

# Octopus Food

## LEWEEKENDBOX

### FRIDAY DINNER

- Long & slow BBQ beef brisket with baby pearl onions (GF)  
(Vegan alternative: Sweet potato & courgette felafels) (GF)
- Brown basmati, red carmargue & wild rice pilaff (GF)
- Green beans, braised in tomato sauce with chilli, coriander & cumin (GF)



### SATURDAY LUNCH OR DINNER

- Chicken Parmigiana (milk, wheat, eggs)  
(Vegan alt: mushroom & spinach-rolls)(wheat)
- Roasted cauliflower & butternut squash with rosemary & garlic (GF)
- Quinoa, puy lentils & caramelised onion (GF)

### FOR SUNDAY LUNCH OR DINNER

Bolognese sauce (celery) / Vegan bolognese sauce (celery, soy)  
(sort out your own pasta)

**Order by Wednesday 6PM** for delivery on Friday before 6PM

**Price: £75 for 4 people, £45 for 2 people**

£5-10 for London deliveries

### Add puddings:

Plum compôte, vanilla mascarpone & biscotti (wheat, nuts, milk, eggs)

£10 (x4), £6 (x2)

Chocolate & hazelnut torte with £10 (x4), £6 (x2) (GF) (nuts, milk, eggs)