



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

- Roasted Tomato & Fennel soup
- Greek Spanakopita w/ olive, feta & spinach
- Truffle & Parmesan Arancini Balls
- Creamy Artichoke, Parmesan & Fennel Bake

SMALL

R68

R84

R84

R158

LARGE

R136

R184

R184

R312

MAINS

- Aubergine Parmigiana
- Aubergine Involtini w/ herby, zesty ricotta & arabiata
- Cauli Curry w/ chickpeas, coconut, peas & coriander
- Lentil Non-Carne w/ seasonal mixed veg
- Butternut & Creamy Spinach Lasagna
- Lentil & Mushroom Ragu Lasagna w/ creamy bechemel
- Mixed Mushroom Ragu (wild & button mushrooms)
- Moussaka (V) - Greek Eggplant Lasagna

R82

R88

R72

R72

R82

R76

R84

R78

R158

R172

R138

R138

R156

R154

R162

R156

FOR THE MEAT LOVERS

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

R126

R118

R118

R118

R274

R228

R228

R228

DESSERT

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

R56

R104

R76

R148

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

WHERE TO FIND US: Furnys Fine Wines and Taste Room ; The Coffee Guy

All heating instructions & ingredients are on the labels.