



GROUNDED brings you back to earth with a balanced lifestyle and nutrition.
Our recipes are vegetarian and vegan based. They contain no preservatives nor additives.

MENU

DIPS:-

❖ Butter Bean Hummus (V)	R25
❖ Hummus (V)	R25
❖ Roasted Red Pepper & Aubergine (V)	R33
❖ Baba Ganoush (V)	R30
❖ Pesto	R50
❖ Marinated Sundried Tomatoes (V)	R30
❖ Marinated Aubergine (V)	R30
❖ Thai Paste	R35

Please note all dips are sold fresh and will keep in the fridge for 7 days.

BURGERS (pack of 4)/VEGGIE BALLS (pack of 12):- (all contain gluten free flour)

❖ Bean Burgers (V)	R50
❖ Chickpea Burgers (V)	R50
❖ Veggie Burgers (V)	R50
❖ GROUNDED Marrow Fritters	R60
❖ Lentil & Barley Burgers – contains egg	R50
❖ Falafel (V)	R60
❖ Butternut & Sage Balls (V)	R60

SOUPS:- (600ml)

❖ Broccoli (V)	R50
❖ Butternut (V)	R45
❖ Carrot, Ginger & Coriander (V)	R45
❖ Lentil (V)	R55
❖ Veg & Barley (V)	R45
❖ Thai (V)	R55

GROUNDED EXTRAS:-

❖ Berry energy bar (V)	R35
❖ Detox drink 1L (V)	R60

CONTINUE TO PAGE 2 FOR MAIN MEAL.....

**Please note the containers used by GROUNDED are recyclable,
add them to your weekly recycle bin or use again in your home.**

*"One day everyone will feel a sense of holistic balance when the earth touches their bare feet.
This will encompass the true meaning of being GROUNDED"*



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MAIN MEALS:-

	SINGLE	FAMILY
❖ 3 Bean Curry-served with barley (V)	R35	R100
❖ Chickpea & Butternut Curry (V)	R35	R100
❖ Chickpea Stir Fry-served with barley (V)	R35	R100
❖ GROUNDED Mediterranean Mix - wholegrain, aubergine, olives, sundried tomatoes, pesto	R45	R130
❖ GROUNDED Melanzane	R45	R130
❖ GROUNDED Moussaka – made with sweet potato	R40	R115
❖ Lentils & Fresh Ginger Stew-served with barley (V)	R35	R100
❖ Lentils Spiced, Sunflower Seeds & Feta-served with barley	R40	R115
❖ Pasta Pesto (V)	R35	R100
❖ Pasta Pesto (V) GLUTEN FREE	R45	R130
❖ Thai Curry- served with barley (V)	R40	R115

- ❖ (V) vegan meals – veg meals can be made vegan please enquire.
- ❖ Options for gluten free grains available for all meals – please enquire.
- ❖ SINGLE-300g / FAMILY-1KG

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GROUNDED

Balanced Lifestyle and Nutrition

Please WA or sms your order & p.o.p. to **Colleen on 082-458 3541**,
once payment is received we will get cooking with your order.

Collection address:-
26 Farrow Avenue Randpark Ridge
(request quote for delivery arrangement)

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-Colleen 2019