



who are we?

iHealth meals was established in 2009. Since we cooked our first meal, we have served over 500 discerning clients in Cape Town and it's surroundings. On an average day iHealth delivers more than 600 meals to our client base.

Why are our meals healthy and tasty ?

We prepare our food to the highest healthy nutritional standards coupled with a passionate execution of the culinary arts. Some facts:

- we never fry anything but grill, bake and steam
- we avoid most of the saturated fat ingredients
- we prepare all the sauces, marinades and all the ingredients of our meals to secure the best quality as well as the healthy nutrient levels.
- all our ingredients are always freshly procured

At iHealth we recognize that a healthy meal does not mean boring food. Our super talented resident chef, Mr Max Bothe (who has worked with Gordon Ramsay) is our guarantee, that meals are designed to suit all your nutritional and taste bud requirements. Our meals are innovative and always fresh.



Our menu includes nutritional facts. These nutritional facts have been analyzed by the USDA database and nutritional facts guide. The portions size are indications, in fact they might differ to specific requirements. The pictures on the menu are indications only.

iHealth Granola with Omega-3, Bulgarian low fat, plain Yoghurt,
Honey, Fruit Salad (300 g/serving)

Contains: nuts, muesli, almond, gluten

R61 portion / person



Freshly baked Croissant with fillings or Pan au chocolate

Contains: gluten, sugar, chocolate, preserves, yeast, flour

R40 / portion



iHealth's famous Muesli Birchers. It is a mix of fresh fruits, juice,
plain, low fat yoghurt, muesli, oats and almonds (300 g)

Contains: nuts, muesli, almond, oats, gluten (*it is available in
gluten free; please indicate it on your function sheet*)

R55 portion / person



A selection of freshly made Health Smoothies (300 ml)

R40 / smoothie



Mega Muffins (approximately 200g each)

Variety of Choc chip, Blueberry, Carrot - Raisin & brand

minimum order for 6 people

R31 portion / person

NEW



Fork Lunch Selection

Tomato, Coconut & Almond Chicken or Lamb Korma (Lamb Korma cost extra R28 / person)

Basmati Rice & Garlic Naan Bread
Tomato, Onion & Coriander Salad
Minted Yoghurt Riatta
Fruit Salad

R120 portion / person

*Meal Portion: 450g / Cal: 245 / Carb: 35g /
Protein: 24g / Fat: 2g*

Contains: Sodium, Nuts, Gluten, Dairy

Thai Green Chicken Curry

Jasmine Rice
Stir fried Pak Choy & Mange Tout
Tropical Fruit Smoothie

R120 portion / person

*Meal Portion: 450g / Cal: 320 / Carb: 52g /
Protein: 19g / Fat: 4g*

Contains: Sodium, Nuts, Dairy, Hot Spices,
non-Vegetarian

iHealth Chicken Schnitzel

Wild Mushroom Sauce,
Parsley Potato & steamed baby Vegetables
Apple Oatmeal Crumble

R120 portion / person

*Meal Portion: 450g / Cal: 384 / Carb: 46g /
Protein: 35g / Fat: 8g*

Contains: Sodium, Gluten, Egg Protein, Dairy,
Fungi, Oats & Nuts, non-Vegetarian

Beef in Oyster Sauce

With green Peppers, Bean Sprouts & toasted
Cashew Nuts,
Rice Noodles

Chocolate Walnut Cake with Coconut

R120 portion / person

Portion Size: Cal: Carb: Protein:

*Meal Portion: 300g / Cal: 437 / Carb: 52g /
Protein: 31g / Fat: 12g*

Contains: Gluten, Nuts, Dairy

Moroccan Chicken Tagine

Lemon & Herb Cous Cous with flaked Almonds
Banana & Peanut Butter Smoothie

R120 portion / person

*Meal Portion: 400g / Cal: 384 / Carb: 51g /
Protein: 35g / Fat: 5g*

Contains: Gluten, Nuts, Dairy, non -
Vegetarian

Tarka Dhal,

Basmati Rice,
Tomato, Onion & Coriander Salad (v)
Coconut Smoothie

R109 portion / person

*Meal Portion: 450g / Cal: 317 / Carb: 63g /
Protein: 14g / Fat: 2g*

Contains: Nuts, Dairy, Gluten
(Vegetarian)



Main Course
Choice of 1

NEW meals

Starch
Choice of 1

Bolognese Toppings
Alfredo Chicken
Arrabiata Toppings (Vegetarian)
Lentil Bobotie (Vegetarian)
Tarkha Dhal (Vegetarian)
Brinjal, Tomato and Mozzarella Bake (Vegetarian)
Meatballs
Chicken a la King
Roast Chicken Portions
Chicken Schnitzel
Beef Schnitzel
Beef Stroganoff
Cottage Pie
Beef Lasagna
Seafood Lasagna
Seafood Pie Topped with Parmesan Mash
Sweet and Sour Chicken

Baked Potato
Roast Potato
Potato Wedges
Sweet Potato Wedges
Parsley Potato
Pasta – Linguine or Fusilli or Penne
Dauphinois Potato
Lyonnaise Potato
Savoury Rice
Steamed Long Grain or Brown or Basmati Rice

Vegetables
Choice of 2

Or

Salad
Choice of 1

Corn, Pea and Carrots Stuffed Gem
Squash with Garlic Butter, Glazed Carrot,
Turnip and Leek, Roasted Root
Vegetables, Steamed Healthy Veggies,
Broccoli with Cheese sauce, Orange and
Fennel Mashed Butternut, Chili Buttered
Corn, Stir Fried Vegetables

Greek
Traditional Potato Salad /
German Potato Salad
Cous Cous Salad
Raw Veg Salad
Spicy Chili and Coriander Coleslaw
Butternut Salad
Pasta Salad
Cucumber and Green Bean Salad
Mexican Bean Salad
Carrot, Coconut and Orange Salad

For **R95 / person** you can build your own dish. Minimum order is 5 people servings. You may select a choice of 1 Main Course , 1 Starch and Choice of 2 Vegetables or 1 Salad for the total order. For your satisfaction we do not accept mixed selection in the same order.



Fork Lunch Selection

c a t t e r i n g m e n u

Lemon & Herb Chicken Salad with roast Mediterranean Vegetables and Buffalo Mozzarella

Grilled chicken, roast Vegetables, fresh Basil, Buffalo Mozzarella and Olives

R115 portion / person

Meal Portion: 400g / Cal: 447 / Carb: 17g / Protein: 33g / Fat: 29g

Contains: Dairy

Chicken Caesar Salad with Parmesan Dressing , Anchovies & boiled Eggs

Grilled Chicken, Cos Lettuce, Boiled Egg, Garlic Croutons, Parmesan Cheese, Anchovies, Caesar Dressing

R115 portion / person

Meal Portion: 450g / Cal: 368 / Carb: 39g / Protein: 18g / Fat: 17g

Contains: Dairy, Fish, Gluten

Grilled Line Fish with Sun-dried tomato, Basil & Feta Pasta Salad

Grilled Line fish, Pasta, Sun-dried tomato Dressing, Olives, Feta, fresh Basil, Corn, Tomato, Onion and Cucumber

(Vegetarian with fish)

R115 portion / person

Meal Portion: 400g / Cal: 493 / Carb: 44g / Protein: 34g / Fat: 20g

Contains: Dairy, Fish

Homemade Garlic & Rosemary Focaccia

Our homemade bread :)

R45 / bread

Bread Portion: 1100g / bread

Contains: Gluten, nuts and seed

Thai Beef & Vermicelli Noodle Salad

Marinated Beef Strips, Vermicelli Noodles, Asian Dressing, Sprouts, Nuts, Beans, Mange Tout, Peppers and fresh Herbs

R119 portion / person

Meal Portion: 400g / Cal: 347 / Carb: 39g / Protein: 26g / Fat: 11g

Contains: Nuts, Beef

Seared Tuna with Nicoise Salad & Garlic Aioli

Yellow fin Tuna, Boiled Egg, baby Potato, green Beans, red Onion, Cucumber, Cherry Tomatoes, Sun dried Tomato, black Olives, Garlic Mayonnaise Dressing

(Vegetarian with fish)

R175 portion / person

Meal Portion: 400g / Cal: 245 / Carb: 19g / Protein: 34g / Fat: 4g

Contains: Fish

Roast Butternut, Pear & Gorgonzola Salad

Roast Butternut, poached Pears, Blue cheese, Cucumber, Cherry Tomato, Mixed Leaves, Spring Onion, toasted Pumpkin & Sunflower seeds, Balsamic & Honey dressing

(Vegetarian with cheese)

R109 portion / person

Meal Portion: 450g / Cal: 370 / Carb: 51g / Protein: 12g / Fat: 16g

Contains: Dairy, Nuts, Blue cheese



Naughty Fork Lunch Selection

Chicken Alfredo with Creamy Basil Pesto Sauce and Mushrooms, Garlic Bread, Chefs Salad

R109 portion / person

Beef Bolognese with Spaghetti & grated Parmesan, Garlic Bread, Chefs Salad

R99 portion / person

Pasta Arrabiata with Tomato, Olive & Chili, Garlic Bread, Chefs Salad (**Vegetarian**)

R99 portion / person

Pasta Putanesca with Tomato, Chili, Capers & Anchovies, Garlic Bread, Chefs Salad (**Vegetarian with fish**)

R95 portion / person

Home Made Meatballs stuffed with Mozzarella in a Tomato & Basil Sauce with Linguine, Garlic Bread, Chefs Salad

R99 portion / person

Pasta Quattro Formaggio with Spinach & Walnuts, Garlic Bread, Chefs Salad (**Vegetarian**)

R105 portion / person

Chicken & Wild Mushroom Pie with a Puff Pastry Lid, Baby Potatoes & braised Peas

R109 portion / person

Beef & Root Vegetable Pie with Puff Pastry Lid, Cheesy mashed Potato & Broccoli

R109 portion / person

Sweet & Sour Chicken, Jasmine Rice & Stir fried Vegetables

R99 portion / person

Karoo Lamb Burger with Tzatziki & Pickled Beetroot, Sweet Potato Wedges & Coleslaw

R99 portion / person

Bobotie served with Basmati Rice, Mango Chutney, Pappadoms & Tomato & Coriander Salad

R109 portion / person

Lamb Aknee - Strictly requires prior notice, please ask us about availability

R89 portion / person

Gourmet Cheese Platter with Brie, Cheddar, Blue, Smoked and Goat's Cheese with Crackers and Fruit Compote **R75 / person**, minimum order for 10 people

R800 / 10 people serving





Chicken Masala Dosa with Vegetable Breyani - Strictly requires prior notice, please ask us about availability

R95 portion / person

Chicken Chow Mein with Cashew Nuts and Egg Noodles, stir fried Greens

R95 portion / person

Caribbean Jerk Chicken with "Rice 'N Peas", stir fried Hot and Sour Peppers

R99 portion / person

Beef Stroganoff with Paprika Sour Cream, Taglietelle & Green Beans

R105 portion / person

Mini Snack Platters for 10
10 of each: mini chicken pies, steak half moons, veg spring rolls, mince samoosas, beef sausage rolls. It can be served as many people as one likes - Strictly 2 working days prior notice. Minimum order for 10 people

R550 @ R55 / person



Corporate Canapé Menu

Smoked Salmon Trout, Potato & Onion Rosti, soft poached Quails
Egg, Caviar (Vegetarian with fish)



Rare Beef fillet, mini Yorkshire Pudding, Horseradish Crème Fraiche



Stuffed tandoori Chicken Breast, Poppadum, homemade Mango
Chutney



Gorgonzola Mousse, Brioche Biscuit, poached Pears & Cranberry
Jelly (Vegetarian)



Crispy Hoi Sin Duck & Coconut Pancake, Spring Onions &
Cucumber



Smoked Ostrich Carpaccio wrapped Thai Asparagus, Avocado
Parfait, shaved Parmesan



Roast Vine Cherry Tomato, Basil & Goat's Chevin Puff Pastry Tartlet,
Rosemary Butter (Vegetarian with fish)

The Corporate Canapé Menu is **R240 portion / person**.
The menu cannot be changed.



Satay Chicken Kebabs, Sweet Chili Mayonnaise



Breaded Hake Goujons, Tartare Sauce

(Vegetarian with fish)



Smoked Salmon & sun dried Tomato Mousse, Grissini Breadsticks

(Vegetarian with fish)



Whole Wheat Pita , Hummus, Spiced Beef, Feta & Rocket



Roast Vegetable Tortilla Whole Wheat Wraps with Tomato &

Coriander Salsa (Vegetarian)



Spinach, Feta & Walnut Phyllo Parcels, Tzatziki (Vegetarian)



Asian Beef Fillet with Chili Tomato Compote & Coriander Croustade



BBQ Chicken Kebabs, Sweet Corn, Chili and Pineapple Salsa



Tomato, Basil Pesto and Boconcini Sticks (Vegetarian)



Smoked Salmon, Cream Cheese, Potato and Onion Rosti (Vegetarian

with fish)



Sesame Seed Chicken Mince Balls, Sweet Chili Sauce



Variety Baked Mini Quiches: Macon & Cheddar, Broccoli & Blue

Cheese, Grilled Veg & Sun Dried Tomato Pesto



Chicken Liver Pate, Red Onion Jam, Herb Croustade



Smoked Salmon Mousse & Pickled Cucumber Croustade (Vegetarian

with fish)



Smoked Snoek Mousse, Curried Onion Croustade (Vegetarian with fish)

NEW meals
are here

Your choice of any 7 dishes above for **R139 portion / person.**

You will receive 7 different selection of your choice per person.



Selection of Assorted Sandwiches

You can select from the following breads: Low GI, Whole Wheat, 100% Rye, White Sliced bread. Portion is one and a half round / person. Please let us know if you require **Vegetarian** sandwiches.

R45 portion / person



Seasonal Fruit Platter

Freshest assorted fruits always available. Each portion is approximately 200g

R59 portion / person



iHealth Club – Beef Fillet, smoked Chicken & Brie, sun dried
Tomato Dressing on Rye
R85 / sandwich



Pastrami & Dill Gherkin on Rye, Mustard & low fat Mayonnaise
R65 / sandwich



Grilled Chicken Caesar, Cos, Parmesan Dressing & boiled Egg on
Rye
R70 / sandwich



Smoked Salmon, Crème Fraiche, pickled Cucumber, Capers & Dill
on 4 seed iHealth gluten free bread
(Vegetarian with fish)
R85 / sandwich



Roast Vegetable, Feta, Rocket & home made Pesto
on 4 seed iHealth gluten free bread
(Vegetarian)
R65 / sandwich



Caprese with Mozzarella, Basil & Tomato, chopped black Olives
on 4 seed iHealth gluten free bread
(Vegetarian)
R65 / sandwich



Stuffed Chicken Breast with smoked Paprika Crust, Spanish Rice Paella, Aioli

R130 bowl / person



Seared Tuna, Salmon or Scallops, Nicoise Salad with Cos & Rocket (**Vegetarian with fish**)

R155 bowl / person



Mint, Chilli & Feta Cous Cous with Apricot & Raisin Farce stuffed Chicken Breast, Cherry Tomato Confit

R130 bowl / person



Sweet Potato, Fennel & Naartjie Salad with sun dried Tomato & Basil studded Salmon, Sweet Corn Salsa (**Vegetarian with fish**)

R145 bowl / person



Honey & Five Spice Duck with Spring Onion, Pak Choi & Ginger Teriyaki Noodles, toasted Peanuts & Papaya

R160 bowl / person



Chick Pea & Coriander Falafel, char grilled Pepper, Courgette & Forest Mushroom Salad, Lime Sour Cream (**Vegetarian**)

R125 bowl / person



Baked Honey & Thyme Goat's Cheese Croute, curly Endive & Lemon Vinaigrette, Asparagus & grilled Vegetables (**Vegetarian**)

R125 bowl / person



Naughty Dessert Selection

Naughty menu



Ultra Moist Carrot Cake - for 8 people

R330 / cake

White Chocolate & Cherry Gateau - for 8 - 10 people

R450 / cake

Belgian Chocolate Mousse Cake - for 8 - 10 people

R450 / cake

Sticky, moist and chocolaty Chocolate - for 8 people Brownies

R299 / cake



Baked Lemon Cheesecake - for 8 -10 people

R280 / cake

Marble Chocolate Cheesecake - for 8 -10 people

R350 / cake

Vanilla Ice Cream & Yoghurt frozen Smoothie

R50 portion / person

Notification strictly required 2 working days prior for any Naughty Dessert order. Minimum order is a full cake.



Delivery charges:

- if the total amount of the catering order is below R1000, we charge a minimum of R150 delivery fee, this amount might change depending on the distance
- if the total amount of the catering order is more than R1500, the delivery can be free to certain areas

Discounts: discount is only applicable for the offered meal on this menu

- 5% discount applies if the full amount of the invoice is above of R10 000

How to place an order?

- please use our 'function sheet' to place your catering orders
- all orders must be sent via email to info@ihealthmeals.com or max@ihealthmeals.com
- we will confirm all orders back via email within 4 working hours, however should you not hear from us, please contact us on 079 888 9922 or 081 351 9091

Equipment and staff:

- iHealth offers a full catering service including catering equipment as well as serving staff, however please contact us about availability, usually we need 4 working days prior notification
- iHealth reserves the right to charge a refundable deposit for any sort of all equipment. Please contact us for more information.

Timeframe to place your order:

- up to 20 people we accept your orders 1.5 working day prior notice
- between 21 - 50 people we accept your orders 4 working day prior notice
- from 51 people we accept your orders 5 working day prior notice

Payment:

- 50% deposit required at confirmation of order
- the outstanding balance within 24 hours after delivery

The mentioned payment condition does not apply if there is an agreement between iHealth and the Client.

Cancellation refund: strictly the full amount payable from the confirmed order, there will be no exceptions.

iHealth reserves the right to change the price as well as the menu without prior notice due to supplier price increases and stock availabilities. Right of admission reserved.

Please request our full terms & conditions that we can send via email.



What our customers have to say about our service

customers feedback

Veronica Theunissen
Nedgroup Investment – Research Team
BoE Private Clients, Cape Town

27 June, 2011



My experience with iHeath since they have come on board has been nothing but professional in all aspects. From ordering, to when changes are required and their flexibility to accommodate is just so reassuring.

The taste and quality of the food presented is never disappointing, I have had nothing but compliments where ever I had iHealth involved. I know I can rely on them because their turn-around times after placing orders are always done within 24 hours and delivery is always on time.

They are on the ball and super efficient.

Kulthum Ebrahim
Retail Branch Network
Nedbank Regional Office, Cape Town

27 June, 2011



Thus far, everyone has been really impressed with the food ordered from iHealth.

The presentation is good and the food tastes just as good as it looks, very professional and so tasty.

Some say that the salt is a bit low but that's to be understood since salt is bad for you anyway.

Our most recent experience was Friday 24 June 2011 where one lady commented that she doesn't eat Cous Cous but the Lemon and Herb Cous Cous that was served with the Moroccan Chicken Tagine has given her reason to eat it.

Service has always been excellent and the turnaround time for confirmation of an order is excellent.

I like the fact that Max calls just to make sure that the correct information has been received and that the menu is so flexible in terms of the options offered when one doesn't want a specific item on a menu.

Venita Ernstzen
Marketing Assistant
Nedgroup Investment, Cape Town

15 June, 2011



I have spoken to most of attendees and all agreed that the eats for today was very good.

John Karis - "The best I have had so far in this building."

Thanks so much for all your help with this – much appreciated.

Tessa Lorenzo
Business Services
Macquarie Securities Group, Europe, Middle East and Africa

03 August, 2011



Thanks so much for the most amazing sandwiches platters for our VIP luncheon. Our guests thoroughly enjoyed them! Looking forward the next function!

Levona Warley
Client Services
Nedgroup Investment, Cape Town

17 August, 2011



compliments to the chef - the vegetarian fish dish was fantastic!

Click [here](#) to read more testimonials about our service.

