

## Cornish Delicacies for Tregulland & Co - sample menus

### Drop – off meals

#### Main Course

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| <p><b>B)</b> Lasagne (can be made gluten-free on request)</p> <p><b>A)</b> Chilli Con Carne (with rice + £1.65) <b>GF DF</b></p> <p><b>C)</b> Coq au Vin <b>GF DF</b></p> <p><b>C)</b> Beef and Ale Casserole or, or Boeuf Bourguignon <b>GF</b></p> <p><b>C)</b> Basque Chicken <b>GF DF</b></p> <p>£45 Sausage and Egg Pie (chilled only, and serves 8 -10 each pie)</p> | <p><b>B)</b> Pork Fillets in Cider <b>GF</b></p> <p><b>C)</b> Fish Pie <b>GF</b></p> <p><b>C)</b> Goan Fish Curry (monkfish &amp; tiger prawns) <b>GF DF</b></p> <p><b>B)</b> Salmon Fish Cakes</p> <p><b>C)</b> Monkfish Provencale <b>GF</b></p> <p><b>A)</b> Vegetable and Chickpea Balti <b>GF DF Vegan</b></p> <p><b>B)</b> Vegetarian Lasagne (can be made <b>Gluten free</b> and/or <b>vegan</b> on request)</p> <p style="text-align: center;"><b>V</b></p> | <p><b>A)</b> = £8.20 per person</p> <p><b>B)</b> = £10.80 per person</p> <p><b>C)</b> = £12.75 per person</p> |
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GF = Gluten free DF = Dairy free V = Vegetarian

#### Side dishes (can be discussed with order)

- Garlic bread £2.90 per person  
 Seasonal vegetable medley £3.40 per person  
 Selection of salads £3.40 per person  
 Prepared potatoes £2.45 per person  
 Rice £1.65 per person  
 Rice, naans, chutney and poppadums £3.95 per person

#### Desserts (serve between 6 and 10 people)

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| <p>Tart au citron £18.75<br/>             Key lime pie £14.75<br/>             Apple pie £11.00<br/>             Crumble with seasonal fruit £10.50<br/>             Chocolate mousse cake<br/>             (dense, truffle-like cake, serve 12 to 16) £28.50<br/>             Raspberry coulis to accompany mousse cake £7.90</p> | <p>White chocolate, lemon and vanilla cheesecake £18.90<br/>             Roasted hazelnut meringue and blueberry mess £17.00<br/>             Apple tarte tatin £16.00<br/>             Fresh fruit pavlova (serves 8) £16.50<br/>             Banoffee pie £14.75<br/>             Tiramisu £18.50<br/>             Lemon posset with shortbread £16.75</p> |
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The apple pie and crumbles can be delivered raw or cooked, with cooking instructions  
 Each dish comes with re-heating/cooking instructions.

We offer a main course buffet set up service, where we heat/cook the dishes for you and put them out in nice bowls (we can supply these if needed), with crockery and cutlery (provided by you), for you to serve yourselves. This is charged at £3.50 per person.

A minimum of 20 meals or £160 need to be ordered for free delivery within a 10 mile radius of Launceston, otherwise a charge of £18. For areas outside of a 10 mile radius we will supply individual quotes. Dishes can be made dairy-free and gluten-free upon request