

Dear Residents,

I'm pleased to introduce you to our new catering service provider, Freedom Foods, trading as The Fynbos Bistro, who will be bringing their warm hospitality and delicious meals to our community. Freedom Foods is a family-run business with over 10 years of experience serving home-style meals to families across Cape Town. They have a deep passion for food and people, and we're excited to welcome their personal touch to our Lifestyle Centre.



At the heart of the team is Darren, the head chef and driving force in the kitchen. His creativity and attention to flavour are matched by his friendly, approachable nature. Working closely alongside him is his wife, Sarah, who manages all the administration, coordinates menus, and plans events. You may even see their three children from time to time, helping out with big smiles whenever they're not at school—this truly is a family affair.

Freedom Foods is known not only for their signature dishes, including Penne alla Vodka and Chicken Limone—favourites from Darren and Sarah's time in New York City, where they first met—but also for their willingness to cater to special dietary needs with care and flexibility.

Darren, Sarah, and their team are warm, accessible, and always open to feedback. If there's anything you need or suggestions you'd like to share, they're just a conversation away.

Please join me in giving the Fynbos Bistro team a very warm welcome—we look forward to the experiences and meals we'll share together.

Warm regards, Riaan

BISTRO OPERATIONS

- The Bistro operating hours will be from 8am to 3pm, Monday to Friday. For the time being, weekend service will be based on demand and as once off events. Weekend meals will be available on a take-away / home delivery basis unless specified otherwise.
- All bookings and orders will be handled by the Fynbos team during Bistro operating hours and at reception over weekends and after 3pm during the week.
- All payments will be made with the Fynbos team directly. We continue to operate on a no-cash basis and all meals will have to be settled for before or immediately after the meal as you would in a regular restaurant.
- The Fynbos team will take over catering operations from Friday 1 August and A la carte service will start on Monday 4 August.
- Daily meal options will be available in a ladies (L) and a normal (N) portion size and priced accordingly.
- Until we see consistent support for dinner service, we will continue to serve dinner every second week on Tuesday evenings. the standard price will remain at R195pp with changes based on themes or style of food served which will vary from time to time.
- Sunday roast will be served once a month to gauge interest at R195pp. Sunday Lunches will be open to friends and family when advertised. Take-away Sunday roasts will be available at R120 on other weekends for home delivery.

A LA CARTE MENU

BREAKFAST MENU:

Served from 8am to 12pm

Fynbos Sunrise Breakfast

2 eggs cooked your way, 2 bacon rashers, grilled tomato, chips and a slice of toast with butter and jam **R50**

Omelette

All omelette's are served with a slice of toast, butter and jam
Fluffy 3 eggs with a choice of 2 toppings.
Choose from: Cheese, tomato, mushrooms, spinach and bacon R60

Healthy Start

Plain yogurt layered with fresh fruit, toasty muesli and a berry compote R60

Croissants

Plain croissant with butter and jam **R40** With scrambled egg, cheese and bacon **R55**

ADD ONS:

Mushrooms R20
Toast R8
Bacon R20
Cheese R15
Egg R12.50

Breakfasts served with your choice of white or brown

You welcome to build your own breakfast as you like

TOASTED SANDWICHES:

Choice of brown or white

Toasted cheese R30
Toasted cheese and tomato R35
Toasted ham and cheese R45
Toasted chicken mayo R55

Served with Chips



Continental *Menu*

Served from 12pm - 3pm daily Monday to Friday

Alfredo pasta

A creamy pasta with ham and mushrooms.

Served with side parmesan R70

Chicken Penne a la vodka

Penne pasta is tossed with a creamy and vibrant tomato based and vodka infused sauce that's seasoned with fresh basil, chicken pieces and parmesan **R85**

Chicken schnitzel

Topped with a cheese sauce, starch and veg of the day R85

Chicken lemone Chicken breast coated in egg with a butter lemon sauce,

served with starch and veg of the day R85

Beef stroganoff

Soft tender beef in rich creamy mushroom sauce, served with rice and veg of the day **R85**

Beef Burger

Homemade beef patty topped with cheddar cheese and balsamic onions with lettuce and tomato. Served with chips **R85**

Grilled Chicken Burger

With a basil mayo dressing, lettuce and tomato. Served with chips R85

SALADS:

Served all day

House salad

Greens with tomato, cucumber and onions R55
Add chicken R75
Add bacon R70
Add feta & olives R70

SOMETHING SWEET:

Served all day

Cake of the day R55

Apple crumble with ice cream or custard R45

Malva pudding with ice cream or custard R45

Ice cream with chocolate sauce R40



OPEN DAILY: 8am - 3pm

Same day meal orders in by 10am

Book on EXT 3200

Chicken kebabs

or

Chicken &

chorizo jambalaya

parmesan

Or

Mongolian beef

Eggplant

Grilled

 $^{(or)}$

Gourmet

or

Coconut Beef

marsala

mac n cheese

Coronation 3

chicken

Pork schnitzel

or

pasta

Alfredo

fish

AVAILABLE DAILY R45 SOUPS NOW

Chicken noodle MONDAY Meatball

SOUPS Daily:

Sunday

Roast

SUNDAY

Chicken

Mushroom soup

TUESDAY

Chicken

Butternut soup

ndng

THURSDAY

Tomato basil soup

SATURDAY

Homemade bread available every Thursday and Friday R35

Beef

Bacon broc soup

Tomato

Thai chicken stir fry (or) bredie

burger

Texas pulled

Pork Ribs

Creamy Chicken salsa

Gammon or Roast Beef

Catering

or

or

breyani

carbonara pasta

(or)

curry

pork

Pork sausages & mash

Hannah

chicken

or

mushroom(

(or

Chicken &

Traditional

Thai chicken curry meatloaf (or

Chicken

Marsala

parmesan (or

Chicken

Mushroom stroganoff

3

Roast

or

Braised pork in sweet soy

Spaghetti bolognaise

(or)

Roast Beef Lamb or

FYNBOS

Tarragon

Chicken

(or

mac n cheese

goulash (or

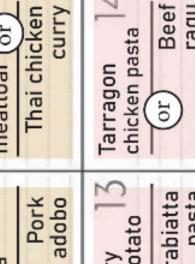
Hungarian

Broc bacon

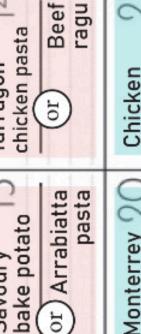
cacciatore

chicken

Sweet n sour



Savoury



or

Chicken a la king

Or

Chicken

Chicken or Roast Beef

pasta bake

casserole

Or

Pork potjie

Sunday

Roast

Beef

Rosemary infused Chicken

bobotie

Traditional

or

stir fry

chicken (or)

Butter

Asian beef



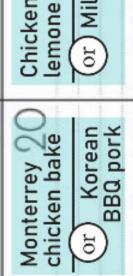
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Cottage

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Chicken

Sunday





Moroccan chicken

carne

(or)Chilli con

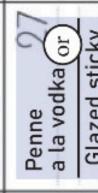
Roast Beef

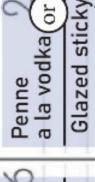
Pork or

Roast

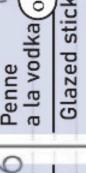
4-10 AUGUST 2025

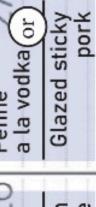
broc bake

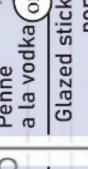


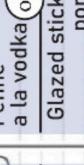


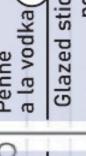


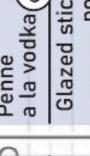


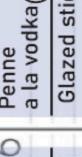


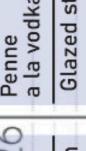


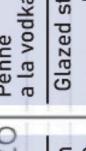


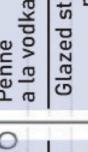


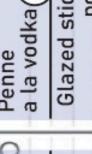


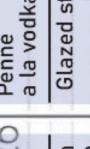


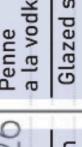


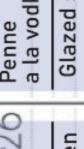


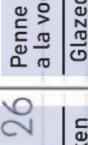


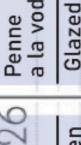


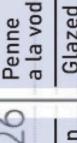


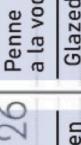


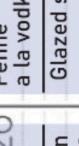


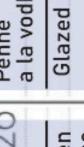


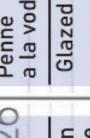


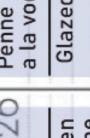


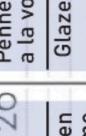


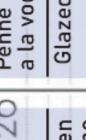


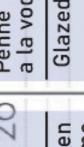


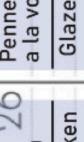






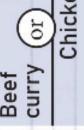


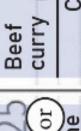


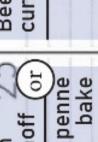




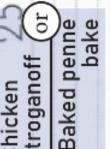


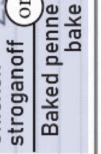


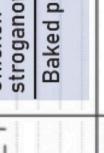


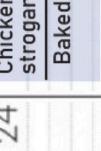


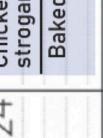




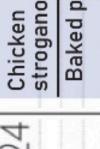


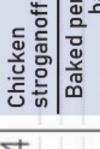


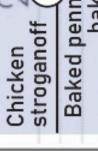


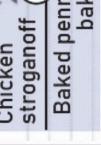


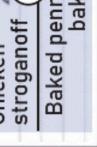


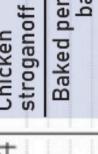


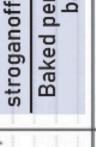


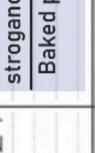






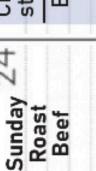


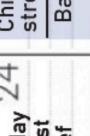


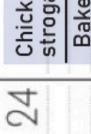












Text 082 603 3518 for orders

Delivery or Collection

Open MONDAY to FRIDAY

Baked penne

Gammon or Roast Beef Sunday Roast

> FREEDOM F atering



Evergreen Retirement Village

GlenCairn Expressway



orders@freedomfoodsck.co.za www.freedomfoodsck.co.za





Find us on Facebook

dont feel for the meals of the day

cream and mushroom sauce Chicken breast cooked soft and tender in a buttery lemon broth Cottage Pie with garden peas R90 Tender beef strips served in a sour Lemone Chicken R90 Beef Stroganoff R95

Chicken or Beef Curry Served with rice and sambal salad R95

Chicken Schnitzel Topped with cheese sauce

with veg of the day

Standard House Menu: Choice of

mash, rice or roast potato's

R95

Chicken Penne a la Vodaka R90 Eggplant Parmesan R90

These can be ordered from daily if you



Daily meal orders close the day before the meal is ordered for by 14h00.

Until Monday all orders must be placed at reception



WEEKLY MENU

MON 4 AUG Mushroom stroganoff served with mash, butternut and green beans

OR

Spaghetti bolognaise with side parmesan cheese and side salad



TUE 5 AUG Chicken parmesan served with mash, garden peas and butternut

OR

Braised pork in sweet soy served with rice, broccoli and butternut



WED 6 AUG

Chicken marsala with mash, baby marrows and butternut **OR**

Pork adobo with rice, green beans and butternut



THUR 7 AUG

Traditional meatloaf wrapped in streaky bacon and served with mash, gravy, broccoli & carrots

OR

Thai chicken curry served with basmati rice and baby marrows with butternut.



FRI 8 AUG

Hungarian goulash with rice, garden peas and carrots **OR**

Grilled or deep fried fish and chips with coleslaw



SAI 9 AUG Broc bacon mac n cheese: Creamy mac n cheese with bacon and broccoli

OR

Chicken cacciatoreith red peppers, tomato, onions, carrots, thyme and rosemary served with rice and butternut



SUN 10 AUG

Roast Chicken or Beef with rice, roast potatoes, Yorkshire pudding, gravy and vegetable medley of garden peas and carrots



- House menu available on "same day order" before 10h00.
- Daily meal orders close the day before the meal is ordered for by 14h00.
- Weekend take-away and Monday orders close on Friday by 14h00
- Week-day meals at (N) R90 and (L) R70