



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

MINIMUM ORDER 4 PORTIONS PER ITEM. MINIMUM SPEND £20

MAIN DISH

- Spanish style tortilla £3
- Dal adas – Persian style lentil & potato stew with pomegranate molasses £3
- Spanish style butterbeans with kale in a smoked paprika and sundried tomato sauce £3.75
- Leek and Applewood Arancini with spicy tomato sauce £3.75
- Seitan chicken &
- Cauliflower and Cannellini Bean 'Cheesy' Bake £3.75
- Fresh herb, kale and barberry frittata £3.75
- Toad in the hole & gravy £4
- Artichoke, olive & sundried tomato quiche £4
- Creamy broccoli, leek & smoked sausage pie £4
- Sweet potato, black bean & smoked cheese enchilada £4
- Tofu, bell pepper and courgette in Spicy Black Bean Sauce £4
- Teriyaki tempeh with shitake mushrooms & pak choi £4.50
- Aubergine parmigiana with cashew mozzarella £5
- Basil tofu ratatouille £5
- Chana Masala, Lentil Dhal & Sag Aloo £6

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

- Orange and Thyme Roasted Carrots £2.25
- Pilau Rice £2.50
- Dressed Green Salad £2.50
- Garlic and Almond Green Beans £2.75
- Roasted Root Vegetables £2.75
- Roast Potatoes £2.75
- Garlic and Rosemary Roasted New Potatoes £2.75
- Steamed Broccoli, Kale and Mange Tout £3.25
- 7 Vegetable Slaw £3.25
- New Potato Salad £3.25
- Fennel, Orange and Watercress Salad £3.50
- Tomato, Olive and Red Onion Salad £3.50
- Sundried Tomato, Olive and Pumpkin Seed Quinoa £3
- Baked Sweet Potato with Fresh Herb Dressing and Salsa £3.75
- 6 Vegan Yorkshire puddings £5.25
- 6 Gluten free vegan Yorkshire puddings £5.75

DESSERTS

- Individual Bakewell tart £3
- Dark Chocolate and ginger Brownie £3
- Apple Crumble £3
- Sticky toffee pudding £3.50
- Baked New York Cheesecake with blue berry compote £3.50
- Dark chocolate & orange cheesecake £3.75

Free delivery up to

5 miles with orders over £20

15 miles with orders over £30

40 miles with orders over £75

For further distances please contact us for a quote.