



Meals in a Jar by Sweet and Light

Contact Information:

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SweetandLight.com

We are happy to make custom orders upon request. Please contact us for more information and pricing.



- Baked Beans: 450 ml: \$5.50**
- Whiskey Baked Beans: 450 ml: \$5.50**
- Beef Stew: 450 ml: \$5.00**
- Beef Stew: 750 ml: \$7.25**
- Beef Vegetable Stew: 450 ml: \$5.00**
- Beef Vegetable Stew: 750 ml: \$7.25**
- Chicken Broth: 450 ml: \$4.00**
- Chicken Broth: 750 ml: \$4.50**
- Chicken Soup (just chicken no vegetables) 450 ml: \$5.00**
- Chicken Soup (just chicken no vegetables) 750 ml: \$6.00**
- Chicken Vegetable Soup: 450 ml: \$4.25**
- Chicken Vegetable Soup: 750 ml: \$5.75**
- Beef Jerky (pepper) 30 grams - \$3.75**
- Beef Jerky (pepper) 60 grams - \$6.25**
- Chili with Meat – No Beans: 450 ml: \$5.25**
- Chili with Meat – No Beans: 750 ml: \$7.25**
- Chili with Beans – No Meat: 450 ml: \$4.25**
- Chili with Beans – No Meat: 750 ml: \$6.25**
- Chili with Beans and Meat: 450 ml: \$4.75**
- Chili with Beans and Meat: 750 ml: \$6.75**
- Tomato Soup: 450 ml: \$4.00**
- Lentil Soup: 450 ml: \$4.25**
- Lentil Soup: 750 ml: \$5.75**
- Black Lentil Soup with Mushrooms: 450 ml: \$4.00**
- Coffee Jam: 175 ml: \$5.00**
- Chocolate Pudding: 175 ml: \$3.50**
- Coffee Liqueur: 750 ml: \$18 (Made with real espresso – not just coffee crystals)**
- Coffee: Gourmet organic dark roast – ground – 500 grams / 1 pound: \$6.75**



We provide delivery by either moto or taxi at a mutually agreed convenient time for you!