



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: \$5.25

Beef Stew: 750 ml: \$7.75

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

Black Lentil Soup with Mushrooms: 750 ml: \$6.00

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!