

Banting Baker Gigi Product Pricelist

BOLAND AND NORTHERN SUBURBS

Full Pricelist for Weekly Deliveries.

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BANTING BAKER GIGI

KETO - BANTING- DIABETIC
Wheat and Gluten free, No Added sugar
LOW CARB MEALS, CAKES, BREADS,
SWEETS, AND MORE

BREADS	KETO / BANTING	WHEAT FREE	GLUTEN FREE		NO ADDED SUGAR	LOW IN CARBS
PRODUCT	Flavours	Options	Product Image	SINGLE	BULK	Sweetener or flour Variations:
WHITE BREAD (coconut Flour, Eggs, psyllium husk, butter, coconut oil)	Plain / Seeded	Normal or Dairy Free.		R60.00	Pack of 4: R180 Pack of 6: R240 Pack of 10: R395	Coconut / Macadamia / Seed
VEGETABLE BREADS (Coconut Flour, eggs, Butter, coconut oil)	Zucchini -Seed / Cheesy Zucchini basil / Spinach and feta / butternut feta / kale and seed/ mushroom and sweet potato	Normal or Dairy Free. Can add Feta or Cheddar to any of the breads		R60.00	Pack of 4: R180 Pack of 6: R240 Pack of 10: R395	Coconut / Macadamia / Seed
BROWN BREADS (Sunflower Seed, eggs, psyllium husk, butter)	Normal or seeded	Normal or dairy free		R60.00	Pack of 4: R180 Pack of 6: R240 Pack of 10: R395	Sunflower / Hazelnut/ almond
CLOUD BREAD (whisked egg white, cream cheese, nut flour, mozzarella)	Normal or seeded	Add feta / Add Cheese / Add Spinach and feta / add mushrooms		R60.00	pack of 4: R200 Pack of 6: R270 Pack of 10: R400	
FOCCACIA SLICES (Egg, Cream cheese, Psyllium husk Butter)	Cheesy Leek and mushroom / Spinach and Feta / Feta and herb / Tomato, basil and cheese/ Three Cheese				Pack of 3: R45 Pack of 6: R80	

SAVOURY MUFFINS (Egg, Coconut flour, psyllium husk, butter)	Zucchini -Seed / Cheesy Zucchini basil / Spinach and feta / butternut feta / kale and seed/ mushroom and sweet potato	Normal / Dairy Free (will not include Vegan Cheeses, they do not melt and will not be used on breads)			Pack of 4: R90 Pack of 6: R120 Pack of 12: R240	Coconut / Macadamia / Seed
LARGE CLOUD BURGER BUNS (Whisked egg white, mozzarella, cream cheese, macadamia flour)	Plain / Seeded / Cheddar and seed / Mozarella and seed			R20.00	Pack of 4: R60 Pack of 12: 150	Macadamia/ course hazelnut/ Coconut flour
SMALL BREAD ROLLS (Coconut, eggs, butter, psyllium husk)	Plain / Seeded / Cheese/ Cheddar and seed / Mozarella and seed				Pack of 4: R45 Pack of 6: R60 Pack of 12: R100	Coconut / Macadamia / Seed
WRAPS (Coconut flour, psyllium husk, egg, cream)	Normal / Chil	Normal or Dairy Free			Pack of 4: R90 Pack of 10: R190 Pack of 20: R320	Coconut / Macadamia /
PIZZA BASES (Coconut Flour, egg, Xantham gum, Psyllium husk, coconut cream)	Plain / Tomato oregano basting				Pack of 3: R90 Pack of 10: R250 Pack of 20: R320	Coconut flour or Macadamia flour
Garlic Breads (Cloud Batter< whisked egg whites, cream cheese, mozzarella, macadamia flour)	Plain garlic Butter / Garlic and Herb / Garlic pesto / Cheesy Garlic / Chilli Garlic			R40.00	Pack of 4: R120	
GARLIC MINI ROLLS (Mozarella, cream cheese, Macadamia flour, psyllium husk)	Plain Garlic Butter / Garlic and Herb / Garlic pesto / Cheesy Garlic / Chilli Garlic				Pack of 4 : R75 Pack of 10: R150	




SAVOURIES	KETO / BANTING	WHEAT FREE	GLUTEN FREE		NO ADDED SUGAR	LOW IN CARBS
PRODUCT	Flavours	Options	Product Image	SINGLE	BULK	Sweetener or flour Variations:
PIE WITH CRUST (Regular Size pies) Crust made from Mozarella and macadamia flour, eggs)	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or Dairy Free(Dairy free crust will be made with psyllium husk, the crust is a little dryer though)		R50.00	Pack of 4: R150 Pack of 6: R200	Macadamia/ course hazelnut/ Coconut flour
PIE WITH CRUST (FULL SIZE Crust made from Mozarella and macadamia flour, eggs)	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or Dairy Free(Dairy free crust will be made with psyllium husk, the crust is a little dryer though)			Medium: R220 Large: R250	Macadamia/ course hazelnut/ Coconut flour
CRUSTLESS PIE (Large muffin Size) Cream cheese, cheese, eggs	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or dairy free (will be made with coconut cream)		R40.00	Pack of 4 : R120 Pack of 6: R160	
CRUSTLESS PIE (Full Size) Cream cheese, cheese, eggs	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or dairy free (will be made with coconut cream)			Medium: R180 Large: R220	
Frittata / Crustless Quiche (Large muffin size) Egg, cream)	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or dairy free (will be made with coconut cream)			Pack of 4: R105 Pack of 6: R140 Pack of 12: R250	
Frittata / Crustless Quiche (Full Size) Egg, cream)	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/ Spicy beef/ mushroom and cheese/ Lamb, mint and sweet potato/ Vegetarian	Normal or dairy free (will be made with coconut cream)			Medium: R150 Large: R200	

Beef Sausage Rolls: (covered in Cloud batter: whisked egg white, mozzarella, cream cheese, macadamai flour)	Plain Beef / Cheesy Beef / Spicy Beef				Pack of 4: R90 Pack of 6: R130 Pack of 12: R190	
Chicken Sausage Rolls: (covered in Cloud batter: whisked egg white, mozzarella, cream cheese, macadamai flour)	Basil Chicken/ Sweet chilli chicken / Cheesy Chicken				Pack of 4: R90 Pack of 6: R130 Pack of 12: R190	
Spinach and feta Puffs : (covered in Cloud batter: whisked egg white, mozzarella, cream cheese, macadamai flour)	Plain Spinach Feta/ Sweet Chilli Spinach Feta/ Sriracha Spinach Feta				Pack of 4: R90 Pack of 6: R130 Pack of 12: R190	
Cheese Puffs : (covered in Cloud batter: whisked egg white, mozzarella, cream cheese, macadamai flour)	Plain / Sweet Chilli / Garlic /				Pack of 4: R90 Pack of 6: R130 Pack of 12: R190	
Mozarella Sticks : (covered in Cloud batter: whisked egg white, mozzarella, cream cheese, macadamai flour)	Plain / Sweet Chilli / Sriratcha				Pack of 4: R90 Pack of 6: R130 Pack of 12: R190	
Large Puff Pies (Crust made from Mozzarella, cream cheese, macadamia flour and egg	Beef Bolognaise/ Spinach and feta/ Chicken and mushroom/ Spicy beef mince/ Cheesy beef / Mushrrom and cheese/ Vegetable			R60.00	Pack of 4: R180 Pack of 6: R240	
Full Pizza (Homemade pizza base as shown above)	Spinach, feta and Turkey bacon/ Spinach and feta/ cheesy beef/ chicken and mushroom/Cajun Chicken and cheese/ Three Cheese/ Spicy beef/ mushroom and cheese/ Vegetarian	Dairy free for ones without cheese.		R85.00	Pack of 4 : R260	

Cheese Taco Shells (ingredients : Cheese)	Plain Cheese / Chilli cheese/ herb cheese				Pack of 4 : R60	
Full Tacos (comes with guacamole, sour cream, salsa and filling)	Beef/ Chicken / veg	Mild/ Medium / Hot		R65.00	Pack of 4 : R180.00	
Cheese Crackers/ chips (ingredients: Just cheese)	Plain / herb and sesame/ chili				50g: R25 100g: R40.00	
Cheese Toast (Just cheese)	Plain/ herb and sesame / chilli				Pack of 4: R40	

Meals	KETO / BANTING	WHEAT FREE	GLUTEN FREE		NO ADDED SUGAR	LOW IN CARBS
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PRODUCT	Flavours	Options	Product Image	SINGLE	BULK	Sweetener or flour Variations:
Lasagne (Pasta Sheets made from egg and cream cheese)	Beef / Chicken & mushroom / Vegetarian/ Prawn and bamboo/ spinach and feta	For Dairy Free, an extra charge of R10 per portion		R65.00	Family Size (4 Portions) R180	
Pasta Meals (Pasta made from Egg and cream cheese	Chicken & Mushroom / Beef Bolognaise/ Basil pesto / spinach and feta / Chicken Piccata			R65.00	Family Size (4 Portions) R180	
Cottage Pie	Beef/ Chicken / Veg	Cauli Mash / Sweet potato Mash. Normal or dairy Free option		R65.00	Family Size (4 Portions) R180	
Korma Curry (Made with Coconut Cream, Macadamia flour, homemade paste) Dairy Free	Beef /Chicken / Vegetarian ---- Mild / Medium/ Hot	Add Cauli Rice R10 per portion. (R40 extra for family size)		R65.00	Family Size (4 Portions) R180	

Lamb Korma Curry (Made with Coconut Cream, Macadamia flour, homemade paste)Dairy Free	Mild/ Medium or Hot	Add Cauli Rice R10 per portion. (R40 extra for family size)		R75.00	Family Size (4 Portions) R220
Thai Red Curry (Made with Coconut Cream, homemade paste) Dairy Free	Beef /Chicken / Vegetarian ---- Mild / Medium/ Hot	Add Cauli Rice R10 per portion. (R40 extra for family size)		R65.00	Family Size (4 Portions) R180
Thai Yellow Curry (Made with Coconut Cream, homemade paste) Dairy Free	Beef /Chicken / Vegetarian ---- Mild / Medium/ Hot	Add Cauli Rice R10 per portion. (R40 extra for family size)		R65.00	Family Size (4 Portions) R180
Thai Green Curry (Made with Coconut Cream, homemade paste) Dairy Free	Beef /Chicken / Vegetarian ---- Mild / Medium/ Hot	Add Cauli Rice R10 per portion. (R40 extra for family size)		R65.00	Family Size (4 Portions) R180
Macadamia crumbed chicken fillets. (Two fillets per portion)	Plain / Cajun	Add Creamed spinach side - R20 per portion , R80 for family size		R65.00	Family Size (4 Portions) R180
Broccoli bake with Pecan Nuts (made with cheese and cream cheese)	Beef /Chicken / Vegetarian	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Cauliflower Bake with Pecan nuts (made with cheese and cream cheese)	Beef /Chicken / Vegetarian ----	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Cauli- Mac n' Cheese (Cream, Cheese,)	Beef Bolognaise/ Spicy Beef/ chicken / Plain	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Stuffed Butternut (Orange List item) One large per portion	Cheesy Beef / Spicy Beef/ chicken / Veg / Spinach and feta	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Stuffed Peppers (2 per portion)	Cheesy Beef / Spicy Beef/ chicken / Veg / Spinach and feta	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Stuffed Large Mushrooms (4 per portion)	Three Cheese / Spinach and feta / cheesy beef	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180

Sticky Meatballs (Cooked in Carbsmart Sticky braai sauce)	Plain / Chilli	Add Tszaziki and salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
BBQ Chicken Strips (Cooked in Carbsmart sticky braai sauce)	Plain / Chilli	Add Tszaziki and salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Chicken Breyani - Made with cauli rice and shredded chicken	Mild/ Medium or Hot	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Casserole - A baked Stew with Greenlist Veg	Chicken / Beef / Vegetarian	Add Side salad - R20 per Portion - R80 for family size		R65.00	Family Size (4 Portions) R180
Cauli Rice - blended with herbs and cooked in olive oil	Plain / Chilli / Garlic			R35.00	Family Size (4 Portions) R110