



Frozen Meals

please read and follow heating instructions on the reverse side

GF / Gluten Free VG / Vegetarian DF / Dairy Free

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*all products are subject to availability

Individual serves

Beef shepherds pie / Best Seller DF GF	
Home made tomato-based beef mince topped with mash potato and oven baked	14.50
Veggie shepherds pie VG DF GF	
Cooked lentils, red peppers and onion, topped with mash potato & then oven baked	13.50
Beef moussaka DF GF	
Oven baked layers of beef mince eggplant & potato smothered in béchamel sauce	14.50
Veggie moussaka VG GF	
Oven baked layers of eggplant, pumpkin, zucchini and potato smothered in Napoli & mozzarella	13.50
Tuna lasagne DF	
Layers of cooked tuna, tomato sugo, béchamel and fresh pasta	13.50
Turmeric chicken DF GF	
Pot cooked chicken thighs, peas, carrots and onions in a turmeric broth	16.00
Gnocchi & creamy mushroom VG	
Home-made potato gnocchi with our cream and mushroom sauce	13.50

Slow Cooked

Sticky top rib DF	
Marinated beef ribs then slow cooked	18.00
Pulled brisket & peasant potatoes DF GF	
Beef brisket cooked for 8hrs with rustic herbed mashed potatoes	16.00
Roast beef DF	
Succulent roast beef served in its own juices	18.00
Chicken paprikash DF GF	
A traditional Hungarian style chicken simmered in a paprika infused sauce served with wild rice and onion	16.00
Cholent (serves 2) DF	
Potato, lima beans, barley, beef, kishke, broth and our famous secret spices. Cooked over night for a minimum of 15 hours.	19.95
Chicken meatballs (6 pcs) DF	
chicken thigh mince in a tomato based sauce.	16.00
Veal Goulash DF	
D'lish style veal stew slow cooked with carrots and spices	18.00

Vegetables

Please check out our freezers for seasonally made vegetable sides 7.50

Family packs

Designed to feed the whole family: Just heat, add a salad or veggies, dinner's done!

Roast beef GF	serves 4/5	85
Meat lasagne DF	serves up to 6	55
Beef moussaka GF DF	serves up to 6	55
Veggie moussaka VG GF	serves up to 6	55
Beef Shepherds pie DF GF	serves up to 6	55
Veggie shepherds pie VG DF GF	serves up to 6	50
Tuna lasagne DF	serves up to 6	55
Sticky ribs GF DF	serves 4/5	85

Sides

Home made beef bolognese DF GF	M 11.50	L15.50
Kreplach DF		
Soup wontons filled with beef mince. Ideal for chicken soup	6 for 12.00	12 for 20.00
Matzo Balls DF VG		3 for 6.00

Blintzes

3 for 10.50 6 for 18.00

Chicken blintzes

Savoury crepes filled with minced chicken, rice and onion

Wild rice blintzes

Savoury wild rice crepes filled with couscous and mushroom

Cheese blintzes / Best Seller

Crepes filled with a deliciously sweet cream cheese

Cakes

NY Baked Cheesecake	serves 8/10	40
Flourless Date & Nut Cake	serves 8/10	40

Heating Instruction

Individual serves / slow cooked packs:

Leave oven-proof seal on while heating.

Oven (recommended):

THAWED: pre-heat oven to 180° and warm for 20 to 30 min

FROZEN: pre-heat oven to 180° and warm for 40 to 50 min

Microwave (strength of microwaves might vary):

THAWED: 3 to 5 min on high

FROZEN: 8 to 10 min on high

Family packs: Heat in oven only.

Remove lid and cover with foil before reheating.

THAWED: pre-heat oven to 180° and warm for 30 to 45 min

FROZEN: pre-heat oven to 180° and warm for 60 to 75 min

Sides: Each product must be THAWED prior to reheating.

Bolognese: Place contents in pot and heat on medium until boiling point (stir occasionally).

Kreplach & Matzo Balls: for best results place with soup in pot while being heated.

Blintzes: For best results, defrost in fridge overnight.

Microwave: Cover and heat individually for 20 to 30 sec. After heating, we recommend to pan fry them until golden brown and crisp.

Cakes: Place in refrigerator to thaw overnight. If required at room temperature, remove from refrigerator and leave for another 2 hours.