

# SOS! (Save our supper): Frozen Meal Range.

## Honest, sustainable, locally produced meals.

## Main dish options, serves two.

Hearty Lasagne, heritage tomato and local beef ragu, bechamel. £13.95

Mevagissey catch, fish pie. Potato topped, white fish in a creamy white sauce. £14.95

Smoked haddock Mac n cheese. Locally smoked haddock mixed into a classic dish. £13.5

'Old Cornish' sausage and smoky bean hotpot. Kittows classic sausages, cooked in a rich red wine sauce with mixed beans. (GF)  $\pm 12.95$ 

Chicken, leek and Davidstow cheddar pasta bake. £13.95

Roasted tomato, chorizo and halloumi tray bake. With Cornish mid potatoes. (GF) £12.95

Lamb Massaman curry. (GF) £14.95

Crown prince squash and spinach lasagne. £12.95

Vegan lentil and veggie pie. (GF) £12.5

#### Side dishes.

Seasonal greens, garden herb butter. £3.95

Roasted root veggies with bay and cinnamon. £4.95

Saffron rice. £3.5

Garlic ciabatta bread. £4.5

Aloo Gobi, Potatoes and cauliflower cooked with a blend of medium spices. £4.95

Garlicky potatoes. Garlic pesto dressed, ready to roast in the oven £4.95.

### Children's options, Serves one

Shhh! Hidden veg tomato pasta bake. £4.95

Who'd have thought! 'Lentil cottage Pie'. (V) £4.95

| Bread  | ed fish goujons and square potatoes. £5.95                                                    |
|--------|-----------------------------------------------------------------------------------------------|
| Mac n  | cheese. £4.95                                                                                 |
| Some   | thing sweet? Serves 2 generous Cornish portions!                                              |
| Season | nal Fruit crumble (GF) £7.5                                                                   |
| Saffro | n bun bread and butter pudding. £7.5                                                          |
| Choco  | plate biscoff cheesecake. £8.                                                                 |
| Ambe   | er's mums Rhubarb and cinnamon pudding. £8.                                                   |
| Vegan  | n ginger and treacle sponge. £7.5                                                             |
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| Cool   | king and Allergen information on packaging. Packed in eco packaging, oven ready frozen meals. |
|        | Private dining • Meal deliveries • Weddings                                                   |

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