

Food *cooked with love...*



... food for the soul.

RESTAURANT QUALITY FROZEN MEALS MENU. FRESHLY PREPARED WITH LOCAL PRODUCE

MAINS

All mains and sides are available as a generous single portion or a sharing portion for two.

CORNISH FISH PIE £8.95/£12.50

A selection of salmon, white and smoked local fish in a spinach, carrot and cream sauce topped with mashed potato, cheddar cheese and parsley.

CHICKEN LEEK & HAM HOCK PIE £7.95/£10.95

Juicy chunks of chicken cooked with hand torn ham hock and leek in a creamy sauce topped with our homemade buttery short crust pastry.

STEAK & ALE PIE £7.95/£10.95

Tender chunks of beef slowly cooked with mushrooms and carrots in a rich Cornish ale gravy, topped with our homemade buttery short crust pastry.

LASAGNE £6.95/£9.95

Lean beef mince cooked with mushrooms, onion, garlic and herbs in a rich tomato sauce layered with pasta and bechamel and finished with cheddar and parmesan cheese.

ROASTED VEGETABLE LASAGNE (v) £6.95/£9.95

Oven roasted red onion, peppers, courgettes, aubergines and garlic in a rich tomato and herb sauce layered with bechamel and finished with cheddar and parmesan cheese.

CREAMY MUSTARD PORK £6.95/£9.95

Pan fried strips of pork loin in a creamy wholegrain mustard sauce finished with mushrooms and basil topped with slices of buttered potato.

COTTAGE PIE £6.95/£9.95

Lean beef mince cooked in the traditional way with onions and root vegetables topped with mashed potato.

LAMB TAGINE (c) £8.95/£12.50

Lamb gently cooked with chick peas, apricots, ground almonds, ginger and Moroccan spices to create this exotic dish.

PULLED BEEF CHILLI (c) £7.95/£10.95

A rustic take on the traditional Mexican beef chilli. Our pulled beef is slow cooked for four hours with tomato, fresh chilli, smoked paprika, cumin, cinnamon, coriander and kidney beans.

THAI GREEN CHICKEN CURRY (c) £7.95/£10.95

Thinly sliced chicken pieces and vegetables cooked with fragrant authentic Thai spices - lemongrass, chilli, lime leaves, ginger, garlic, coriander and coconut milk.

CHICKEN KORMA £7.95/£10.95

Chicken pieces marinated in yoghurt and garlic, gently cooked with coconut and ground almonds to give this mild and fragrant curry its distinctive richness.

TIKKA MASALA (c) King prawn £8.95/£12.95 Chicken £7.95/£10.95

Marinated in yoghurt, chilli, ginger and traditional spices, grilled and added to a sauce with coconut and ground almonds.

MADRAS (ccc) King prawn £8.95/£12.50 Chicken £7.95/£10.95

Traditional hot and spicy curry made with onions, garlic, ginger, chilli and authentic spices. NOT for the faint hearted!

SIDES

PLAIN BASMATI RICE (v) £1.95/£2.95

RUSTIC GARLIC & HERB WEDGES (v) £2.95/£3.95

Ready to roast chunky potato wedges coated in olive oil, garlic, rosemary, Cornish sea salt and freshly ground pepper.

RUSTIC GARLIC & PARMESAN WEDGES (v) £2.95/£3.95

Ready to roast chunky potato wedges coated in olive oil, garlic, parmesan and paprika.

CAULIFLOWER & BROCCOLI CHEESE (v) £3.95/£4.95

Florets of cauliflower and broccoli in a cheesy sauce with English mustard and garlic topped with cheddar cheese.

SAAG ALOO (v) £3.95/£4.95

Potatoes with spinach, onion, ginger, garlic and traditional spices.

PUDS

All of our puddings serve two.

STICKY TOFFEE PUDDING £5.95

A rich, sticky sponge made with pureed dates and finished with an indulgent salted caramel sauce.

SEASONAL FRUIT CRUMBLE £5.95

Gently stewed seasonal fruit topped with scrumptious crunchy crumble.

CHOCOLATE BROWNIE £5.95

Devilishly gooey triple choc brownie with a decadent chocolate ganache.

KIDS

All kid's dishes come as a generous single portion.

SECRET VEGETABLE BAKE (v) £3.75

Pasta cooked in a pureed tomato and vegetable sauce with a Cheddar topping.

CHICKEN & HAM PIE £3.75

Tender pieces of chicken breast and ham cooked in a creamy sauce with secret veg and topped with short crust pastry.

BEEF MEATBALLS & WEDGES £3.75

Prime minced beef meatballs in a herby tomato sauce with a side of potato wedges all topped with Cheddar cheese.

COTTAGE PIE £3.75

Prime minced beef cooked in a light gravy sauce with secret veg topped with creamy mashed potato.

'Please contact us for all allergen information'

TO ORDER

PLEASE CALL: 07808 271325 or 01726 61339
EMAIL: julie@angelsinthekitchen.co.uk