

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.** 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!

Dinner Party Menu for 15

09.06.18

Tuna Carpaccio with soft herbs, toasted almonds and boiled egg.

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Whole Salmon with minted yoghurt, walnuts and pomegranate molasses.

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Chargrilled steak with roasted vine ripened tomatoes and salsa verde.

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Served with sides for the table:

Couscous with feta, dried fruit, nuts, seeds and soft herbs. Serve at room temperature.

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Ultimate green salad with all things green including leaves, seeds, and seasonal fruit and salad vegetables served with sharp lemon, feta and yoghurt dressing.

Tomato salad with mixed heirloom tomatoes, soft herbs, oil, lemon and seasoning.

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Parsnip skordalia – parsnip fried in butter and cooked in milk, bay and nutmeg and puréed.

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New potatoes with wild garlic pesto.

Followed by

Moroccan mess – meringue, rose scented cream, ice cream, strawberries, pomegranate jelly & Persian fairy floss.

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Local Cheese, and artisan biscuits, dried fruit and nuts and pastes.

All our food is made fresh to order. Please let us know if you would like to add or omit anything at the time of ordering, along with any allergies we should be aware of.

Bon Appétit!