

JAKE'S MEALS-2U

Meals for Two (700g = approx 2-3 portions + carbs, 500g)

Beef bourguignon, (incl. 500g roast new potatoes / mashed potatoes)	£11.00
Meatballs in tomato sauce (incl. 500g spaghetti)	£9.50
Swedish meatballs in creamy sauce with a touch of dill (incl. 500g mashed potatoes)	£9.50
Bolognese - with red wine & porcini, (incl. 500g spaghetti)	£9.50
Chilli con carne & rice (incl. 500g rice)	£9.00
Lasagne beef ragu, 1kg tray - serves 2-3 people	£11.50
Chicken tagine with preserved lemon, green olives & couscous (& harissa)	£10.50
Thai green chicken curry & jasmine rice (inc 500g rice)	£11.00

Meat, Chicken, Fish & Seafood, per 500g (approx 2-3 adults / 4-5 kids portions)

Steamed king scallops, kale, spring onions & black bean sauce	£16.00
Roast salmon, plain or cajun spiced	£15.00
Sesame crust roast cod	£11.50
Fish cakes (salmon, cod & mashed potato) (each fishcake is approx 125g)	£9.50
Pork loin, with lemon, garlic & thyme, char-grilled	£11.00
Jerk spiced chicken, thighs & breast	£9.50
Chicken satay skewers, peanut & coconut sauce	£9.50
'Clean-Chicken' (plain, poached, skinless chicken breast - ludicrously low-fat)	£9.50
Chicken schnitzel	£9.50
Slow roasted lamb shoulder with sumac & pomegranate	£18.50

Veggie / Vegan Meals (700g = approx 2-3 portions + carbs, 500g)

Stuffed peppers (quinoa, sun-blushed tomatoes & toasted sunflower seeds), roast sweet potato	£9.00
Chilli con veggie (incl. 500g rice) (VEGAN)	£9.00
Meat-Free-Balls (incl. 500g pasta) (VEGAN)	£9.50
Lasagne, roast vegetable, tomato & basil, 1kg tray (serves 2-3) (V)	£11.00
Lasagne, spinach, roast butternut, ricotta & pine nut, 1kg tray (serves 2-3) (V)	£12.00
Lentil & aubergine moussaka (V), 1kg tray (serves 2-3) (V)	£11.50
Vegan cottage pie with lentils, roast tomatoes & mashed potatoes, 1Kg tray (serves 2-3)	£10.50
Sweet potato, courgette & chickpea felafel, tahini sauce, wild rice salad (VEGAN)	£9.00

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Sides, 500g (serves 2-3)

Roast potatoes with thyme & garlic	£3.30
Creamy mashed potatoes	£3.30
Dauphinois potatoes	£4.50
Roast new potatoes with lemon, rosemary & chilli	£3.30
Sweet potato wedges	£3.00
Roast root vegetables with honey, wholegrain mustard & balsamic	£3.50
Broccoli & carrots - steamed	£3.00
Steamed kale, with extra virgin olive oil & sea salt	£3.00
Braised green beans with tomato, cumin, chilli & coriander	£3.50
Tabouleh - parsley, tomato, cracked wheat & lemon	£4.20
Wild rice: brown basmati, wild rice & red rice	£3.30
Steamed quinoa	£3.00
Plain basmati rice	£2.50
Carrot, cucumber & coriander salad with pomegranate molasses	£3.30

Puddings

Flourless chocolate torte, mini, each (8x)	£9.00
Raspberry dusted double chocolate brownie, (8x)	£8.00
Blueberry 'Vegan-Cheesecake, (4x)	£10.00
Eton mess, 150g portion (4x)	£10.00
Lemon, almond & polenta cake (8x)	£8.00
Bakewell tart, 24cm (8-12 portions)	£19.00
Pear, chocolate & almond tart, 24cm (8-12 portions)	£20.00
Treacle tart, 24cm (8-12 portions)	£19.00
Pear tarte tatin, 24cm (8-12 portions)	£24.00
Lemon tart, 24 cm (8-12 portions)	£21.00

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