



## **PREPARED MEAL MENU, AVAILABLE FRESH/FROZEN – PRICES ARE PER PORTION**

**MINIMUM ORDER 4 PORTIONS PER ITEM. MINIMUM SPEND £15**

### **MAIN DISH**

- Spanish Style Tortilla £2.75
- Mediterranean Vegetable Quiche £3.25
- Spanish Style Butterbeans with Kale in a Smoked Paprika and Sundried Tomato Sauce £3.25
- Quinoa and Black Bean 'Meat Balls' with Tomato Sauce £3.25
- Lentil, Brown Rice and Applewood Arancini with Arrabbiata Sauce £3.25
- Cauliflower and Cannellini Bean 'Cheesy' Bake £3.50
- Sweet Potato, Spinach, and Lentil Pie £3.50
- Shepherdess Pie made with Soya mince and Green Lentils & Sweet Potato Mash £3.75
- Portobello Mushroom filled with Rosemary & Roasted Garlic Cashew Cream £3.75
- Aubergine, Chickpea and 'Chorizo' Caponata £3.75
- 5 Bean Chilli Enchilada £3.75
- Breakfast Burrito with Scrambled Tofu, Sausage, Spinach & Beans £4
- Leek, Mushroom and Tofu in Spicy Black Bean Sauce £4
- Smoked Tofu, Red Pepper and Aubergine in Plum Sauce £4
- Basil Tofu Ratatouille £4.50
- Maple & Teriyaki Tofu with Chinese Greens and Water Chestnuts £4.50
- Chana Masala, Lentil Dhal & Sag Aloo £5.50

### **SIDES – we recommend ordering 1 side for a lunch or 2 for an evening meal.**

- Pilau Rice £2.50
- Mushroom Rice £2.50
- Dressed Green Salad £2.50
- 7 Vegetable Slaw £3
- New Potato Salad £3
- Fennel, Orange and Watercress Salad £3.50
- Tomato, Olive and Red Onion Salad £3
- Balsamic Mushrooms £2
- Steamed Broccoli, Kale and Mange Tout £3
- Orange and Thyme Roasted Carrots £2
- Garlic and Almond Green Beans £2.50
- Roasted Root Vegetables £2.50
- Roast Potatoes £2.50
- Mashed Potato £2.50
- Garlic and Rosemary Roasted New Potatoes £2.50
- Creamy Herb Polenta £2
- Sundried Tomato, Olive and Pumpkin Seed Quinoa £2.50
- Baked Sweet Potato with Fresh Herb Dressing and Salsa £3.50

## DESSERTS

- Coffee and Walnut Tray Bake £2.50
- Dark Chocolate and Cherry Brownie £2.50
- Millionaires Shortbread £2.50
- Apple Crumble £3
- Baked New York Cheesecake with Raspberry Coulis £3.50
- Raw Carrot Cake with Cashew Cream Cheese £3.50

Free delivery up to

5 miles with orders over £10

15 miles with orders over £25

40 miles with orders over £50

For further distances please contact us for a quote.