



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**.

Each dish is for a minimum of **2** diners. Parties of **2-8** should order the same dish for the table.

Additional dishes can be prepared for larger parties.

(This excludes dietary requirements which can, of course, be accommodated on request)

1 course £25, 2 courses £30.00, 3 courses £35.00 per person

STARTERS

Charcuterie plate with salami, prosciutto & pâté, sweet garlic pickle, cornichons sourdough crackers and organic bread

Mediterranean plate with creamy olive tapenade, sun-dried tomatoes, roasted almonds, rose harissa hummus, whipped feta and pitta breads

Fish platter with smoked salmon, mackerel pâté, marinated king prawns served with a mild curry mayo or lemon mayo and granary bread

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

Beetroot and goats' cheese with candied walnut and pickled red onion

Packed chicken with a lemon, yoghurt dressing, avocado and green salad



MAIN EVENT

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

Cauliflower or chicken, coconut, and cashew korma with basmati rice and salad, papadums, raita, mango chutney, pickled and naan bread

Organic beef steak or mixed bean chilli with lime coriander and dark chocolate served with sweetcorn rice, soured cream, Pico de gallo (fresh salsa), guacamole, grated cheese, and corn tortillas

Butternut squash, red onion and goat cheese tart with thyme and honey served with potato salad, slaw, and green salad

Chicken tagine (or lamb tagine £4/pp supp.) with apricots, coriander, and toasted almonds, served with herbed couscous and green salad

Organic beef or roasted vegetable lasagne with bay infused béchamel sauce, garlic bread and green salad

Pork meatballs Alforno with rigatoni, rich homemade tomato sauce and parmesan, garlic bread and green salad

Fish pie with smoked and white fish, buttered mash and peas and garlic bread

Chicken Marlborough: chicken and broccoli in lightly spiced creamy sauce with sourdough crumb and parmesan topping and green salad

Chicken, smoked bacon and mushroom casserole with thyme, served with minted peas and mashed potatoes

Ramen (prawn, chicken or beef) served with rice noodles, vegetables and sesame, chilli and soy broth



PUDDING

Chocolate brownie and cream and berries

Seasonal fruit crumble with cream

Meringues with whipped cream and seasonal fruit compote

Seasonal frangipani tart with cream

White chocolate and salted caramel blondie with cream

Cheese plate with a selection of local cheeses including soft, hard, blue and goat, served with artisan crackers, celery, and nuts (£5/pp supp.)