

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!

Spring Menu

To Start

Wealden Smoked Salmon, Rye toast and lemon crème fraiche £6 pp

Chicken salad with creamy wasabi + lime £6 pp

Beetroot, goat's cheese and walnut salad £6 pp

Prosciutto with truffle oil and celeriac remoulade £6 pp

Prawns with green chilli salsa, ready for a quick grill or pan fry £7 pp

Mains

Cauliflower Steaks, marinated in ras-el-hanout and served with tahini yoghurt
£4 pp

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Lemon and rosemary marinated chicken breast £6.5 pp

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Pork mince and fennel Kebabs w/ Sissinghurst free-range pork, ready to grill or
BBQ served with minted yoghurt and pitta breads £7.5 pp

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Lamb Cutlets, trimmed and marinated in Indian spiced yoghurt, ready to tray
bake. £8 pp

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Chilli Beef w/ Silcock's Organic beef, served with rice and soured cream £7.5 pp
min 2 people

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Whole Sea Bass en-papillote. Prepared with oils, herbs and seasoning, ready to
bake. £7.5 pp

Spiced salmon with North African spice mix, lime and rose petals £7.50 pp

Sides all at £5 and will serve 2-3 people.

New potatoes with local rapeseed oil and mint or basil. Ready to oven bake or
boil.

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

Ultimate green salad with all things green including leaves, seeds, capers, olives,
peas, cucumber, celery, pear, served with sharp lemon yoghurt dressing.

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

Beetroot Tzatziki salad w/Roasted beetroot in a mint garlic and yoghurt
dressing.

Roasted heirloom carrots with cumin, serve at room temperature or warm
through.

pudding

Meringues, seasonal fruit compote and rose scented cream £6 pp

Chewy Chocolate brownies £5 pp

Baked Seasonal fruits w/ vanilla cream £5 pp

Lemon Tart with Raspberries and Elderflower cream. £6.5 pp

Local Cheese, and artisan biscuits £7.5 pp

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.

All our starters and most of our sides are delivered ready to serve. Mains usually require a quick cook or reheat and come with very simple instructions, e.g. set oven to 200°C, place in oven for 25-30 minutes. Serve!

Bon Appetit!