



READY-MADE MEALS & CATERING

For your convenience

ABOUT US

Hoeked is a small catering business based in Noordhoek, who puts love into every bite. We emphasise the use of fresh & locally-sourced ingredients, making all of our meals in small batches. Hoeked focuses on vegetarian & vegan meals, but we have a few meat dishes where we source ethical, pasture-reared and free-range meat, always keeping sustainability and conscious cooking top of mind. We use each ingredient to its fullest potential, trying to make our meals with as little harm to the environment as possible. We have some unique dishes that you might have never been tried before, as well as some familiar favourites!

Please enjoy our ready-made meals to heat and eat at your convenience! We are sure to have you 'hoeked' on our food too!

STARTERS & SNACKS

	SMALL	LARGE
- Roasted Tomato & Fennel soup	R68	R136
- Greek Spanakopita w/ olive, feta & spinach	R84	R184
- Truffle & Parmesan Arancini Balls	R84	R184
- Creamy Artichoke, Parmesan & Fennel Bake	R158	R312

MAINS

- Aubergine Parmigiana	R82	R158
- Aubergine Involtini w/ herby, zesty ricotta & arabiata	R88	R172
- Cauli Curry w/ chickpeas, coconut, peas & coriander	R72	R138
- Lentil Non-Carne w/ seasonal mixed veg	R72	R138
- Butternut & Creamy Spinach Lasagna	R82	R156
- Lentil & Mushroom Ragu Lasagna w/ creamy bechamel	R76	R154
- Mixed Mushroom Ragu (wild & button mushrooms)	R84	R162
- Moussaka (V) - Greek Eggplant Lasagna	R78	R156

FOR THE MEAT LOVERS

- Slow Cooked Moroccan Lamb	R126	R274
- Chilli Con Carne w/ sundried tomatoes	R118	R228
- Slow Cooked Beef Ragu	R118	R228
- Moussaka - Greek Beef & Eggplant Lasagna	R118	R228

DESSERT

- J'amies Cheesecake pots (VG)	R56	
- J'amies Snickers Bars (VG) X2	R104	
- Mixed Berry Crumble, with coconut and flaked almonds	R76	R148

Keep your eyes peeled in the freezer for new additions & specials not on the list!