

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

Brunch

For the table: Fresh juice, or mimosa*, bread, jams and butter, tea or coffee.

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Wealden smoked salmon on Organic rye or sourdough toast with cream cheese, lemon and pepper

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Slow-baked organic cannellini beans with sweet smoked paprika, soft herbs and poached egg.

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Superfood brunch grains: Toasted whole-wheat coconut couscous, mango, blueberry, strawberry, soft herbs, nuts and natural yoghurt.

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Brunch trifles w/ fruit compote, almond yoghurt and low GI granola.

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Herb + truffle butter mushrooms on sourdough toast with crème fraiche.

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Sides: bacon, sausage, egg, avocado, tomato, beans, breads.