

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** supplies to deliver **fresh-frozen** meals (in **fully compostable** or **recyclable packaging**) made with thought and **love**, just as you would if only you had the time!

Confit mushrooms with woody herbs, roasted garlic and green lentils. Delicious served alone or topped with a poached egg.

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Pork and fennel meatballs with Sissinghurst free-range pork mince in a rich tomato sauce. Serve with spaghetti or wild rice.

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Shepherd's pie made with Silcock's organic lamb, rosemary and root vegetable mash. Serve as is or with peas and spring veg.

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Lasagne w/ Silcock's organic beef, rich tomato sauce and bay infused béchamel. Serve with salad and garlic bread.

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Classic Fish Pie w/ British caught, sustainable salmon, smoked and white fish, w/herb infused sauce and creamy mash. Serve with buttered peas.

All meals are £6 pp based on a minimum of 2 sharing. Larger portions for 1 are £7.5 pp. Sides and salads can be ordered separately from our Spring Menu.

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 food allergies at the time of ordering.