

## **Hot Fork Dishes Delivery Menu** (heat at home)

Select three mains, three sides, & one dessert

Mains (require heating)

**Moroccan Lamb Tagine** (gf/df)

**Moroccan Vegetable Tagine** (v/vg/gf/df)

**Pork Goulash** (gf/df)

**Beef Stroganoff** (gf)

**Chestnut Mushroom Stroganoff** (v/gf)

**Beef & Ale Stew with Herby Dumplings** (df)

**Macaroni Cheese** (v)

**Poached Cod with a Chorizo & Butter Bean Ragout** (gf/df)

**Chilli Con Carne** (gf/df)

**Smokey Chipotle Five Bean Chilli** (v/vg/gf/df)

**Pulled Pork with a Barbecue Sauce** (gf/df)

**Butternut Squash, Lentil & Kale Stew** (v/vg/gf/df)

**Lemon Chicken with Green Beans & Black Olives** (gf/df)

**Minced Beef Lasagne**

**Roasted Mediterranean Vegetable Lasagne** (v)

**Poached Salmon Fillet in a Herb & Caper Sauce** (gf)

**Meatballs in a rich tomato sauce** (df) (gf on req)

**Chicken Tikka Massala** (gf)

**Butternut Squash, Chickpea & Spinach Curry** (v/gf) (vg/df on req)

**Beef Nihari** (gf/df)

**Lamb & Chickpea Curry** (gf/df)

**Chicken & Lentil Cacciatore** (gf/df)

**Spinach & Feta Cannelloni** (v)

**French Style Chicken & Bean Casserole** (gf/df)

## Salads & Sides

### **New Potato Salad (v/gf/df)**

with chopped fresh parsley in a wholegrain mustard mayonnaise

### **Persian Rice Salad (v/vg/gf/df) (nuts)**

basmati rice mixed with pecans, fresh parsley, mint & coriander, lemon zest, chopped apricots, sultanas & pomegranate seeds

### **Crunchy Pink Coleslaw (v/gf/df)**

shredded white & red cabbage, beetroot, onions & carrot, mixed with mayonnaise

### **Mixed Green Leaf Salad (v/vg/gf/df)**

served with a vinaigrette dressing

### **Tomato, Mozzarella & Red Onion Salad (v/gf)**

served with a balsamic dressing

### **Summer Green Bean Salad (v/vg/gf/df)**

broad, edamame & green beans, sugar snaps & garden peas with a zesty citrus & herb dressing

### **Greek Salad (v/gf)**

vine tomatoes, green peppers, feta cheese, black olives & red onions with olive oil & black pepper

### **Green Fig's House Salad (v/vg/df)**

blanched asparagus, green beans, sugar snaps & mange tout tossed in a chilli, soy & sesame dressing

### **Sun-blushed Tomato & Black Olive Orzo Salad (v)**

rice-shaped pasta finished with Gran Padana shavings & olive oil

### **Roasted Butternut Squash & Rocket Salad (v/vg/gf/df)**

dressed with olive oil & toasted seeds

### **Baby Leaf Spinach & Mushroom Salad (v/gf) (nuts)**

served with a pesto dressing & toasted pine nuts

### **Trio of Tomato, Basil Pesto & Mozzarella Salad (v/gf) (nuts)**

Heritage, cherry & Green Fig's oven-dried tomatoes with mozzarella pearls & homemade basil pesto

### **Watercress, Rocket, Pear & Goat's Cheese Salad (v/gf) (nuts)**

sprinkled with honey glazed pecans

### **Seasonal Vegetables (v/vg/gf/df)**

### **Lentil Dhal (v/vg/gf/df)**

### **Nan Bread (v/vg/df)**

### **Plain or Basmati Rice (v/vg/gf/df)**

### **New or Creamy Mash Potatoes (v/gf)**

**Coconut, Chilli & Coriander New Potatoes** (v/vg/gf/df)

**Herby Cous Cous** (v/vg/df)

*Home-made bread & butter portions included in menu*

*– please specify amounts if gluten-free bread / dairy-free spread are required for some guests -*

Desserts – (ready to serve)

**Exotic Fresh Fruit Salad** (v/vg/gf/df)

a combination of melon, pineapple, kiwi fruit & red grapes

**Chocolate Brownies** (v/gf) (nuts) (vg on req)

our amazing rich chocolate brownies

**Individual Biscoff Cheesecake Pots** (v) (vg/df on req)

(packaged in 'vegware' degradable pots)

**Chocolate Fudge Cake** (v)

a very chocolatey fudge cake with gooey chocolate icing

**Individual Lemon Posset Pots** (v/gf)

(packaged in 'vegware' degradable pots)

Desserts – (require assembly)

**Eton Mess** (v/gf)

homemade meringue, whipped cream & fresh strawberries with a red fruit coulis

Desserts – (require heating)

**Sticky Toffee Pudding** (v)

supplied with a rich toffee sauce

**Apple & Cinnamon Crumble** (v)

traditional crumble with a hint of cinnamon (supplied with custard or cream)

£26.95 +vat per head

(minimum numbers apply depending on location & availability)

Delivery charges apply

Please ask if you require further information on allergens