

Don't cook?...won't cook?

chill!

Our dishes are prepared with the best natural ingredients we can source, cooked in small batches by our own skilled chefs, individually blast chilled and frozen to lock-in nutrients and each flavour as it was grown or made to taste.

Its that simple, nothing more, and we hope you enjoy the variety, quality and convenience of our gourmet range.

Our delicious foods are great for everyday enjoyment and ideal for all sorts of occasions:

- **Lazy nights in**
- **Dinner and cocktail parties**
- **Birthdays and celebrations**
- **Self-catering holidays**
- **When the kids, work or uninvited relations are just too demanding ...**
- **We also cater for special occasions from dinner parties to large events. Please call us to discuss your requirements or to request our extended finger food menu.**

GF Gluten Free items are marked with this symbol.



a few facts

Blast Chilling and Freezing

A most effective and safe method of retaining the original flavour and texture of food, just as when it was taken from the oven, far beyond the function of the traditional home freezer.

The process not only preserves taste and quality, it enables us to avoid using any preservatives or artificial ingredients.

Serving Flexibility

Most of our foods can be microwaved or oven heated in their containers, either from frozen or thawed. Please read product labels for details. In all cases, please ensure food is piping hot before serving.

Free Deliveries

We deliver orders of over \$50 free of charge by arrangement. Telephone, fax or email orders.

Customer Feedback and Suggestions

Always welcomed and listened to. Please don't hold back – we want to know what you think of our food and any suggestions for improving or extending our range and services.

specials

We are constantly changing our Specials menu. Please come in and see this week's choices.



chicken

	Small	Medium	Large
GF Mustard & Herb Marinated Chicken <i>Pan seared chicken breast marinated with Dijon mustard and fresh herbs, finished in a wild mushroom and cream sauce.</i>	\$12.50	\$20.90	\$37.90
GF Tarragon Chicken <i>Strips of tender chicken in a creamy fresh tarragon, white wine and chive sauce.</i>	\$11.50	\$19.90	\$36.90
GF Coq Au Vin <i>Authentic rural French favourite of chicken pieces, smoked bacon, mushrooms and baby onions, in a rich red wine sauce.</i>	\$11.50	\$19.90	\$36.90
GF Green Thai Curry <i>Tender chicken breast pieces and stir-fried vegetables in a medium Thai sauce with coconut, ginger, chilli and lime.</i>	\$11.50	\$19.90	\$36.90
GF Indian Butter Chicken <i>Tandoori marinated chicken pieces in a rich, creamy tomato sauce.</i>	\$11.50	\$19.90	\$36.90
GF Preserved Lemon Chicken Tagine <i>Succulent chicken breasts with preserved lemon, queen olives, saffron and fresh coriander.</i>	\$11.50	\$19.90	\$36.90

beef

Classic Beef Lasagne <i>A heartwarming Italian recipe. Layers of prime minced beef, lasagne and cheese sauce, topped with vintage cheddar and Parmesan cheeses.</i>	\$9.00	\$17.00	\$29.90
GF Szechuan Beef <i>Filletts of beef stir fried with Szechuan pepper, ginger and chilli, finished with fresh spring onions.</i>	\$12.50	\$20.90	\$37.90
GF Red Thai Beef Curry <i>A delicious red Thai curry with fillet steak, eggplant, coconut milk, ginger, chilli and lime.</i>	\$11.50	\$19.90	\$36.90
GF Beef Fillet Bourguignonne <i>Tender filletts of prime Australian beef with bacon, mushrooms and baby onions.</i>	\$13.50	\$24.90	\$44.90



lamb

	Small	Medium	Large
GF Slow Cooked Lamb Shanks <i>Tender lamb shanks in rich tomato sauce with fresh herbs and a touch of chilli.</i>	\$12.50 1 shank	\$23.00 2 shanks	
GF Shepherd's Pie <i>Prime Australian lamb with seasoned mashed potato, gratifyingly topped with mature cheddar cheese.</i>	\$9.50	\$18.00	\$29.90
GF Rogan Josh <i>Classic Kashmiri curry. Tender pieces of lamb slowly cooked in Indian spices and tomatoes.</i>	\$11.50	\$19.90	\$36.90

pork

USA Sticky Pork Ribs <i>Rack of succulent ribs marinated in our chef's own special sticky sauce.</i>	\$7.90	\$11.90	
GF Pork & Mustard Stroganoff <i>Succulent pork tenderloin pieces cooked in a creamy white wine sauce and a medley of mustards.</i>	\$11.50	\$19.90	\$36.90
Hoisin Pork with Green Beans <i>Tender pork fillet marinated in Hoisin sauce, chilli, garlic and ginger. Stir fried with fresh market green beans.</i>	\$11.50	\$19.90	\$36.90

seafood

GF Garlic & Chilli Prawns <i>Juicy tiger prawns in a delicious garlic, chilli, tomato and basil sauce.</i>	\$13.50	\$24.00	
GF Fresh Salmon with Red Chilli & Tomato <i>Seared filletts of fresh salmon served on a Roma tomato, chilli and fresh basil sauce.</i>	\$13.50	\$24.00	\$46.00
GF Salmon & Asparagus Bake <i>Succulent salmon fillet and fresh asparagus braised in a creamy wine and herb sauce and topped with seasoned sliced potato.</i>	\$13.50	\$24.00	continued...



Gourmet Food to enjoy at home

Full of fresh natural ingredients and flavours

No preservatives
No artificial anything!



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chill!
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