



# Phumelela Film and TV Caterers

<https://phumelelafilmmandtv caterers.co.za/>

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[Donald@phumelelafilmmandtv caterers.co.za](mailto:Donald@phumelelafilmmandtv caterers.co.za)

Call: 073 972 4455

## **Craft bar**

Espresso, red cappuccino & filter coffee

Fresh fruit smoothies, instant coffee, Nescafe, decaf, hot chocolate, Milo, passion fruit cordial, ernegade, Oros & ice tea

Full cream, fat free, soya milk, brown & white candereel sugar, honey ginger & lemon board, an assortment of teas

Popcorn, dried nuts & fruit, assortment of sweets = rusks, assortment of biscuits

Mineral water still & sparkling

Morning toasties & afternoon snacks

## **Sitting breakfast**

Free range scrambled and fried eggs - bacon - vegetable sauces, grilled mushrooms/baked beans/chicken livers - flap jacks, fruit juice, fruit salad, yoghurt, muesli, weetbix - cornflakes, grated cheddar cheese, rye toasties, croissants & muffins

## **Crew lunch and Dinner**

~ Slow basied lamb goulash with Spanish black beans

~ Grilled peri peri chicken 1/4

~ Battered hake with tartare sauce

~ Beef minced boubotie with roasted apricots

~ Lentil vegetable curry with home made rooties

~ yellow raisin rice

~ Apple, pear, baby spinach & marple pumpkin salad

~ Moroccan roasted vegetable cous cous salad

~ Pananzela tuscan tomato & crotan salad

~ Roasted onion coconut rice

~ Grilled gan fed beef sirloin with basil pesto cram & mushroom sauce

~ Indonesian egg noodles & wok fried asian vegetables with smoked tofu

~ steamed vegetable with Olive oil

~ lemon meringue & ice cream

~ chocolate fudge cake & ice cream