



EXQUISITE  
TASTES

EASY  
HELP YOURSELF  
MENU

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# EASY HELP YOURSELF MENU

## MAIN COURSES

### CHICKEN

Chicken and seasonal vegetable pot pies with puff pastry lid  
– INDIVIDUAL

Chicken breasts topped with roasted baby tomatoes, feta and olives with fresh pesto

Chicken breasts in a mushroom and pecan sauce with fresh thyme served with creamy mash

Chicken and roasted butternut lasagne with plum tomato and parmesan

Sweet and tender chicken portions with Rosa tomatoes and fresh basil served with rice

Thai green chicken curry with baby corn, peas and courgettes with a coconut, lemon grass coriander sauce and basmati rice

Chicken breasts in a creamed spinach and bacon sauce with creamy mash

Chicken breasts in a creamy sundried tomato and parmesan sauce with basil and wild rice

### BEEF

Thai basil red beef curry with coconut milk, crushed peanuts and coconut rice

Beef and mushroom cannelloni with rustic tomato sauce and parmesan crust

Traditional beef lasagne with plum tomatoes and parmesan

Beef, mushroom, onion and pepper dew casserole served with creamy mash

## VEGETARIAN MAIN COURSES

Gnocchi bake with a creamy spinach, feta and herb sauce

Squash stuffed with chickpeas, feta, cranberries and lentils with fresh herbs

Roasted vegetable and pesto phyllo pie with feta and basil

## SALADS AND ACCOMPANIMENTS

Chunky tomato, cucumber, butter bean, spring onion and parsley salad

Roasted butternut, broccoli, quinoa, cranberry and feta salad

Whole cos lettuce, parmesan, crouton and Caesar dressing salad

Grilled pepper, rocket, olive and torn mozzarella salad with a lemon chive dressing

Moroccan cous cous salad with roasted beetroot, butternut and baby tomatoes sprinkled with dukkah

Baby gem, snow pea, avocado, mint and poppyseed salad with a citrus dressing

Strawberry, feta and pecan salad on baby spinach

Crunchy Thai cashew, quinoa and veggie salad with Indonesian soy, coriander and ginger

Israeli salad of rainbow peppers, cucumber, red onion, tomato and chickpeas with mint and lemon

Mexican 3 bean salad with kidney, butter and green beans, rainbow peppers and corn

Whole-wheat pasta salad with hummus, baby spinach, baby beans and toasted flaked almonds

Herby cauliflower, chickpea, dill and cucumber salad with a tzatziki dressing

2 mains, 2 salads, bread –  
**R220.00 per head ex VAT**

1 main, 2 salads, bread –  
**R160.00 per head ex VAT**

2 mains - **R140.00 per head ex VAT**