

# freefood\*

Vegan \*

Wheat free \*

Gluten free \*

Dairy free \*

Sugar free \*

plant based creations

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Free Food caters for dinner parties, office lunches, small events and functions. Free Food also caters to individuals or residential homes too busy to cook a healthy meal for themselves (or have specific dietary requirements that cannot be met through conventional, convenient meal services).

Contact Ariel to discuss catering options. Please allow enough time for the full potential of this service to be realised (72 hours or more). Please note that ingredients are subject to availability and minimum quantities apply.

Collect your Free Food from my kitchen of infinite possibilities, at your request I can deliver if available, a delivery charge will be included in your quote.



## curries & stews

Consciously crafted and original curries and stews, accompanied by a tasty and nutritious gluten and wheat free grain. Select from the curries /stews and complement with a grain of your choice. Convenient frozen portions available too.

**CURRIES & STEWS (VEGETABLE BASED):**

R56 per head

**1. AFRICAN PINE APPLE PEANUT STEW**

Tender pine-apple pieces in a delicious peanut sauce, with browned onion, and fresh coriander, sprinkled with roasted peanuts.

**2. A VERY-VEG CURRY**

Potato, butternut, red pepper, broccoli, baby marrow, carrot, ginger, coconut milk and curry spices.

**3. BROCCOLI CURRY**

Tender broccoli florets, in a tomato and coconut sauce, with toasted coconut and sesame seed with fresh ginger and caramelised onion.

**4. BEST BRINGEL CURRY**

Bringel cubes, perfectly marinated in a coconut sauce with braised onion and cabbage with carrot and celery, with toasted coriander and cardamom seed.

**5. BUTTERBEAN AND ROAST BUTTERNUT STEW**

Beautiful tender butterbeans and roast butternut in a tomato-tahini sauce with fresh basil and baby spinach.

**6. BUTTERNUT CURRY**

Butternut cooked in coconut milk with caramelised onion, celery and green pea with toasted aniseed and cumin seed.

**7. BUTTERNUT AND APPLE CURRY**

Roasted butternut and apple, raisins and cinnamon, browned onions and ginger.

**8. GREEN BEAN CURRY**

Green beans in fresh tomato and browned onion curry sauce, with potato pieces, toasted coconut and curry leaves

**9. MALAY VEG CURRY**

A traditional recipe with potato, cabbage, cauliflower, onion, carrot, green beans, cooked in a creamy coconut and lemongrass stock.

**10. PUNJABI POTATO CURRY**

Potato pieces cooked until tender in a tomato and coconut milk stock with fresh curry leaves, turmeric and garam masala.

**11. ROASTED BRINGEL CURRY**

Whole bringels roasted and then scooped out into a delicious roasted garlic, sundried tomato, ginger and onion stock.

**12. SPINACH MASALA**

Spiced spinach and tender potato, in a tomato and fresh ginger garam masala stock.

**13. SWEET POTATO CURRY**

Tender and sweet pieces of sweet potato, in a green pepper broth with julienne carrots and browned onion rings.

## CURRIES & STEWS (LEGUME BASED)

R56 per head

### 1. BLACK EYED BEAN STEW

Tender black eyed bean, tossed with calamata olives, in olive oil and lemon juice with fresh raw ingredients: coriander, red onion and young spinach.

### 2. BUTTER BEAN CURRY

Red lentil and butternut sauce, fused with tender butter beans with toasted caraway seed.

### 3. CHICKPEA CAULIFLOWER CURRY

Browned onion rings with tender chickpea and cauliflower florets in chickpea stock spiced with cardamom, turmeric, ginger.

### 4. CHICKPEA POTATO CURRY

Tender chickpea and potato pieces with lightly steamed green bean - spiced with garam masala and paprika.

### 5. GINGER BUTTER BEAN CURRY

Butterbean in a sesame seed and fresh ginger sauce with roasted butternut, grilled button mushrooms and red peppers tossed with fresh baby spinach and juice from limes.

### 6. LENTIL CURRY

Brown lentils, cooked perfectly - coloured and flavoured with fresh mint and coriander, with grated carrots in ginger and tomato stock-served with fresh limes.

### 7. MORROCAN STEW

Tender chickpea, roasted sweet potato and butternut, with raisins, apricots and roasted cashew nuts.

### 8. RED KIDNEY BEAN AND MANGO CURRY

Beautiful colour and texture with red kidney bean, green bean, red pepper, mushroom, re-hydrated dried mango and butternut.

### 9. ROASTED VEG CHICKPEA CURRY

Roasted butternut, red pepper and mushroom, in a home-made tomato sauce with tender chickpea and all the right spices and herbs.

### 10. SUGAR BEAN CURRY

Spiced cape sugar bean, with browned onions, fresh corn, red pepper and spinach with toasted cumin, coriander seed and aniseed.

### 11. SUGAR BEAN GINGER STEW

Cape sugar beans cooked in coconut milk and fresh ginger - spiced with cardamom, toasted aniseed and turmeric.

### 12. TUSCANY BEAN STEW

Delicious cape sugar bean with tender sweet potato in a tahini sauce with fresh thyme and sundried tomato.

### 13. YELLOW DAHL STEW

Yellow dahl with grilled button mushrooms, browned onion rings, tomato, spinach and fresh ginger.

## GRAINS (TO ACCOMPANY CURRY/STEW)

### 1. BROWN BASMATI MUSHROOM RICE

Fragrant brown basmati rice with roasted brown mushroom pieces and fresh coriander.

### 2. COCONUT BASMATI RICE

Basmati rice, cooked in coconut milk with cinnamon, turmeric and raisins.

### 3. COCONUT LIME RICE

Brown rice cooked in a coconut milk with toasted coconut and fresh lime.

### 4. COLOURS QUINOA

This wonder protein-filled and gluten-free grain made colourful with fresh herbs, peppers and corn.

### 5. COMBO QUINOA AND MILLET

These 2 super grains in a perfect marriage with chive confetti, dusted with paprika and turmeric.

### 6. DHANYA MILLET

Millet - a gluten free and alkaline grain cooked with toasted caraway and aniseed, tossed with fresh coriander, olive oil and lemon juice.

### 7. FRESH HERB TOASTED BROWN RICE

Brown rice-toasted and cooked, then combined with fresh organum, basil, rocket and mint and sprinkled with chives.

### 8. GREEN JASMINE RICE

Fragrant jasmine rice-cooked and then tossed with fresh ginger and lime and toasted desiccated coconut.

### 9. MILLET MASH

Cooked millet, mashed with steamed cauliflower, fresh spring onion and olive oil.

### 10. SAVOURY BROWN RICE

Brown rice with browned onions, garden peas and fresh basil.

### 11. SPICED BASMATI

Basmati rice spiced with cardamom, star aniseed, cinnamon and turmeric (chilli optional).

### 12. TOASTED RICE WITH ROASTED ALMOND

Toasted brown rice with crushed roasted almonds, finely chopped raw red onion and fresh mint.

### 13. WHITE BASMATI AND BLACK WILD RICE

Beautiful colours and textures with a combination of basmati and wild rice, with fresh lemon wedges.



## bakes

Comforting, earthy bakes, packed with hearty goodness. Great with salad! Convenient frozen portions available too.

**BAKES**

R48 per head

**1. COTTAGE PIE**

With savoury soya mince(G.M free) and brown lentil, home made tomato sauce, red pepper, mushroom and browned onion with fresh herbs-topped with mashed butternut and potato then baked until crispy and golden brown.

**2. SUGAR BEAN AND BASIL PESTO MILLET BAKE**

Delicious gluten free Millet combined with tender Cape sugar bean, browned onion and baby marrow in a basil pesto sauce topped with a non-dairy rocket pesto cheese.

**3. NO-SHEPHERD-NEEDED PIE**

Brown tender lentil, home made tomato sauce, button mushroom and browned onion rings-topped mashed butternut and potato and baked until crispy and golden brown.

**4. QUINOA AND MILLET CHICKPEA BAKE**

With basil pesto no-D-cheese topping.Quinoa and millet combined with chickpea in a fresh tomato-thyme base with browned onion, roasted red pepper and roasted romanita tomato, and calamata olives topped with a non-dairy basil pesto cheese.



## salad platters

Offerings to amaze the senses, visually appealing with original flavours and crunchy and creamy textures.

Platter 1: enough for up to 10 people.

Platter 2: enough for up to 15 people.

All platters accompanied with separate salad dressing.

## SALAD PLATTERS

	PLATTER 1:	PLATTER 2:
<b>1. CAPE SUGAR BEAN AND MILLET SALAD</b> Sweet cape sugar bean combined with millet, grilled button mushroom, cubed red peppers and chives on a bed of young spinach and coz lettuce with toasted almond flakes.	R230	R280
<b>2. LENTIL AND ROAST BRINGEL SALAD</b> Giant lentils in a home-made tomato sauce, with yellow and green pepper cubes, red onion rings and roasted bringel strips, tossed with fresh herbs on a bed of coz lettuce.	R230	R280
<b>3. MUNG BEAN NOODLE SALAD</b> Mung bean noodle in a hummus sauce tossed with black eyed beans and sundried tomato with spring onion and fresh herbs with toasted cashew nut.	R230	R280
<b>4. ROAST BRINGEL AND BUTTERBEAN SALAD</b> Tender butterbean with roasted bringal and red onion, fresh corn and basil on a bed of young spinach and coz lettuce with toasted almond flakes.	R230	R280
<b>5. CHICKEA AND QUINOA SALAD</b> Tender chickpea combined with quinoa and roasted Romanita tomato, grilled red pepper, calamata olive, tahini and fresh parsley with black and white sesame seed.	R250	R300
<b>6. PESTO NOODLE SALAD</b> Rice vermicelli in a basil pesto sauce with roasted romanita tomato and calamata olives with freshly chopped parsley on a bed of young spinach and coz lettuce with toasted almond flakes and *'no-D' cubes. *'no-D' is a delicious non-dairy vegan cheese substitute.	R250	R300
<b>7. GRILLED BROCCOLI AND BROWN MUSHROOM SALAD</b> Grilled broccoli and brown mushroom segments tossed with fresh torn basil pieces and *'no-D' cubes with crushed toasted hazel nuts. *'no-D' is a delicious non-dairy vegan cheese substitute.	R300	R350
<b>8. GRILLED MUSHROOM + AVOCADO SALAD (seasonal)</b> Grilled brown and button mushrooms tossed with avocado in lemon and olive oil with baby spinach, butter lettuce - topped with wheat free croutons.	R300	R350
<b>9. ROAST BUTTERNUT AND AVOCADO SALAD (seasonal)</b> Sweet roasted butternut segments tossed with fresh rocket and coriander with calamata olives – layered with avocado pieces on a bed of young spinach and coz lettuce with toasted pumpkin seed and red pepper sprinkles.	R300	R350

PLATTER 1: feeds 10 enthusiastic diners

PLATTER 2: feeds 15 enthusiastic diners



## soups

Generous portions of liquid magic – hot or cold to suit the climate as well as the mood. Make your selection with optional gluten and wheat free soup roll or bread. Convenient frozen portions available too..

## HOT SOUP

R25 per head

### 1. BEST VEG SOUP

10 well-suited vegetables in this thick traditional soup - with fresh herbs and spices.

### 2. BUTTERNUT AND TOMATO SOUP

Beautiful rich colour and taste, with fresh basil and sweet corn, drizzled with toasted pumpkin seed.

### 3. CARROT AND COCONUT SOUP

Thick and creamy with coconut milk, carrot, veg stock, potato and toasted desiccated coconut.

### 4. CHILI CHICKPEA AND TOMATO SOUP

A thick winter soup with chickpea and ripe tomatoes, with fresh chili, basil and thyme.

### 5. CREAMY VEGETABLE SOUP

Creamy with a rich vegetable flavour, with potato, sweet potato, green bean, baby marrow, onion.

### 6. CURRIED LENTIL SOUP

Red and brown lentils, curried with garam masala and cumin, with caramelised onion rings.

### 7. CURRIED SUGAR BEAN SOUP

Sweet cape sugar beans, red onion, red/yellow/green peppers. With curry powder and cinnamon.

### 8. GINGER AND BUTTERNUT SOUP

With browned onions, fresh ginger and dill.

### 9. LIQUID BANGKOK SOUP

A clear soup with white bean, shitake mushroom, red cabbage, fresh ginger, corn and spring onion.

### 10. MINISTRONE SOUP

With tomato, celery, sweet potato, carrot and baby marrow, with gluten free brown rice vermicelli.

### 11. MUNG BEAN SOUP

Thick and creamy, with mung bean and coconut cream, onion, celery and carrot.

### 12. PEANUT BROCCOLI SOUP

With good healthy sugar free peanut butter, broccoli and ginger.

### 13. POTATO BROCCOLI SOUP

Thick winter soup, served with fresh lemon juice and coriander.

### 14. PORTUGUESE WHITE BEAN SOUP

A clear soup with small white beans, red onion, potato and fennel.

### 15. ROAST LEEK AND POTATO SOUP

A classic potato soup with roasted leek and brown mushrooms-with fresh basil and thyme.

### 16. SHITAKE NOODLE SOUP

Gluten free mung bean noodle in a shitake mushroom broth, with shitake mushroom segments, red onion, fresh ginger and star aniseed.

### 17. SWEET POTATO AND TOMATO SOUP

A chili tomato soup sweetened with sweet potato and caramelized onion.

### 18. TAMARIND THICK VEG SOUP

Tamarind (tangy-lemon like fruit)-with brown lentils, carrot, potato, green peas, tomato and sweet corn.

### 19. PUMPKIN AND LEEK SOUP

With browned onion, sweet pumpkin and roasted leek.

**COLD SOUP**

R25 per head

**1. GREEN GAZPACHO SOUP**

With fresh herbs: coriander, parsley and basil, green chili, lemon juice, apple cider vinegar - thickened with creamed tofu.

**2. TRADITIONAL TOMATO GAZPACHO SOUP**

Chilled ripe tomato, English cucumber red pepper, red onion and fresh basil, coriander and rocket..

**3. COOL CUCUMBER AND CORN SOUP**

Processed fresh sweet corn and English cucumber with red onion, fresh mint and tofu cream.



## finger foods

Flavours and textures abound in these original platters, inspiring your digits to move in their direction.

Platters serve 15.

**SUSTAINWHICHES/SANDWICH PLATTER**

R450

Selection of delicious and energizing sandwich squares made using wheat and gluten free bread, with the following fillings:

1. Grilled bringal, hummus, fresh rocket olive and sun-dried tomato tapanade
2. Grilled brown mushroom, red pepper, tofu mayo, grated carrot, cucumber, fresh basil and chives
3. Basil pesto no-D-cheese slices, basil pesto, red onion rings, romanita tomato, toasted almond flakes.

**NORI PARCEL PLATTER**

R450

Sushi inspired bites, made with a sticky short-grain brown rice wrapped in nori sheets and flavoured with:

1. hummus and cashew
2. tofu mayo, crushed and toasted almonds
3. tahini, carrot juice, black and white sesame seed.
4. avocado and toasted pumpkin seed pieces

**DOLMADES PLATTER WITH A 'Q'**

R300

A take on the traditional stuffed vine leaves – replacing the rice with a delicious savoury organic Quinoa.

**FALAFEL PLATTER**

R300

Baked (not fried) traditional middle-eastern chickpea balls – best you have tasted! Serves 15.

\*optional dips and pita below (charged separately)

**COCKTAIL PITA BREADS**

R300

gluten and wheat cocktail pita breads- R2 each

**CRUDITÉS PLATTER**

R390

A colourful selection of dip-friendly crunchy vegetable pieces:

English cucumber, mushroom, baby corn, carrot, celery, cherry tomatoes, sugar snap peas, butternut, baby marrow.

\*optional dips below (charged separately)

**DIPS\***

**250ml per kg**

1. Hummus	R25	R100
2. Coriander salsa	R25	R100
3. Bringal dip	R25	R100
4. Date chutney	R25	R100
5. Roast garlic broccoli dip	R25	R100
6. Tofu mayonnaise	R30	R120
7. Tahini	R30	R120
8. Peanut coconut satay sauce	R35	R140
9. Hazelnut mustard	R35	R140
10. Tofu peanut dip	R40	R160
11. Olive tapanade	R40	R160



## sweets

These bullet-proof temptations prove that decadence can be good for you... All treats are sugar, dairy, wheat/gluten free and of course vegan too!

## TARTS

R180 per tart

### 1. DARK CHOCOLATE BANANA MOUSSE TART

Creamy and dreamy- made with 100% dark chocolate, blended with banana and real vanilla, in a toasted cashew nut crust. 12 generous slices.

### 2. FRUIT TART FRUIT

Fresh and colourful fruit segments set in an agar agar fruit juice jelly, encased in a toasted nut and raisin crust. A truly delicious fridge tart. 12 generous slices.

### 3. GORGEOUS BANANA PIE

Fragrant banana and real vanilla blended and encased in a toasted almond nut crust. Best banana treat ever... 12 generous slices.

## COCOONS

R6 each

### CAROB COCOONS:

#### 1. TOASTED ALMOND

Carob Cocoons with toasted Californian almonds, blended with dates and carob pieces, shaped into cocoon balls and encased in carob.

#### 2. TOASTED CASHEW, COCONUT & GINGER

Carob Cocoons with toasted cashew and toasted coconut, blended with fresh ginger, date and carob pieces, shaped into cocoon balls and encased in carob.

### COCOA COCOONS:

#### 1. TOASTED ALMOND

Delicious real chocolate treat made using 100% dark chocolate (from pure cocoa mass), sweetened with a chocolate date paste, combined with toasted almond, shaped into cocoon balls and encased in dark chocolate.

#### 2. TOASTED HAZELNUT

Delicious real chocolate treats made using 100% dark chocolate (from pure cocoa mass), sweetened with a chocolate date paste, combined with toasted hazelnut, shaped into cocoon balls and encased in dark chocolate.

#### 3. COCOA MINT

Delicious real chocolate treat made using 100% dark chocolate (from pure cocoa mass), sweetened with a chocolate date paste, flavoured with peppermint oil, shaped into cocoon balls and encased in dark chocolate.

#### 4. COCOA ORANGE

Delicious real chocolate treat made using 100% dark chocolate (from pure cocoa mass), sweetened with a chocolate date paste, flavoured with orange oil, shaped into cocoon balls and encased in dark chocolate.

#### 5. COCOA GINGER

Delicious real chocolate treat made using 100% dark chocolate (from pure cocoa mass), sweetened with a chocolate date paste, flavoured with fresh ginger, shaped into cocoon balls and encased in dark chocolate.

**Ariel reckons:**  
'eat all your  
vegetables!'

