

HANDMADE FROZEN MEALS

BEEF/PORK		LAMB		FISH	
Boeuf Bourguignon GF	£7.95	Rogan Josh GF	£9.50	Indulgent Fish Pie	£7.95
Cottage Pie GF	£7.50			Thai King Prawn Penang Curry GF DF	£7.95
Italian Meatballs & Roasted Tomato Sauce	£7.50			Smoked Haddock Spelt Risotto	£7.45
Italian Ragu Lasagne	£7.50	VEGETARIAN			
Thai Beef Massaman Curry GFDF 🧄	£7.95	Aubergine Parmigiana v	£7.25	SIDES	
Spanish Chorizo & Chickpea Stew GF DF	£7.50	Goats Cheese, Mushroom & Thyme		Oozy Macaroni Cheese v	£5.75
		Spelt Risotto v	£7.25	Potato Dauphinoise v GF	£5.75
FREE RANGE CHICKEN		Pumpkin, Peanut & Chick Pea Curry vg	67.05	Buttery Peas & Leeks _{V GF}	£3.95
Chicken, Pancetta & Leek Pie	£7.75	Sweet Potato, Red Lentil & Spinach	£7.25		
Coq Au Vin _{GF}	£7.75	Dhal _{Vg GFDFN}	£7.25	PUDDINGS - serves two	
Chicken Jalfrezi GF	£7.75	Smokey Mixed Bean & Veggie Chilli va	17.23	Five Spice Apple, B'berry & Almond	£5.95
Japanese Miso Chicken & Ginger Rice GES DE	£7.75	GF DF	£7.25	Crumble N GF	
Thai Green Chicken Curry GFDF	£7.75			Sticky Toffee Pudding GF	£5.95

ALLERGENS

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

GF Gluten Free DF Dairy Free
V Vegetarian N Recipe Contains Nut
Vg Vegan S Recipe Contains Sesame

