

FOOD.THAT LOVES YOU BACK



CATERING MENU

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SET MENUS

Practical menus for large groups, corporate functions and meetings.

Breakfast starts at R200 p/p. Lunch with dessert starts at R300 p/p.

Let us know your budget and we work with that!

STANDARD BREAKFAST

- Yoghurt, muesli, fruit platter
- Scrambled eggs, boiled eggs, chicken chipolatas, bacon, baked beans, Sautéed mushrooms & tomato.
- Cheese slices, grated cheese, croissant selection, sourdough, avo, salmon, quiches.

LUNCH & DINNER OFFERINGS

- **Mediterranean:** Beef koftas, grilled chicken strips, couscous salad, flatbreads, chimichurri, tzatziki, hummus bowls, roast vegetable salads.
- **Simple & Fresh:** Zesty lemon chicken breasts, grilled sirloin strips, garlic breads, roasted sweet potato, large seasonal salads.
- **Sunday roast style:** Roast chicken, vegetable kebabs, smashed potatoes, roast carrots & onion, chicken gravy, broccoli & green pea green salad, fresh breads and dips.
- **Poke bar:** Chicken teriyaki, Chinese beef stir-fry, tofu skewers, Asian sticky rice, noodle salad, peanut sauce, soy sauce.
- **Italian:** Beef/ chicken/ vegetable lasagna, fresh breads, green goddess salad, Italian grilled vegetable platter, table dressings.
- **Slider bar:** Smashed beef, Cajun chicken, fancy Greek salad, dill potato salad, cucumber pickles, onion pickles, avo, emmental, cheddar, caramelised onion, tomato chakalaka.
- **Mexican:** Mexican mince, shredded chicken, nacho chips, tortilla wraps, shredded lettuce, grilled corn, tomato salsa, grilled black beans, jalapeños, pickled onion, crème fraîche, guacamole, limes, cheese.
- **Paella experience:** See page 4
- **South African braai experience:** See page 5

DESSERTS

- South African milk tart
- Tiramisu
- Decadent hazelnut chocolate cake
- Biscoff cheesecake
- Lemon curd cheesecake
- Brownies & ice cream
- South African malva pudding
- Lemon meringue

CREATE YOUR OWN MENU

Let's hop on a call and assemble your menu together!

Price calculated per head. Starts at R200 p/p.

MAIN DISHES

Chicken

- Green goddess lemon & herb chicken breasts
- Texan BBQ fillets or kebabs
- Red pepper & romesco fillets
- Satay chicken kebabs with toasted coconut
- Lemon & Herb Roast Chicken with garlic aioli

Beef & Red meats

- Fillet Carpaccio with Salsa Verde
- Braai plate: Steak & Boerewors
- Beef Meatballs with Arrabbiata Sauce
- Slowwww-roasted brisket
- Sunday lamb potjie
- Asian Pork belly

Fish

- Half a grilled salmon with fresh herb salsa
- Baked trout topped with red onion, capers, feta and fennel
- Seared Tuna with teriyaki

DISHES & SIDES

- **Beef lasagna**
- Mom's remarkable **chicken pie**
- Joy's **macaroni & cheese**
- **Baked potato** fondant with chives, a mixture of 3 cheese and bacon
- **Falafel** Balls on a bed of hummus
- **Zucchini** Fritters with Mint & Tzatziki
- **Pumpkin** fritters in a salted caramel sauce
- **Sweet potato** and ginger biscuit bake
- **Beetroot Carpaccio** with Goat's Cheese & Walnuts
- Large baked **spanakopita** round
- Creamy tomato & grilled veg **phyllo pastry bake**
- Deconstructed **mellanzane**

FRESH SALADS

- **Halloumi**, Watermelon & Edamame Salad with fresh mint, pomegranate seeds, olive oil and balsamic glaze
- **Heirloom Tomatoes & Burrata** with fresh basil, olive oil, balsamic reduction and toasted pine nuts
- **Mixed Green Salad** with fresh herbs and a mint, dill and jalapeño dressing
- **Raw Broccoli Salad** with cranberries, creamy cashew dressing, boiled eggs.
- **Asian Slaw** with crispy noodles and cashews

GRILLED VEG SALADS

- **Sweet Potatoes**, citrus-roasted with candied ginger and fresh mint
- **Roasted Potatoes** with garlic, rosemary, thyme and sea salt
- **Potato Salad** with a zesty dressing
- **Whole Roasted Cauliflower & Chickpeas** with turmeric–tahini dressing, parsley, hazelnuts and lemon
- **Green Beans**, Broccolini & Pea Salad with lemon zest, dill, shaved parmesan and toasted almonds
- **Roasted Butternut Steaks** with honey and hazelnut dressing on a bed of rocket.

GRAIN & PASTA SALADS

- **Herby Couscous** with Danish feta and pomegranate
- **Roast Vegetables & Quinoa** with green goddess jalapeño sauce
- **Quinoa, zucchini, & Halloumi** with green jalapeño dressing
- **Roasted Cauliflower**, Kale & Black Rice with avocado
- **Pink Pasta Salad** with candied beetroot, rose petals, dukkah and green peas
- **Italian pasta Salad** with basil pesto, sundried tomatoes, feta and olives
- **Quinoa, Fennel & Orange Salad** with mint, parsley, pomegranate seeds, toasted almonds and a light citrus dressing

PAELLA MENU

- **Classic Seafood Paella** - Prawns, mussels, calamari, line fish or hake. R350 p/p
- **Chicken & Chorizo Paella** - Free-range chicken, Spanish-style chorizo, Tomato, garlic, smoked paprika, Peas and lemon. R300 p/p
- **Vegetable & Saffron Paella (Vegan)** - Seasonal vegetables, Chickpeas or butter beans, Saffron, garlic, tomato, Olive oil and fresh herbs. R250 p/p

BRAAI MENU

MEATS

Beef Rump with herb salsa verde and lemon
Mediterranean spiced chicken thighs with tzatziki **OR** BBQ chicken drumstick & wings
Traditional Boerewors

SIDES (Select 4)

Grilled broccoli with crispy chilli and sesame seeds
Charred Corn Ribs with paprika, butter and chives
Roasted potato salad with dill, lemon and capers
Roosterkoek (flame grilled breads)
Loaded seasonal salad
See dessert section (Page 3)

Starts at R395 p/p

Everything plus dessert R520 p/p

SETUP INFO

- We set up 2–4 hours before your event, depending on size of event.
- Please ensure the setup area is cool, shaded or air-conditioned, especially during summer.
- Vegetarian, gluten-free, nut-free and halal options are available upon request. Additional charges may apply.

PAYMENT & DELIVERY

- We are not VAT registered.
- **Setup and travel fees apply.**
- **Delivery is excluded, calculated based on your area.**
- A 50% non-refundable deposit secures your booking.
- Balance is payable 7 days prior to the event.
- The full amount is due for bookings made within two weeks of the event.

Feel free to contact us if you have any further questions

Bookings: hello.lovesyouback@gmail.com

WhatsApp/ Call: +27 79 614 2799