



HANDMADE FROZEN MEALS

BEEF/PORK		VEGETARIAN		FISH	
Boeuf Bourguignon GF	£7.50	Aubergine Parmigiana v	£6.95	Indulgent Fish Pie	£7.50
Cottage Pie GF	£6.95	Miso Ramen, Rice Noodles & Tofu GF Vg S	£6.95	Thai King Prawn Penang Curry GF DF 🕭	£7.50
Italian Meatballs & Roasted Tomato Sauce	£6.95	Double Mushroom Spelt Risotto v	£6.95	Smoked Haddock Spelt Risotto	£6.95
Italian Ragu Lasagne	£6.95	Pumpkin, Peanut & Chick Pea Curry	£6.95		
Moussaka	£7.35	Vg GF DF N ♠		SIDES	
Steak, Mushroom & Red Wine Pie	£7.35	Sweet Potato, Red Lentil & Spinach Dhal	£6.95	Oozy Macaroni Cheese v	£4.95
Thai Beef Massaman Curry GFDF 🔥	£7.35	Smokey Mixed Bean & Veggie Chilli vg GFDF	£6.95	Potato Dauphinoise V GF	£4.95
Spanish Chorizo & Chickpea Stew GF DF	£6.95	Triple Mushroom & Spinach Lasagne v	£6.95	Braised Red Cabbage GF	£3.95
		mple musificom & opinion Lusughe v	20.55	Buttery Peas & Leeks V GF	£3.75
CHICKEN				Fluffy White Rice V_g GF	£2.95

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Chicken, Smoked Pancetta & Leek Pie

Thai Green Chicken Curry GFDF

Japanese Miso Chicken & Ginger Rice GFSDF

Coq Au Vin GF

Chicken Jalfrezi GF 🚵

We take great care in our preparation of each dish, however allergens such as GLUTEN, SESAME and NUTS are used in our kitchen.

£7.35

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GF Gluten Free V Vegetarian

Vg Vegan

DF Dairy Free N Recipe Contains Nuts

S Recipe Contains Sesame

Medium