



HOEKED

FROZEN DELICIOUS

COMFORT FOOD

	Portions:		
	Serves: 1	2 - 3	3 - 4
LENTIL & MUSHROOM RAGU LASAGNA With cheese & creamy bechamel sauce	R68	R134	R194
AUBERGINE INVOLTINI Aubergine rolls filled with herby and zesty ricotta & spinach, baked in arabiata sauce & topped with mozzarella	R72	R142	R206
MIXED VEGETABLE THAI GREEN CURRY (Vegan) With fresh curry leaves, coconut milk, lime & cashew nuts	R64	R126	R186
CHILI CON CARNE (Vegan) YAY - IT'S BACK! Made from lentils, red kidney beans & seasonal veg	R64	R126	R186

NUTRITIOUS BOWLS

	Portions:	
	Serves 1	Serves 2 - 3
TURMERIC SPICED CAULI & CHICKPEA BOWL (Vegan) With pearl barley, sultanas, herbs, tahini dressing & dukka	R66	R130
MEXICAN COUSCOUS BOWL (Vegan) With charred corn & butternut, jalapenos, coconut chips, lime and coriander	R66	R130
SUN-DRIED TOMATO & OLIVE QUINOA BOWL With preserved lemon, mint, parsley, feta & almonds	R70	R138
NEW! ROASTED TOMATO & FETA PEARL COUSCOUS BOWL With olives, oregano and capers (BEST EATEN HOT)	R68	R134

SIDES

SWEET POTATO BAKE **YAY - IT'S BACK!**

with crispy sage, beunoisette & creamy bechamel sauce

Serves 2
R52

Portions:

Serves 4 - 6
R98

PARMESAN ARTICHOKE & FENNEL BAKE

with sour cream & spring onion

Serves 2 - 3
R82

Serves 4 - 6
R160

BUTTER BEAN MASH (Vegan)

with roasted garlic chipotle chili relish

Serves 2
R48

Serves 4 - 6
R94

THE REAL DEAL

The 'Real Deal' meals are made to be accompanied by other dishes to make a full meal (but they're just as delicious by themselves!)

Portions:

Quantity

CHEESY SWEET POTATO ENCHILADAS

With black beans, corn & Mexican spices

1 / 70

2 / R138

NEW!

ROASTED BUTTERNUT SOUP (Vegan)

With coconut milk, spiced with a touch of nutmeg, cumin & cinnamon

400ml/R34

900ml/R63

MUSHROOM & MIXED VEG DIM SUM (Vegan)

With Asian dipping sauce

6 / R58

12 / R96

SHNACKS & FINGER FOOD:

	Portions:	
	Medium	For the Fam
TRUFFLE & MUSHROOM ARANCINI BITES Crispy risotto balls with truffle flavoured oil, mushrooms & parmesan	8 / R68	18 / R148
GREEK SPANAKOPITA Spinach, olive and feta phyllo parcels	8 / R66	18 / R146
CARAMELIZED ONION & BRIE MINI TARTS With thyme & puff pastry	4 / R44	8 / R86

Add 'A LIL EXTRA' dips shown below to accompany the Hoeked snacks

A LIL EXTRA

	Portions:	
	(200g)	(320g)
CHIMICHURRI	R48	
BABAGANOUSH Roasted Aubergine Dip	R48	
HUMMUS:		
Original	R40	R64
Beetroot	R44	

TO FINISH OFF TREATS

	Portions:	
	Serves	
SPICED APPLE, BERRY & PEAR CRUMBLE with ginger, coconut & almond crumble	2 - 3 / R64	4 - 6 / R132
COFFEE AND PEANUT BRITTLE LAYERED ICE-CREAM	2 - 3 / R64	4 - 6 / R132
GINGER & SHORTBREAD DATE BITES	6 / R48	10 / R78

ARTISANAL CORNER

WHAT ELSE HOEKED HAS TO OFFER

We are excited to share a few additional offerings from a selection of local business's that provide delicious artisanal options to go with your Hoeked meals, as well as a few extra Hoeked goodies!

HOEKED GOODIES

- Moroccan Preserved Lemon R68
- Preserved Ginger R68
- Rooibos, Lime & Star Anise Cordial R75
- Sea Salted Caramel R56

HOOKED ON CHILI

R72

J'AMYS DESSERTERY (Vegan)

R38

Cheese Cake Flavours:

- Blueberry & Vanilla ; Death-by-Chocolate ; Salted Caramel
- Snickers Bar

BREW KOMBUCHA

R30

- African Rose ; Original Rooibos ; Buchu Babe

PLEASE CONTACT ME FOR SPECIAL ORDERS



+27 79 496 8336



<https://www.facebook.com/Hoeked>



[hoeked_frozendelicious](https://www.instagram.com/hoeked_frozendelicious)



leigh@hoekedfrozendelicious.com

ORDERS IN BY THURSDAY - DELIVERIES EVERY FRIDAY

COLLECTION=FREE ; NOORDHOEK=R20 ; 6km-20km=R50 ; 20km <=R60