

VANESSA'S FREEZER FILLERS - SUMMER 2010 - 01209 860132/07813 833373 E-MAIL nielsandness@aolcom

MAIN COURSES - SERVES 2 unless stated

SALMON WITH A SWEET & HOT CRUST (df)	£13.00
SUMMER FISH PIE WITH LEMON ROSTI TOPPING - salmon, white fish, tiger prawns	£13.00
SMOKED FISH & CHERRY TOMATO RAREBIT - with spinach	£13.00
FISH CAKES (4)	£13.00
SPANISH STYLE TIGER PRAWNS - with soya beans, chilli, olive oil & tons of garlic! (gf/df)	£13.00
CHICKEN, LEEK & TARRAGON PIE - with puff pastry top	£13.00
CHICKEN BRESILLIENNE - whole breasts in mild curry sauce, mango & brazil nuts (n)	£13.00
THAI GREEN CHICKEN CURRY (gf/df)	£13.00
MEDITERRANEAN CHICKEN - chicken breasts, prunes, apricots, olives & capers (gf/df)	£13.00
COQ AU VIN - made with chicken breasts, bacon, baby onions & red wine	£13.00
LASAGNE AL FORNO	£12.00
STEAK, STILTON & GUINNESS PIE	£13.00
LAMB TAGINE WITH CHICKPEAS (df/gf)	£14.00
LAMB WITH COCONUT & BLACK PEPPER (df/gf)	£14.00
NORMANDY PORK WITH CIDER & APPLES	£13.00
PORK MEDALLIONS IN CHILLI, LEMON & CHIVE CREME FRAICHE SAUCE (gf)	£13.00
MEDITERRANEAN VEGETABLE LASAGNE (V)	£13.00
NORTH AFRICAN SWEET POTATO STEW - with mushrooms & spinach (V/gf/df/n)	£13.00
MUSHROOM PIE - loads of mushrooms with a puff pastry top (V)	£13.00
CAULIFLOWER CHEESE & SPINACH PASTA BAKE (V)	£13.00
SUNBLUSH TOMATO & WATERCRESS TART (V) OR SEAFOOD QUICHE - 11" - serves 8	£16.00

CHILDREN'S TEAS - SERVES 2-4

BOLOGNAISE SAUCE (gf/df)	£5.00
COTTAGE PIE (gf)	£8.00
CHICKEN PIE WITH MASH	£8.00
POACHED CHICKEN IN PARSLEY SAUCE WITH RICE - my kid's favourite!	£8.00
MACARONI CHEESE (V)	£5.00
PENNE WITH HAM & PEAS IN A CHEESE SAUCE	£8.00
KID'S LASAGNE - a simple one!	£8.00

CAKES & BAKES

CARROT CAKE WITH FROSTING (n)	£6.00
LEMON DRIZZLE CAKE	£6.00
CHOCOLATE BROWNIES	£6.00
9" LARGE CHOCOLATE CAKE - buttercream and chocolate fudge icing	£12.00

PUDDINGS - SERVES 8 UNLESS STATED

2 STICKY TOFFEE PUDDINGS (n)	£6.00
EVE'S PUDDING (3/4 - 6/8)	£5.50/£10
APPLE CRUMBLE (3/4 - 6/8)	£5.50/£10
BAKEWELL TART (4/6 - 6/8) (n)	£12/£16
CHOCOLATE TRUFFLE TORTE (n)	£16.00
RASPBERRY & AMARETTI CRUNCH CAKE (n)	£16.00
LEMON AMARETTI PUFF CAKE (n)	£16.00
ICED LEMON MERINGUE CAKE (gf)	£16.00

gf - gluten free; df - dairy free; n - contains nuts

MY PRODUCTS ARE MADE IN A KITCHEN THAT USES NUTS. PLEASE INFORM ME WHEN ORDERING IF YOU HAVE ANY SPECIFIC DIETARY NEEDS.

DELIVERIES ARE FREE ON ORDERS OVER £85 ON FRIDAY OR SATURDAY. OTHERWISE A £10 FEE WILL BE CHARGED.

YOU CAN EITHER PAY BY CHEQUE OR BY BANK TRANSFER. I DO NOT ACCEPT CREDIT CARDS. SORRY!

PLEASE FEEL FREE TO CALL ME REGARDING ANYTHING ON THE MENU & I WILL TRY AND HELP AS BEST I CAN. THANKS AND ENJOY!!