolate syrup

Ice Cream

Scoop of Ice Cream 36

Chocolate, Vanilla or Cookie & Cream

Hot Beverages

Coffee 29

Cappuccino 35

Cafe Latte 39

Tea (Rooibos or 5 Roses) 25

Vegan Hot Chocolate 45

Cold Beverages

Soft drinks 25

Water- Still or Sparkling 24

Picnic Baskets and Picnic Blankets available on request