

# Seasons, Wild & Free

THOUGHT FOR FOOD

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

Seasons, Wild and 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 *recyclable packaging*) made with thought and love, just as you would if only you had the time!

Bespoke Location Shoot Menu – Harrods Magazine.

04.05.17

## Open Sandwiches

Smoked aubergine mayo, charred aubergine,  
orange-infused oil, toasted buckwheat and roasted walnuts.

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Chicken in wasabi and lime dressing with avocado, cucumber and mint.

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Creamy olive tapenade, prosciutto and rocket.

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Whipped goats curd, roasted beetroot, blackberries, honey and thyme.

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Wealden Smokery hot smoked salmon, lemon mayonnaise and rocket.

## SALADS

Fennel roasted carrots with lemon, tahini yoghurt and seeds.

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Roasted Beetroot with balsamic, garlic, maple syrup dressing, leaves and seeds.

#### PUDDING

Chocolate, blackberry brownie with blueberry and blackberry compote and rose scented cream.

#### CHEESE

Beautiful local artisan cheeses from Kent and Sussex served with speciality biscuits, fruit and nuts.

##### Burwash Rose

Semi soft cheese made from grass fed, free range raw cow's milk. Washed in English rose water from Wadhurst. Goes well with walnuts.

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##### Mayfield Swiss

Semi soft cheese with a creamy nutty flavour in a Swiss style. Handmade at from The Creamery using pasteurised cow's milk.

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##### Brighton Blue

Hand-made, slightly open, semi soft blue cheese. Mellow in flavour. A vegetarian cheese from Tremain's Farm in Brighton. This family of artisan cheesemakers have won several awards over the years. Goes well with dried fruits.

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##### Sussex Camembert

Award winning traditional camembert style cheese with white edible rind, beautifully mild and earthy in flavour.

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##### Kelly's Goat

Award winning unpasteurised hard, cheddar style goat's cheese from Cheesemakers of Canterbury. Goes well with dried fruits and honey.

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##### Mayfield Cheddar

Beautiful soft and tangy, cow's milk cheddar cheese, award winning and goes well with chilli jam.

(menu priced to order)