



# THE FYNBOS *Bistro*

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 toast

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



THE  
**FYNBOS**  
*Bistro*

at Evergreen Bergvliet

### 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 limone

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





## WEEKLY MENU 4-10 AUGUST 2025

Open **MONDAY to FRIDAY**  
Text **082 603 3518** for orders  
Delivery or Collection

*Card and oft available*

**FREEDOM FOODS**  
*Catering Kitchen*



021 785 7199  
082 603 3518

Evergreen Retirement Village  
GlenCairn Expressway

[www.freedomfoodsck.co.za](http://www.freedomfoodsck.co.za)  
[orders@freedomfoodsck.co.za](mailto:orders@freedomfoodsck.co.za)

Find us on Facebook

**SOUPS NOW**  
**AVAILABLE DAILY R45**

*August*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUPS Daily: →	Chicken noodle	Mushroom soup	Butternut soup	Bacon broc soup	Tomato basil soup	
Sunday Roast Gammon or Roast Beef	Meatball curry or Creamy Chicken salsa	Chicken carbonara pasta or Pork Ribs	Chicken breyani or Texas pulled pork	Tomato bredie or Thai chicken stir fry	Beef burger or Hannah chicken	Chicken & mushroom or Pork sausages & mash
3 Roast Lamb or Roast Beef	4 Mushroom stroganoff or Spaghetti bolognaise	5 Chicken parmesan or Braised pork in sweet soy	6 Chicken Marsala or Pork adobo	7 Traditional meatloaf or Thai chicken curry	8 Hungarian goulash or Sweet n sour chicken	9 Broc bacon mac n cheese or Chicken cacciatore
10 Sunday Roast Chicken or Roast Beef	11 Pork potjie or Chicken pasta bake	12 Beef casserole or Chicken a la king	13 Savoury bake potato or Arrabiatta pasta	14 Tarragon chicken pasta or Beef ragu	15 Butter chicken or Traditional bobotie	16 Asian beef stir fry or Rosemary infused Chicken
17 Sunday Roast Pork or Roast Beef	18 Chicken broc bake or Chilli con carne	19 Cottage pie or Moroccan chicken	20 Monterrey chicken bake or Korean BBQ pork	21 Chicken lemongrass or Mild pork curry	22 Mongolian beef or Chicken & chorizo jambalaya	23 Eggplant parmesan or Chicken kebabs
24 Sunday Roast Beef	25 Chicken stroganoff or Baked penne bake	26 Beef curry or Chicken supreme	27 Penne a la vodka or Glazed sticky pork	28 Alfredo pasta or Coconut Beef marsala	29 Pork schnitzel or Gourmet mac n cheese	30 Coronation chicken or Grilled fish
31 Sunday Roast Gammon or Roast Beef						

Homemade bread available every **Thursday** and **Friday** R35

**Standard House Menu:** Choice of mash, rice or roast potato's with veg of the day

Chicken Schnitzel Topped with cheese sauce **R95**

Chicken or Beef Curry Served with rice and sambal salad **R95**

Cottage Pie with garden peas **R90**

Beef Stroganoff **R95**

Tender beef strips served in a sour cream and mushroom sauce

Lemongrass Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodka **R90**

Eggplant Parmesan **R90**

*These can be ordered from daily if you dont feel for the meals of the day*



# **1 August 2025**

## *Friday Menu*

### **Sweet 'n sour chicken stir fry**

Served over rice

**Normal: R90 // Ladies: R70**

### **(Veg) Asian vegetable stir fry**

Served over rice

**Normal: R85 // Ladies: R65**

### *Off the Hook*

*Fried hake*

*Served with chips, coleslaw and lemon wedge*

*R90*



THE

**F YNBOS**  
*Bistro*

**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



**Chicken  
noodle soup**

**TUE**  
**5 AUG**

Chicken parmesan served with mash, garden peas and butternut

**OR**

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



**Mushroom  
soup**

**WED**  
**6 AUG**

Chicken marsala with mash, baby marrows and butternut

**OR**

Pork adobo with rice, green beans and butternut



**Butternut  
soup**

**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.



**Creamy  
bacon &  
broccoli soup**

**FRI**  
**8 AUG**

Hungarian goulash with rice, garden peas and carrots

**OR**

Grilled or deep fried fish and chips with coleslaw



**Tomato &  
basil soup**

**SAT**  
**9 AUG**

Broc bacon mac n cheese: Creamy mac n cheese with bacon and broccoli

**OR**

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



**R10 Delivery  
fee**

**SUN**  
**10 AUG**

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



**R120 including  
Delivery fee**

- 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