

Seasons, Wild & Free

THOUGHT FOR FOOD

A NEW brand of **convenience** with a **conscience** for time poor foodies, feeding family and friends.

Seasons, Wild & Free offer daily delicious meals using local, **free range** and **organic** meat, **wild** and **sustainable** fish and local fruit and veg suppliers to deliver fresh frozen meals in fully **compostable** and **biodegradable** or **recyclable** packaging. Made with thought and **love**, just as you would if only you had the time!

Menu

Confit wild mushrooms, with wooded herbs, garlic and wild rice, parmesan and truffle oil £6 pp

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Lamb tagine w/ Silcock's organic lamb shoulder, Moroccan spices, chickpeas and apricots. Served with herbed couscous. £7.5pp

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Chilli beef skirt w/ Silcock's, organic skirt steak, chilli, lime, coriander, red kidney beans and chocolate! Served with rice. £7.5pp

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Veal ragu w/ Silcock's organic veal mince, porcini mushrooms, red wine, cream and herbs served with pappardelle pasta £7.5pp

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Fish pie w/ British caught sustainable white and smoked fish, salmon, Scottish langoustine, white wine, capers, crème fraiche, star anise and topped with creamy mash, sourdough crumbs and parmesan £7.5pp

Please allow 48 hours notice for your order.

Delivery is free within 15 km for orders over £50 or priced per mile thereafter.

Please advise us of any allergies at the time of ordering.