

# Seasons, Wild & Free

THOUGHT FOR FOOD

Seasons, Wild & Free are a **new** brand of convenience food for foodies with a conscience. It's food for those who want something made with thought and love for the produce as well as the product!

Here's why? Our meals are made with **Local, Free Range** and **Organic** Meat and Dairy, **Sustainable** Fish and we use local fruit and veg providers too. Our Packaging is **fully compostable** and **recyclable** and our dishes are hand made with thought and **love**, just as they would be if you made them yourself!

Your meal is made fresh to order for a minimum of 2 people, as such we will require at least 48 hours notice. Local delivery is free with orders over £30 or call or text Kristi on 07597962482 to order and arrange collection by appointment.

1 course £17.50, 2 course £25, 3 courses £30 per person

## TO START

Charcuterie plate with salami, prosciutto & pâté, sweet garlic pickle, cornichons, and breads (min 2 persons)

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Mediterranean plate with creamy olive tapenade, sun-dried tomatoes, beetroot hummus, pesto mozzarella and breads (min 2 persons)

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Fish platter with smoked salmon, mackerel pâté, marinated king prawns served with lemon mayo and brown bread (min 2 persons)

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Cheese plate with a selection of local cheeses including soft, hard, blue and goat, served with artisan crackers, celery and grapes (min 2 persons)

Poached salmon with wasabi, lime mayonnaise, avocado and green salad

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Beetroot and goats cheese salad with candied walnut and pickled red onion and maple and garlic dressing

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## MAIN EVENT

Confit Garlic mushrooms with lentils vert, wooded herbs bay and truffle oil, soured cream and green salad

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Vegetable lasagna in a rich tomato sauce and bay infuse béchamel and garlic bread and green salad

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Cauliflower, coconut and cashew korma with basmati rice and salad

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Free range Chicken korma with basmati rice and salad

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Mixed bean chilli with lime coriander and dark chocolate and soured cream, salsa and floured tortillas

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Lamb tagine with apricots, coriander and almonds, served with herbed couscous

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Beef steak chilli with lime and coriander, served with soured cream, salsa, and floured tortillas

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Organic beef lasagne with bay-infused béchamel sauce, garlic bread and green salad

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Pork meatballs al-forno with rigatoni, rich homemade tomato sauce and parmesan, garlic bread and green salad

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Fish pie with smoked and white fish, with buttered creamy mash and minted peas

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## PUDDING

Raspberry and lemon tart with cream

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Chocolate brownie with creme fraîche and berries

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Seasonal fruit crumble with creme fraîche

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Meringues with whipped cream and seasonal fruit compote

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Seasonal fruit frangipani tart with cream

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Mixed berry tart with fresh cream, strawberry and shortbread topping

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Local cheese board with 4 cheeses, artisan crackers, celery and grapes (sup. £3.50)