



Pantry Menu

Meals are 1-2 servings

Vegetarian Soup of the week (GF, DF) 14

Seafood Chowder 17 (GF)

Seafood Medley with Root Vegetables & Chopped Herbs

Roasted Beets & Goat Cheese \$15.50 (GF)

Julienned Kale, Balsamic Dressing

Potato Salad \$14

Yukon Gold Potatoes with HOB Grainy Mustard & Herb Mayo, Pickled Red Onions

Meals

HOB Mac & Cheese 15

Smoked Cheddar

Beef Bourguignon (GF) 19

Beef braised in Red Wine with Aromatics, Carrots, Pearl Onion & Mushrooms

Pulled Pork Shepherd's Pie 18 (GF)

Rustic Mashed Potatoes, Cheddar, Carrots & Peas

Duck Mac & Cheese 20

Confit Duck, Red Wine Poached Figs, Smoked Cheddar

HOB Jerkup Chicken Legs (DF) 18

Jollof Rice, Steamed Broccoli with HOB Hot Sauce

Moroccan Spicy Prawn Stew 18 (DF)

Chickpeas, Pearl Onions, Kale, Roasted Peppers & Spicy Tomato Sauce

Moroccan Spicy Tofu Stew 16 (GF, DF)

Chickpeas, Pearl Onions, Kale, Roasted Peppers & Spicy Tomato Sauce

Sausage & Lentil Casserole 20 (DF)

Beluga Lentils, Pearl Onions, Peas, Broccoli, Curry & Coconut Sauce

King Oyster Mushroom & Lentil Casserole 18 (18)

Beluga Lentils, Pearl Onions, Peas, Broccoli, Curry & Coconut Sauce



Frozen Items

Sauces/Soups

African Spiced Tomato Sauce 8 (GF, DF, V)

HOB Fine Foods Frozen Soup 14 (GF, DF, V)

250 ml Red Wine Beef Jus 11 (GF, DF)

African Arancini (6 per pack) (Veg) 18

Vegetarian Wellington 12

Chickpea & Chia Seed Vegetarian Pattie with Mushroom duxelles Wrap with Puff Pastry
(Ready to bake)

Salmon, Spinach, Cheese & Artichoke Wellington (6oz) 16

Vegan Sausage 2 per pack 8.5

4oz Braised Pork Belly 11 (DF)

Duck Confit 12

Cured & confit in Duck fat. Cooked & ready to eat

6 Moroccan Lamb Meatballs 20 (GF, DF)
Spicy Tomato Sauce

All our fresh meals are available frozen as well