

1. Spiced Lentil Sauce

Spilt Lentils in Red Pepper sauce seasoned with assorted spices.

2. Powdered Chick Peas

Roasted and powdered chickpeas sauce cooked with garlic, onion, green chilli, tomato puree.

3. Whole Grain Lentils

Mildly spiced Whole Grain Lentils. Mixed with fresh chopped red onions, tomato, chilli pepper, lemon and hint of garlic, herb, seasoning and olive oil.

4. Yellow Split Peas

Steamed yellow split peas sauce, cooked with onion garlic, ginger, and seasoned with turmeric powder.

5. Hot Salad

Salad, chopped tomato, green chilli, red onion, lemon with herbs and garlic and spices.

6. Beetroot Salad

Special beetroot salad, steamed beetroot, chopped carrots, potatoes, and seasoning with herbs and lemon.

7. Steamed Germen Cabbage

Steamed Germen cabbage with carrots and green chilli seasoned with garlic and onion. Comes with salad.

8. Green Beans

Green beans, carrots, potatoes with garlic and ginger onions and Jalapeno.

9. Stuffed French Pepper

Basque fryer/French pepper, chopped tomatoes, and onion lemon.

10. Fried Cauliflower

Cauliflower dipped in seasoning tuna, egg and flour fried with oil. Comes with chopped cucumber, chive with salad cream.

11. BEFF Lamb

Cubes of fried lamb seasoned with rosemary, oregano, black pepper with garlic.

12. COLLARD GREENS OR SPINACH

Beef collard greens onion garlic ginger seasoning with peppers.

13. Fried BEEF

Beef onion green chilli (hot), rosemary garlic and ginger

14. Boiled Rise

Our soups

LENTIL: Garlic, ginger, lemon, and onion seasoned with peppers.

MIXED VEG: Garlic, onion, and herbs seasoned with peppers.

CARROT: Garlic, red onion, tomato seasoned with peppers and herbs.