



Please note:

All prices are subject to change.
All prices include 15% Vat.
Full payment is required at least 24 Hours before arranged collection time.
Due to a limited capacity kitchen, please note that the confirmation of your catering order depends on demand at the time of ordering.

CATERING MENU

Order online at www.groundedat.co.za/shop
or email contact@groundedat.co.za
or whatsapp 073 826 5645

BAKED GOODS		
Whole Carrot Cake (serves 12)		R620,00
Whole Pistachio Lemon Cake (serves 12)		
Whole Lemon and Raspberry Cake (serves 12)		
Whole Gluten Free Beetroot Chocolate Cake (serves 12)		R580,00
Whole Cheese Cake (serves 12)		R700,00
Whole Banting Cheese Cake		R650,00
Whole Red Velvet Cake (serves 12)		R580,00
Mini Tartlets (6)	(Salted Caramel/White Chocolate/Chocolate/Milk tart)	R200,00
Baked Cheese Cake Pops (24)		R250,00
Brownies (8)		R220,00
Meringues Nests 8cm (6)		R65,00
Whole Milk tart (serves 6)		R150,00
Deconstructed Lemon Tartlets (16)		R220,00
Whole Veg Quiche (serves 4- 5)	(Roast Veg, Feta/ Butternut, Feta, Sage	/Butternut, Caramelised onions, Feta/Spinach, Balsamic tomato, Feta)
Whole Meat Quiche (serves 4- 5)	(Bacon, Baby marrow, Sundried tomato/Butternut, Biltong, Feta/	Pulled pork, Butternut, Sage, Feta/ Ham, Mushroom, Red onion)
BREAKFAST ITEMS		
Croissants (12)		R450,00
Chocolate and Almond Croissants (6)		R350,00
Catering Muffins Bran Banana/Apple, Carrot, and Ginger	(6 large/12 medium)	
Catering Muffins White Choc, Orange, and Cranberry/ Cheesy Marmite	(6 large, 12 medium)	
Mini Granola and Fruit Cups (6)		
Bacon and Egg Nests (12)		
Fruit Platter (800g)	Seasonal Selection	
CANAPES AND BITES		
Bacon Wrapped Cajun Chicken Bites (16)		R420,00
Bacon and Date Bites (12)		R385,00
Crudit� Plate with Hummus Dip (serves 6-8)		
Zucchini Rolls with Sundried Tomato and Cottage Cheese (6)		
Mediterranean Skewers (12)		
Brinjal, Tomato, Mozzarella, and Basil Wraps (12)		
Curried Mince Wraps with Avo (12)		R460,00
Chicken Mayo Wraps (12)		R460,00
Cream Cheese and Cucumber Crostini (12)		
DIPS, DIPPERS AND CONDIMENTS (MORE OPTIONS AVAILABLE IN OUR DELI AND FAMILY MENU)		
Baby Marrow Hummus Bowl (500g)		
Seasonal Salsa Bowl (400g)		
Mediterranean Chickpea Bowl (470g)	Chickpeas, olives, feta, basil pesto, sundried tomatoes, and lemon	
Herby Croutons (24)		
Cheese Straws (24)		
Herby Flat Bread Dippers with Pecorino (16)		
Low Carb Herby Flat Bread Dippers with Feta (16)		
Brie/Camembert with Cranberry Chutney (125g)		
Blue Cheese and Caramelised Onions (100g)		
Christmas in a Bowl (200g)	Cottage cheese with basil pesto, soaked sundried tomatoes, and toasted almonds	
MEAT DISHES		
Slow Roasted Pork Shoulder (3,5kg)		
Half Slow Roasted Pork Shoulder (1.7 kg)		
Whole Beef Lasagne (2kg- serves 12-14)		R995,00
Whole Chicken Pie (2kg- serves 12-14)		R750,00
Marinated Chicken Drumsticks/ Thighs (�2kg /12pc)	Homemade BBQ or Asian marinade	
Bacon Wrapped Cajun Chicken Breasts (12pc)		
Beef Meatballs (24)		
VEGETABLES AND SALAD		
Mixed Roast Vegetables (2,5kg)		
Grilled Butternut with Tzatziki and Popped Pumpkin Seeds (2,9kg)		
Grilled Red Onions, Rocket and Nut-Chili Salsa (940g)		
Zucchini and Pecorino Fries (500g)		
Herb Garden Salad with Pecorino and Lemon Dressing (413g)		
Brinjal Slices with Herbs, Sundried Tomato and Yoghurt (1,1kg)		
Aubergine Cheese Cake (1.1 kg)		
Curried Cous Cous with Brinjals, Lemon and Coriander (760g)		
Creamy Coleslaw (900g)	With carrot, apple, green and purple cabbage, and almonds	
Lentil Ratatouille (1100g)		
Broccoli Salad (1.2 kg)	With mayo, cheese, apples, cashews, and dried cranberries	
Green Beans with Quinoa and Tahini dressing (1 kg)		
Sweet Potatoes with Wholegrain Mustard Dressing (1.2 kg)		
Pickled Onion and Butternut Cous Cous Salad (1.2 kg)		

