

– CORPORATE AND PRIVATE FUNCTIONS –
 – PLATTERS AND CANAPÉS –
 – CAKES, CUPCAKES, COOKIES AND DESSERT –
 – FRESH, HOMEMADE MEALS TO FREEZE –
 – HALAAL-FRIENDLY CATERING –



CONTACT US
 EMAIL: INFO@PRETTYLITTLETHINGS.CO.ZA
 WWW.PRETTYLITTLETHINGS.CO.ZA
 CALL PIA: 021 712 7373 OR 079 083 5241

HOMEMADE MEALS TO FREEZE

FRESHLY MADE MEALS TO
 ORDER, READY-TO-BAKE,
 RE-HEAT OR FREEZE

MADE WITH THE BEST
 QUALITY INGREDIENTS, FRESH
 AND FREE-RANGE PRODUCE

NO ADDITIVES OR
 PRESERVATIVES ADDED

EASY TO FREEZE HOMEMADE MEALS

	SERVES 2	SERVES 4		SERVES 2	SERVES 4
PASTA DISHES – NEEDS TO BE BAKED OFF					
- Traditional beef lasagne (1,2 Kg / 2,1 kg)	R159	R290	- CHICKEN AND LEEK BAKE	R150	
- Roast chicken, mushroom and mixed peppers lasagne	R170	R305	chicken on the bone topped with sliced leek in a sweet tangy cream sauce		
- Grilled aubergines and mushroom lasagne with spinach and caramelised onion	R148	R285	- MOROCCAN STYLE CHICKEN TAGINE	R150	
- Roast butternut, caramelised onion, spinach and feta lasagne	R148	R285	with chickpeas and peppers		
- Beetroot ravioli pockets filled with wild mushroom and artichoke served with roast baby beetroot and feta in a basil pesto cream sauce	R145	R260	- CHICKEN ALEXANDER	R150	
- Spinach and ricotta cannelloni in a creamy mushroom sauce topped with Napolitano sauce and shaved Parmesan	R148	R285	chicken pieces in a creamy mushroom and mixed peppers sauce		
- Roast chicken and mushroom penne pasta bake	R165	R295	- BRAISED BEEF CASSEROLE	R155	
- Beef bolognese penne pasta bake	R155	R275	beef topside slow cooked in a rich gravy with mushroom and herbs		
- Mac 'n cheese penne pasta	R140	R210	- TRADITIONAL BEEF MINCE BOBOTIE	R135	
			- BUTTER CHICKEN (300g debone thigh)	R140	
			mild Indian curry with a tikka masala		
			- CHICKEN KORMA (300g debone thigh)	R140	
			mild Indian curry with a tomato cardamom flavour		
PIES – NEEDS TO BAKED OFF			- BRAISED BEEF & VEGETABLE HOT POT	R159	
- Roast chicken and mushroom pie		R160	topped with sliced potatoes and rosemary butter		
- Peppered steak pie		R160	- MOROCCAN LEMON CHICKEN	R154	
- Butter chicken curry pie		R150	harissa marinated breast with lemons, olives and red pepper sauce		
- Beef mince and vegetable cottage pie with a creamy herb mash		R135	- CLASSIC FISH PIE WITH PRAWNS	R159	
- Vegetable and chickpea cottage pie with a sweet potato mash		R125	topped with creamy mash		
- Creamy chicken and leek phyllo pie		R155	- POT ROAST CHICKEN	R150	
- Spanakopita style phyllo pie (NEW)		R150	with root vegetables in a rich gravy		
creamed spinach and feta pie with puff pastry base and phyllo leaves			- LAMB TOMATO BREDIE (NEW)	R180	R330
			tender cuts of lamb stew and knuckle slow cooked with onions and garlic in our homemade tomato sauce with baby potatoes		
			- LAMB MADRAS (NEW)	R180	R330
			rich, fragrant and intense curry with potatoes, known to be sharp and spicy but not close to a vindaloo		
			- GREEK LAMB YOUVETSI (NEW)	R180	R330
			Greek lamb stew made with tender slow-roasted lamb shoulder and Orzo pasta, cooked in a delicious tomato based sauce		
VEGETARIAN & SIDE DISHES - FULLY COOKED OFF			- SLOW COOKED BEEF SHORT RIB (NEW)	R145	R269
- Grilled aubergine, tomato and mozzarella bake with fresh basil and tomato sauce		R137	slow cooked till tender with mushrooms and green beans in a rich gravy		
- Vegetable and lentil bobotie		R137			
- Vegetable and chickpea tagine		R137	SOUPS 850ml TUB		
- Savoury basmati herb rice (250g)		R70	Made with fresh home made stocks		
- Herb basmati rice (250g)		R49	- Thai butternut soup		R75
- Ratatouille with orzo pasta		R137	- Butternut and orange		R75
- Mushroom, spinach and lentil korma		R137	- Cauliflower and Parmesan		R75
- Roasted vegetable with pesto dressing (NEW)	R60	R99	- Potato and leek		R75
seasonal vegetables roasted with fresh herbs and garlic. Pesto dressing optional			- Roast cherry tomato and basil		R75
- Roast vegetable bake (NEW)	R65	R125	- Chicken and corn soup		R85
seasonal vegetables with Napolitano sauce and herbed bread crumble			- Traditional winters vegetable soup		R75
- Savoury lentil basmati with (NEW)	R65	R125	- Chunky vegetable and tomato		R75
sautéed mixed vegetables with cumin scented lentils and fluffy basmati			- Beef and vegetable		R85
- Roast butternut, sweet potato and carrot (NEW)	R50	R85	- Beef and bean		R85
cinnamon and honey glazed with thym					
			WARM WINTERY DESSERTS		
SPECIALITY DISHES - FULLY COOKED OFF			- Traditional malva pudding (NEW)		R70
- CHICKEN, BROCCOLI & TARRAGON GRATIN	R159		- Decadent chocolate pudding (NEW)		R85
chicken breast, broccoli in a tarragon sauce with a potato and cheese crumble			- Buttery apple and pear sponge pudding (NEW)		R85
- SPANISH STYLE CHICKEN	R155		- Croissant bread and butter pudding (NEW)		R85
Spanish styled chicken in paprika sauce with butter beans and patata bravas			- French style home made custard (NEW)		R70 for 850ml
- SPICED MOROCCAN HARISSA CHICKEN	R159				
spiced Moroccan harissa chicken in sweet spicy sauce with roast aubergines and almonds					

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STANDARD DINNER MEALS FOR A WEEK (SERVES 2) – R1375

1 x Traditional beef lasagne
1 x Roast chicken and mushroom pie
1 x Braised beef
1 x Chicken Alexander
chicken pieces in a creamy mushroom and mixed peppers sauce
- Pot roast chicken with root vegetables in a rich gravy
- Butter chicken roti wrap
- Classic fish pie topped with creamy mash
- Chicken and corn soup
- Traditional winter vegetable soup

SIDES FOR 2

1 x Herbed basmati rice
1 x Roast vegetable in Napolitana sauce with herb crumble
1 x Savoury herbed basmati
1 x Roast butternut, sweet potato and butternut in cinnamon honey glaze
1 x Malva pudding

NOTE

Weekly meals for 2 people delivered frozen
Valued at R1540 but weekly pack cost R1375 (save R165)
14 food items in total
Free delivery on a Wednesday. Non-contact delivery

FAMILY OF 4 DINNER MEALS FOR A WEEK – R2690

1 x Traditional beef lasagne
1 x Roast chicken and mushroom pie
1 x Braised beef
1 x Spiced Moroccan harissa chicken
spiced Moroccan harissa chicken in sweet spicy sauce
with roast aubergines and almonds
1 x Pot roast chicken with root vegetables in a rich gravy
1 x Butter chicken roti wrap
1 x Classic fish pie topped with creamy mash
2 x Chicken and corn soup (850ml)
2 x Traditional winters vegetable soup (850ml)

SIDES FOR 4

1 x Herbed basmati rice
1 x Roast vegetable in Napolitana sauce with herb crumble
1 x Savoury herbed basmati
1 x Roast butternut, sweet potato and butternut in cinnamon honey glaze
1 x Malva pudding for 4

NOTE

Weekly family meals for 4 people delivered frozen
Valued at R2910 but weekly pack cost R2690 (save R220)
16 food items in total
Free delivery on a Wednesday. Non-contact delivery

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VEGETARIAN DINNER MEALS FOR A WEEK (SERVES 2) - R1260

- 1 x Roast butternut, caramelized onion, spinach and feta lasagne
- 1 x Mushroom, spinach and lentil korma
- 1 x Mixed vegetable and chickpea curry roti wraps
- 1 x Grilled aubergine, tomato and mozzarella bake
 with fresh basil and tomato sauce
- 1 x Vegetable and chickpea tagine
- 1 x Vegetable and chickpea cottage pie
 with a sweet potato mash
- 1 x Spanakopita style phyllo pie
- 1 x Butternut and orange
- 1 x Traditional winters vegetable soup

SIDES FOR 2

- 1 x Savoury vegetable and cumin scented lentil basmati
- 1 x Roast vegetable in Napolitana sauce with herb crumble
- 1 x Savoury herbed basmati
- 1 x Roast butternut, sweet potato and butternut in cinnamon honey glaze
- 1 x Malva pudding

NOTE

Weekly vegetarian meals for 2 people delivered frozen
 Valued at R1370 but weekly pack cost R1260 (save R110)
 14 food items in total
 Free delivery on a Wednesday. Non-contact delivery

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DINNER MEAL BOXES

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THE CURRY BOX

(SERVES 2) – R355 / (SERVES 4) – R740

Korma or Butter Chicken
Savoury lentil basmati
2x flaky roti's
Carrot tomato sambal
Croissant bread butter pudding

THE TRADITIONAL BOX

(SERVES 2) A:- R320 B:- R300 / (SERVES 4) A:- R635 B:- R540

A:

Beef bobotie
Yellow herb basmati
Tomato onion salad
Bananas & Chutney
Malva pudding

B:

Lamb bredie
Herb basmati
Malva pudding

THE MEAT FREE MONDAYS BOX

(SERVES 2) – R370 / (SERVES 4) – R595

Spanakopita style pie
Grilled aubergine bake
Herb basmati
Apple & Pear sponge pudding

THE ITALIAN BOX

(SERVES 2) – R355 / (SERVES 4) – R610

Beef/chicken lasagna
Garden salad
Roast vegetables with pesto dressing
Chocolate pudding

THE EASY EATING DINNER BOX

(SERVES 2) – R350 / (SERVES 4) – R650

Chicken Alexander
Herbed basmati
Honey butter and thyme glazed vegetables
Apple & Pear pudding

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KETO DIET

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FOODS THAT ARE ALLOWED TO BE EATEN

Seafood and shellfish

Norwegian Salmon / Mackerel / Sardines / Tuna / Scallops / Mussels / Octopus / Squid / Crab

Non starchy veg and fruit

Asparagus / broccoli / cabbage / fine beans or green beans / spinach / kale / zucchini /
mixed peppers / aubergines / cauliflower / brussels sprouts / celery
Lettuce / avo / olives / tomato / cucumber / lemons / watermelon / berries / peaches
sweet melon / papaya / starfruit / apples / citrus

Keto dairy and cheese list

Butter / cream / plain Greek yoghurt / goat's cheese / feta / camembert brie /
Swiss cheese / white cheddar / cream cheese / mascarpone / ricotta /
manchego / parmesan / mozzarella / cottage cheese

Oils

Olive oil / coconut oil

Nuts and seeds

Almonds / cashews / pecans / walnuts / pistachios / macadamia / brazil nuts
sesame seeds / chia seeds / pumpkin seeds / flax seeds

Meat / poultry / eggs

Shirataki noodles

Coffee / tea / herbal tea / bone broth

70% and higher dark chocolate and cocoa

IMPORTANT INFORMATION TO KNOW

For vegetables, everything that grows above the ground is keto as they contain few natural carbs. Vegetables below the ground are not keto but some vegetables like mushrooms are beneficial to the keto diet as they are packed with vitamins and iron needed as part of a balanced keto diet.

There are 6 main keto fruit (berries, sweet melon, avo, star fruit, watermelon) but fruits like apples, kiwis and peaches are needed for nutritional value.

Eating more probiotic foods like kimchi, sauerkraut, natural yoghurt and pickles aids in good gut health which is important to help fight the body against diseases and boost the immune system by building good bacteria for the body. Weekly meal planning and preparation is very important.

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KETO FREEZER MEALS

- Beef lasagne – made with grilled aubergine and mascarpone cheese sauce **R159**
- Chicken and leek pie – made with nut / coconut crust and a cheese crumble topping **R159**
- Classic fish pie with prawns – topped with creamy cauli and zucchini mash **R176**
- Chicken parmesan – made with chicken breasts **R154**
- Prawn and calamari Thai curry with broccoli and green beans **R187**
- Grilled aubergine and mozzarella bake **R159**
- Smoked chicken and cauli mac n cheese **R154**
- Garlic, ginger and lime hake bake with coriander and peppers **R159**
- Lamb madras curry **R187**
- Braised brisket with fine beans and mushrooms **R159**
- Whole roast butter basted chicken **R154pk**
- Seared salmon in citrus soya glaze **SQ**
- Chicken and broccoli bake **R159**
- Hungarian mince and cauliflower bake **R159**
- Beef stroganoff **R176**
- Braised steak cottage pie with cauli mash **R176**
- Calamari Asian stir fry with roasted cashew **R187**
- Baked stuffed aubergines with beef mince and topped with sour cream **R154**

SERVES 2

SIDE DISHES – 200G

- Savory cauli rice **R65**
- Zucchini spaghetti **R65**
- Roasted garlic cauli mash **R65**
- Sautéed kale, spinach and cabbage **R65**
- Spinach and feta stuffed brown mushrooms with almond crust **R75**
- Crunchy red cabbage and sauerkraut slaw (not suitable for freezing) **R75**
- Aubergine caprese (not suitable for freezing) **R90**
- Stir fry vegetable with citrus zest and cashew **R75**
- Chucky Mediterranean salad with kale (not suitable for freezing) **R75**
- Roasted Brussel sprouts cauliflower and broccoli with garlic herb butter **R75**

CHEFS GUIDELINES

- Have fresh ripe avos , free range eggs, tomatoes, lemons and cucumber in the fridge. Great for putting together a last minute salad or to snack on.
- Have fresh berries, watermelon, sweet melon, apples and citrus available in your fridge. Great for smoothies, breakfast and to snack on.