



Frozen Meals

please read and follow heating instructions on the reverse side

GF / Gluten Free VG / Vegetarian DF / Dairy Free

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269 BAMBRA RD

CAULFIELD SOUTH VIC 3162

*all products are subject to availability

Individual serves

Beef shepherds pie / Best Seller DF GF (OVEN BAKED)	
Home made tomato-based beef mince topped with mash potato	18.00
Veggie shepherds pie VG DF GF (OVEN BAKED)	
Cooked lentils, red peppers and onion, topped with mash potato	17.50
Beef moussaka DF GF	
Layers of beef mince eggplant & potato smothered in béchamel sauce	18.00
Veggie moussaka VG GF	
Layers of eggplant, pumpkin, zucchini and potato smothered in Napoli & mozzarella	17.50
Tuna lasagne DF	
Layers of cooked tuna, tomato sugo, béchamel and fresh pasta	17.50
Turmeric chicken DF GF	
Pot cooked chicken thighs, peas, carrots and onions in turmeric broth	20.00
Chicken cacciatore DF GF	
Chicken breast, onion, olives, capsicum, cooked in napoli sauce	25.00
Gnocchi & creamy mushroom VG	
Home-made potato gnocchi with our cream and mushroom sauce	17.50
Gnocchi bolognese DF	
Home-made potato gnocchi with our bolognese sauce	22.00
Beef goulash DF	28.00

Slow Cooked

Sticky beef rib DF	
Marinated beef ribs then slow cooked	26.00
Pulled brisket & peasant potatoes DF GF	
Beef brisket cooked for 8hrs with rustic herbed mashed potatoes	26.00
Roast beef DF	
Succulent roast beef served in its own juices	26.00
Chicken paprikash DF GF	
A traditional Hungarian style chicken simmered in a paprika infused sauce served with wild rice and onion	22.00
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.	22.50
Chicken meatballs (6 pcs) DF	
chicken thigh mince in a tomato based sauce.	20.00
House smoked lamb ribs DF GF	
Six-hour smoked lamb ribs, fall-of-the-bone tender	30.00

Family packs

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

Roast beef GF	serves up to 6	110
Meat lasagne DF	serves up to 6	60
Beef moussaka GF DF	serves up to 6	60
Veggie moussaka VG GF	serves up to 6	55
Beef Shepherds pie DF GF	serves up to 6	60
Veggie shepherds pie VG DF GF	serves up to 6	55
Tuna lasagne DF	serves up to 6	55
Sticky beef ribs GF DF	serves up to 6	110
House smoked lamb ribs	serves up to 6	120

Sides

Home made beef bolognese DF GF	M 14.95	L22.50
Kreplach DF		
Soup wontons filled with beef mince. Ideal for chicken soup	6 for 12.00	12 for 23.00
Matzo Balls DF VG		3 for 6.00

Blintzes

Chicken blintzes DF	3 for 15.00	6 for 28.00
Savoury crepes filled with minced chicken, rice and onion		
Wild rice blintzes VG	3 for 13.50	6 for 25.00
Savoury wild rice crepes filled with couscous and mushroom		
Cheese blintzes / Best Seller VG	3 for 13.50	6 for 25.00
Crepes filled with a deliciously sweet cream cheese		

Cakes

NY Baked Cheesecake	serves 8/10	45
Flourless Date & Nut Cake	serves 8/10	45

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 30 to 40 min

FROZEN: pre-heat oven to 180° and warm for 60 to 90 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.