



Kosher Menu for Delivery in Sydney by Soul Gourmet Kitchen (KA Certified)

Fish Selection

| | |
|---|---------------|
| Cape Malay mild fish curry & rice | \$50 |
| Not too hot fish Pyalla & rice | \$50 |
| Fried fish fillets hoke | \$7 each |
| Grilled fish fillets hoke | \$7 each |
| Whole fillets of Salmon | Email us |
| Baked or Smoked plain or gourmet Salmon | \$80 per side |
| Fish balls, gefilter or cocktails | \$2.00 each |

Pasta Dishes

| | |
|---------------------------|-------------------------|
| Penne Napolitano (tomato) | \$25 (VE) |
| Penne alfredo (cream) | \$25 (Cream) Vegetarian |
| Spinach & feta lasagne | \$28 Vegetarian |
| Vegetable lasagne | \$25 Vegan |
| Tuna lasagne | \$30 |
| Vegan spaghetti bolognese | \$25 Vegan |
| Mac & cheese | \$25 Vegetarian |

Soups \$10 per 1L

| | |
|---------------------------------|----------------|
| Roast Pumpkin and coconut cream | \$12 VE and GF |
| Minestrone | \$12 VE and GF |
| Parsnip and Potato | \$12 VE and GF |
| Chicken and Vegetable | \$12 GF |
| Thick Vegetable Soup | \$12 VE and GF |
| | |
| | |

Chicken Dishes

| | |
|--|------------|
| Roast Chicken | \$39 GF |
| Crumbed chicken | \$45 |
| BBQ chicken casserole | \$45 |
| Honey hinger & lime chicken | \$45 |
| Portuguese style peri peri chicken (medium heat) | \$45 GF |
| Portuguese style lemon & herb chicken (not to hot) | \$45 GF |
| Chicken pie with a herb scone crust | \$45 |
| Mild chicken curry with vegetables | \$45 |
| Crispy chicken strips | \$44per kg |

Meat Dishes

| | |
|---|------|
| Roast Beef in a Smokey paprika gravy | \$60 |
| Braised Brisket in a monkey gland sauce | \$60 |
| Slow braised beef top rip | \$60 |
| Beef Goulash with vegetables | \$60 |
| Beef curry with vegetables | \$60 |

Side Dishes

| | |
|-----------------------------|--------------|
| Roast pumpkin or butternut | \$20 VE & GF |
| Roast baby potatoes | \$20 VE & GF |
| Roast Vegetable medley | \$20 VE & GF |
| Creamed spinach | \$20 VE |
| Sauté turmeric infused rice | \$20 VE |

Desserts

| | |
|--------------------------|------|
| Sticky chocolate pudding | \$15 |
| Malva pudding | \$15 |
| Date pudding | \$15 |
| Cinnabon loaf | \$15 |

All orders require a 48-hour notice

Shipping–

\$25 East, North Shore and CBD - Free Pick up St Ives – Chabad North Shore

Any queries email – sales@thekosherhub.com.au