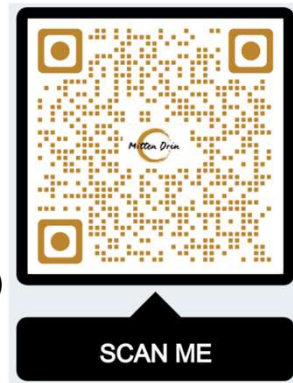




Frozen Take Home Meals

- Free pick up
 - 390A Rosebank Road, Avondale – **Same Day**
 - 486 Parnell Road, Parnell (Parnell Superette) – **Next Day Pick up**
- \$15 Inner Auckland Zone Delivery
- \$34 Nationwide Delivery



Main dishes

Organic Creamy Chicken - with Basmati Rice	15.90
Organic Braised Beef Shank - with Mashed Potato	15.90
Organic Beef Lasagne for 2	17.90
Vegetarian Lasagne for 2	17.90
Smoked Pork Ribs - with Herb and Butter Roast Potato	15.90
Mushroom Risotto	13.90
Organic Beef Stroganoff - with Basmati Rice	15.90
Slow Roasted Pork - with Mashed Potato	13.90
Thai Fish Curry - with Basmati Rice	13.90
Stuffed Cabbage Roll - with Mashed Potato	13.90
Organic Beef Rouladen - with Mashed Potato	17.90
Organic Beef Meatloaf - with Mashed Potato	15.90
Organic Beef Goulash - with Penne	15.90
Organic Pumpkin Frittata	13.90
Organic Spaghetti Bolognese	13.90
Vegan Organic Spaghetti Bolognese	13.90
Spaghetti Alfredo	11.90
Beef Goulash Soup	10.90
Cheesy Spaetzle	13.90

Potato Leek Soup (Vegetarian)

10.90

Sausage Lover Soup

- Solyanka Soup

10.90

Chicken Pie for 2

12.90

Pork Pie for 2

12.90

Fish Pie for 2

12.90

Side Dish

Mashed potato for 2 (400g) 6.90

Steam Vegetable for 2 (250g) 4.50

Smoked Salmon Diced (150g) 11.90

Big Pretzel 10.90

Pretzel (100g) 2.80

Rotkraut 2.50

Sauerkraut 2.50

Sourdough 6.50

Dessert

Cheesecake Brownie for 2 12.90

Apple Crumble Cake for 2 10.90

Chocolate Brownie for 2 (GF) 12.90

Mixed Berries Bread Pudding for 2

12.90

Sausages

Thueringer Bratwurst 6.90

- 2 sausages

Naked Bratwurst 6.50

- 2 sausages

Smoked Bratwurst 7.00

- 2 sausages

Muenchner Weisswurst 6.90

- 2 sausages

Frankfurter 8.50

- 4 sausages

Bockwurst 7.50

- 2 sausages

Kransky 6.50

- 2 sausages

Cheese Kransky 7.00

- 2 sausages

Jalapeno Bratwurst 9.90

- 2 sausages

Cheesegriller 9.50

- 4 sausages

Debrecine (Spicy) 9.50

- 4 sausages

Tiroler schinken 5.50

- 100g

Fleischkaese Fine 6.00

- 200g

Jagdwurst 10.50

- A chub

Paprika Lyoner 10.50

- A chub

Bierschinken 10.50

- A chub

Zwiebelmettwurst 8.00

- A chub

Kassler Pork 10.50

- 250g

Blackforest Salami 14.00

- A chub

Contact:

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