



LIFE CAFÉ SMART MEALS

**JOSHUA GENERATION CHURCH
12 WINGATE CRES, SUNNINGDALE**

PLEASE NOTE: A 24hr lead time is required. Place your order at the till point or via e-mail to smartmeals@life-cafe.co.za. Please arrange pick up times in advance.



CLASSIC ITALIAN BEEF LASAGNE

R175 per tray

THAI GREEN CURRY CHICKEN

served with Jasmine rice - R180 per tray

CHILLI CON CARNE

served with rice - R165 per tray

CHICKEN, BUTTERNUT & FETA LASAGNE

R165 per tray

FRAGRANT BONELESS CHICKEN CURRY

served with rice - R170 per tray

CHICKEN A LA KING WITH WHITE WINE CREAM

served with rice - R165 per tray

ROASTED VEGETABLE, PENNE & SMOKED CHICKEN BAKE

R175 per tray

ROASTED CHICKEN WITH ROSEMARY, GARLIC CREAM & MUSHROOMS

served with tagliatelle - R175 per tray

SICILIAN MEATBALLS & SPAGHETTI

R175 per tray

SUNDAY ROAST

12 chicken pieces, potatoes & vegetables, gravy, rice - R240

SOUPS

All soups are 1 litre units packaged in a plastic container.

Chicken with Fresh Herbs & Cream - R65

Roasted Sweet Carrot, Coriander & Bacon - R65

Cumin Spiced Tomato & Thyme - R55

Smooth Butternut, Coconut & Ginger - R65

SIDES:

Each portion feeds 2 people.

Cauliflower Rice - R25

Roasted Sticky Veg - R30

French Salad - R30

Chef Salad - R40

Greek Salad - R40

Smoked Chicken Salad - R48

Smoked Salmon Salad - R48

Mashed Potatoes - R20

QUICHE:

Bacon & Broccoli - R85

Red Pepper, Feta & Herbs - R85

Spinach & Mushroom - R85

Add Salad - R45

COFFEE BEANS:

Our premier roasted vacuum

packed beans are for sale

R95 per 250g

EACH TRAY SERVES 4 to 5 PEOPLE.
SMARTMEALS@LIFE-CAFE.CO.ZA | 021 557 6020

