



CRISPY FRESH MEAL BOXES



This box contains the following:

- 1 Portuguese Chicken Thigh
- 2 Tubs Chicken Curry
- 2 Tubs Beef Curry
- 2 Tubs Portuguese Chicken Giblet (Tubs)
- 2 Bolognese Sauce
- 2 Al Forno
- 1 Arrabiata Sauce Tub
- 2 Pun Cumberland Sausage
- 1 Pun Boerewors
- 1 Pun Braai Sausage
- 4 Assorted Pies
- 3 Assorted Pizzas

Visit our Office at Harare Sports Club to purchase any of our Meal Boxes or place your order with us and we will deliver to your home or office on Thursdays, within 20km's of our office. You may substitute items in the Box but the total value of the box must be US\$75.00 or more. Strictly cash on delivery or RTGS payments up front.



Whatsapp or email for orders:

- +263 772 265 600
- harare@crispyfresh.co.zw
- jackie@crispyfresh.co.zw

Bank Details: Lakas Products | Cabs Platinum | Acc No: 1003140815

Bachelor Box



This box contains the following:

- 2 Portuguese Chicken Flattie
- 2 Portuguese Chicken Thighs
- 1 pkt Pork Chops (4)
- 1 pun Boerewors (500g)
- 2 pun Braai Sausage (500g)
- 1 Giblet Tub
- 1 Chicken Pate Tub
- 1 Tuna Mousse Tub
- 0.65 kg Biltong
- 0.65 kg Dry Wors

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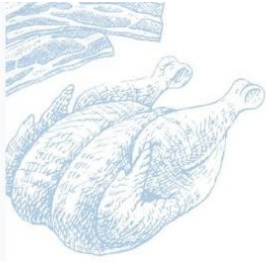
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Family BOX



This box contains the following:

- 1 Portuguese Chicken Flatty
- 2 Al Forno
- 2 Tubs Chicken Curry
- 1 Arrabiata Sauce
- 2 Tubs Beef Curry Mild
- 1 Pun Cumberland Sausage
- 2 Tubs Portuguese Chicken Giblets
- 1 kg Bacon
- 2 Bolognese Sauce
- 4 Assorted Pies
- 4 Assorted Pizzas

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Make Your Own MENU

The options below are not pre-cooked meals, unless indicated.
Please note that the ingredients and recipes for the meals below are provided.

ALTERNATIVE DINNER OPTIONS:

1. Rolled roast lamb
2. Bream fillets
3. Whole trout
4. Lamb chops
5. Sadza & nyama

ALTERNATIVE LUNCH MEALS:

1. Spinach & feta quiche
2. Broccoli & red pepper quiche
3. Green Salads, cold meats, cheese & avo
4. Brinjal lasagna

KETO OPTIONS:

1. Spinach & feta muffins with rocket salad
2. Poached eggs, hollandaise avos, bacon & tomatoes
3. Cheese & bacon Omllette with rocket salad
4. 2 eggs, 2 beef sausages, bacon, tomato & zucchini

DESSERTS:

1. Blueberry cheesecake with Xylitol
2. Chocolate mousse with strawberries & cream
3. Strawberry tart with coconut crust topped with cream
4. Crepes with blueberries, strawberries and coconut cream
5. Various ice cream flavours in 2L/5L tubs

ADDITIONS TO ROAST DINNERS:

1. Zucchini Fritters
2. Cauliflower Rice

VEGETARIAN OPTIONS:

1. Spinach mushroom & garlic lasagna
2. Spaghetti with basil, tomato & onion sauce with cheese
3. Potato & butternut bake
4. Creamy Brinjal, red pepper, onion & feta pasta
5. Crispy Fresh pre-cooked arrabiata (spicy tomato pasta sauce)

SNACKS:

1. Macadamia nuts
2. Parmesan crisps

MADE & PACKED FOR CRISPY FRESH:

1. Crispy Fresh pre-cooked Portuguese flatty
2. Crispy Fresh pre-cooked Portuguese thighs
3. Crispy Fresh pre-cooked mild chicken curry
4. Crispy Fresh pre-cooked mild beef curry
5. Crispy Fresh pre-cooked bolognese sauce
6. Crispy Fresh pre-cooked Al Forno (Similar to Lasagna but with short pasta)
7. Crispy Fresh pre-cooked arrabiata (Spicy tomato pasta sauce, vegetarian)
8. Crispy Fresh pre-cooked Portuguese giblets
9. Tuna mousse
10. Chicken liver pate
11. Our home made delicious meat pies (Sunday roast chicken, pepper steak, plain steak, butter chicken)
12. Medium size Pizzas (BBQ, Regina, Margarita Peri Peri Chicken, Greek, Hawaiian)



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