

Light Meals

All the meals below are served with a fresh bread roll and mini butter.

Where a vegetarian alternative is required, please select from our vegetarian menu. You will be billed at the relevant price.

The meal price includes all the necessary crockery and cutlery, but not heating equipment or linen. Should you require additional hired items, these will be billed at the same rates as charged by hiring companies. All prices quoted are V.A.T. exclusive

Please note: Our minimum order is for 8 persons. There is a 10% surcharge for all our menus for orders for 8 or 9 persons. There is no surcharge for an order for 10 or more persons. Selection: Please order one dish (with a vegetarian alternative if required) per order (for 50 persons or less). Should you wish to order additional dishes for your function, please add a 10% surcharge for each additional dish, which caters for less than 5 persons. Minimum quantities (see above) apply for additional menu choices.

Chicken Dishes

Light Meal Menu 1

Chicken a la King (we managed to improve on the classic!), Rice, Veg in Season & Rolls

Light Meal Menu 2

Crumbed Peri Peri Chicken Strips (the best in Durbs!), Potato Wedges, Green Salad & Rolls

Light Meal Menu 3

Honey Glazed Chicken, Rice, Vegetables in Season, & Rolls

Light Meal Menu 4

Italian Chicken with Three Pepper Sauce topped with Parmesan (a firm favourite), Fettucini with Baby Marrow, Salad & Rolls

Light Meal Menu 5

Chicken Pie (succulent chicken fillet & bacon with mushrooms in a crusty pie), Mashed Potatoes, Peas & Rolls

Light Meal Menu 6

Chicken Stir-Fry (loads of bright fresh vegetables with an authentic Asian taste), Rice, Green Salad & Rolls

Light Meal Menu 7

Roast Chicken Fillet (dressed in herbed butter and bacon), Rice, Veg in Season & Rolls

Light Meal Menu 8

Whole Roast Chicken (a classic), Gravy, Rice or Baby Potatoes, Cauli-Broccoli with cheese, Butternut & Rolls

Light Meal Menu 9

Southern Fried Chicken (Deep Fried to Perfection), Mashed Garlic Potatoes, Thai Cucumber Salad & Rolls

Beef Dishes

Light Meal Menu 10

Cottage Pie (topped with roasted garlic mashed potatoes), Peas, Salad & Rolls

Light Meal Menu 11

Beef Stroganoff (juicy beef with zesty sauce), Rice, Veg in Season & Rolls

Light Meal Menu 12

Moussaka (brinjal & beef mince in perfect duo), Salad & Rolls

Light Meal Menu 13

Beef Pie (bite size morsels with black pepper), Mashed Potatoes, Veg in Season, Salads & Rolls

Light Meal Menu 14

Pan Seared Flank Steak (marinated in our secret coriander rub - you will definitely come back for more), Mashed Potatoes, Butternut, Salad & Rolls

Light Meal Menu 15

Beef Stifado (Gorgeous Casserole) Rice, Rosetta Tomatoes, Rocket & Feta Salad & Rolls

Light Meal Menu 16

Oven Broiled Flank Steak (Simply Delicious), Mash Potatoes, Peas, Summer Greens with Dressing & Rolls

Light Meal Menu 17

Filipino Beef Stirfry (Great Combination of Flavours), Served with Rice/Egg Noodles, Garden Salad & Rolls

Light Meal Menu 18

Roast Topside of Beef (good old fashioned roast), Gravy, Rice/Baby potatoes, Veg in Season & Rolls

Light Meal Menu 19

Savoury Mince (carrots and apples make this one unique!), Baked Potato, Salad & Rolls

A Note about our Salads & Vegetables:

Flavour's has a selection of salads from our Light Meal Menus (Garden Green Salad, French Salad, Greek Salad, Garden Pineapple & Feta Salad, Village Salad, Spicy Carrot Salad, Rice Salad, Potato Salad, Pasta salad with Peaches, Mildly Curried Three Bean Salad, Lentil Salad).

Please specify your salad choice or alternatively, Flavours will choose the best selection for the dish being served. Should you wish to order an additional salad (over and above what is specified for a meal), please add R6.89 per person. We also have a selection of vegetables which you may choose from (Mixed vegetables, Butternut, Gem squash, Country crop, Cauliflower- Broccoli 'n cheese, Julienne style carrots, Green beans and Creamed spinach.



Light Meals

Fish Dishes

Light Meal Menu 20

Crumbed Baked Hake, Mash Potatoes,
Served with a Lemon Wedge and Tartar Sauce

Light Meal Menu 21

Fish Curry (Mild but Flavourful White Fish Curry)
Rice, Sambals, Salad & Rolls

Curries & Breyani

*(Our curries & breyani's are mild to medium
with the emphasis on FLAVOUR!)*

Light Meal Menu 22

Vegetable Curry, Rice, Sambals, Chutney,
Salad & Rolls

Light Meal Menu 23

Chicken Curry, Rice, Sambals, Chutney,
Salad & Rolls

Light Meal Menu 24

Beef Curry, Rice, Sambals, Chutney,
Salad & Rolls

Light Meal Menu 25

Deboned Mutton/Lamb Curry, Rice, Sambals,
Chutney, Salad & Rolls

Light Meal Menu 26

Curried Mince, Rice, Sambals, Chutney, Salad & Rolls

Light Meal Menu 27

Deboned Mutton/Lamb Breyani, Dahl, Sour Milk
with Cucumber & Mint, Salad & Rolls

Light Meal Menu 28

Deboned Chicken Breyani, Dahl, Sour Milk with
Cucumber & Mint, Salad & Rolls

Light Meal Menu 29

Deboned Beef Breyani, Dahl, Sour Milk, with
Cucumber & Mint, Salad & Rolls

Light Meal Menu 30

Vegetable Breyani, Dahl, Sour Milk with
Cucumber & Mint, Salad & Rolls

Pasta Dishes

Light Meal Menu 31

Lasagne (mince - our classic- no room for
improvement!), Greek Salad & Garlic Bread/ Rolls

Light Meal Menu 32

Chicken & Mushroom Penne Pasta (with a thick creamy
secret sause), Salad & Rolls

Light Meal Menu 33

Spaghetti Bolognaise (a spicy bolognaise sauce
makes this one exceptional!), Salad & Rolls

Light Meal Menu 34

Fettucini Alfredo (smoked chicken and mushrooms
in a creamy, dreamy white sauce), Salad & Rolls

Light Meal Menu 35

Coachmans Delight (screw pasta, chicken and
assorted peppers - our recipe), Salad & Rolls

Light Meal Menu 36

Hearty Beef Pasta (Creamy Hot Sauce),
Salad & Rolls

Light Meal Menu 37

Baked Ziti Pasta (Ground Beef) with Mixed Herbs,
Tomato & Cheddar, Salad & Rolls

Vegetarian Pasta Dishes

Light Meal Menu 38

Vegetable Lasagne, Greek Salad & Rolls

Light Meal Menu 39

Macaroni & Cheese (the cheeziest mac and
cheese around!), Salad, Tomato Sauce & Rolls

Light Meal Menu 40

Roast Garlic (oh la la!) & Fresh Herb Pasta, Salad & Rolls

Light Meal Menu 41

Spaghetti with Herbed Tomato Sauce, Parmesan,
Black Pepper, Salad & Rolls

Light Meal Menu 42

Buckwheat and Ricotta Gnocchi with Cream Peas &
Spinach, Salad & Rolls

Light Meal Menu 43

Pecan and Spinach Pasta, Salad & Rolls

Light Meal Menu 44

Pasta with Cauliflower in a Spicy Pink Sauce, Salad & Rolls



Light Meals

Vegeterian Dishes

Light Meal Menu 44

Savoury Pancakes (spinach & feta filled pancakes covered with melted cheddar cheese), Salad & Rolls

Light Meal Menu 45

One-Pot Mushroom & Potato Curry, Yellow Rice with Raisons, Chutney, Sambals & Rolls

Light Meal Menu 46

Layered Mediteranian Vegetable Bake (brinjals, baby marrow, carrots, potatoes & our secret spice blend), Salad & Rolls

Light Meal Menu 47

Mushroom Caps (black mushrooms stuffed with ratatouille and mozzarella), Salad & Rolls

Light Meal Menu 48

Spicy Chickpea & Vegetable Stew, Brown Rice, Yoghurt & Cucumber, Salad & Rolls

Light Meal Menu 49

Vegetarian Shepherds Pie with Cheddar and Lentils Steamed Broccoli, Salad & Rolls

Light Meal Menu 50

Scrumptious Stuffed Potatoes with Egg Plant and a Cheesy Sauce, Vegetables in Season, Salad & Rolls

Cold Meats

Light Meal Menu 51

Assorted Cold Meats (incl MR Mozzies) a Choice of Three Salads & Rolls

Light Meal Menu 52

Cold Slow Roasted Topside with a Choice of Three Salads

Light Meal Menu 53

Cold Roast Chicken, Choice of Three Salads, & Rolls

Salads

Light Meal Menu 54

Mixed Potato Salad with Pickled Onion Dressing

Light Meal Menu 55

Chicken Salad with Cucumber, Red Pepper with honey & Mustard Dressing

Light Meal Menu 56

Flank Steak with Rosetta Tomatoes, Rocket and greens with Vinaigrette

Light Meal Menu 57

Tuna Salad (Tossed Greens & Pineapple)

Light Meal Menu 58

Cherry Tomatoes, Basil, Rocket & Fresh Baby Spinach, Feta & Greens Salad

Quiche & Filled Spuds

Light Meal Menu 59

Classic Quiche (bacon, mushroom, chicken, asparagus, spinach), Baked Potato, Salad & Rolls

Light Meal Menu 60

Budget Spuds (savory mince, bacon & cheese, mushroom, creamed spinach), Salad & Rolls

Submarine Rolls

Rolls & Submarine Rolls are available in white, brown or wholewheat. The Basic filling for all Rolls & Submarine Rolls is shredded lettuce, tomato & cucumber

Hot Dog Rolls

two hot dog rolls per person -
minimum order of 15 servings

Submarine Rolls

approximately 25 - 30 cm x 10 cm -
minimum order of 15 servings

Fillings for Rolls & Submarines: (add 10% for additional fillings for your order of Rolls & Submarines):

- Roast Beef with Horseradish Sauce
- Ham with Honey Mustard • Chicken with Louisiana Sauce
- Pan Seared Flank Steak • Chicken Mayonnaise
- Smoked Salmon with Cream Cheese & Black Pepper

Vegetarian Fillings for Rolls & Submarines: (10% discount given if you select just one filling for your order)

- Roast Carrot with Caraway and Onion • Cheddar
- Mozzarella, Basil & Olive Oil
- Roast Brinjal and Hummus • Roast Red Pepper Spread
- Fried Mushroom & Feta

Sandwiches

Sliced White or Brown Bread Sandwiches

Old Styled Whole Wheat or Seed Loaf Sandwiches

Fillings: Smoked Shaved Chicken, Egg

Mayonnaise, Chicken Mayonnaise, Cream Cheese with Chives, Pineapple, Cheddar, Mozzarella, Lettuce, Tomato.

Filled Croissants

Fillings: • Roast Beef with Horseradish Sauce

- Ham with Honey Mustard
- Chicken with Louisiana Sauce
- Roast Carrot & Brinjal with Cream Cheese
- Mozzarella & Basil & Tomato
- Pan Seared Flank Steak
- Chicken Mayonnaise
- Salmon

