

Cornish Delicacies for Tregulland & Co - sample menus

Drop – off meals

Main Course

**B)** Lasagne (can be made gluten-free and/or vegan on request)

**A)** Chilli Con Carne (with rice + £1.65) **GF DF**

**C)** Coq au Vin **GF DF**

**C)** Beef and Ale Casserole or, or Boeuf Bourguignon **GF**

**C)** Basque Chicken **GF DF**

£55 Sausage and Egg Pie (chilled only, and serves 8 -10 each pie)

£50 Mushroom, chestnut and tofu filo pie (serves 6 – 8) Vegan

**C)** Persian lamb tagine **GF DFB**

**B)** Pork Fillets in Cider **GF**

**C)** Fish Pie **GF**

**C)** Goan Fish Curry (monkfish & tiger prawns) **GF DF**

**B)** Salmon Fish Cakes

**C)** Monkfish Provencale **GF**

**A)** Vegetable and Chickpea Balti **GF DF Vegan**

**B)** Thai green tempeh curry **GF DF Vegan**

**A)** Roasted vegetable stack with puy lentils & goats cheese **V** (can be vegan too)

**GF** = Gluten free  
**DF** = Dairy free  
**V** = Vegetarian

**A)** = £11.25 per person

**B)** = £13.75 per person

**C)** = £16.00 per person

Side dishes (can be discussed with order)

Garlic bread £3.10 per person

Seasonal vegetable medley £4.25 per person

Selection of salads £4.25 per person

Prepared potatoes £3.50 per person

Rice £2.50 per person

Rice, naans, chutney and poppadums £5.50 per person

Desserts (serve between 6 and 10 people)

Tart au citron (can be GF) £25.50

Chocolate Brownie (8 portions) GF £22.00

Key lime pie (can be GF) £22.00

Apple pie £15.50

Crumble with seasonal fruit (can be GF) £15.50

Chocolate mousse cake GF (dense, truffle-like cake, serve 12 to 16) £38.00

Chocolate mousse torte Vegan £26.00

Raspberry coulis to accompany mousse cake GF £9.75

White chocolate, lemon and vanilla cheesecake (can be GF) £27.50

Roasted hazelnut meringue and blueberry mess GF £23.00

Apple tarte tatin £25.50

Fresh fruit pavlova GF (serves 8) £25.00

Banoffee pie (can be GF) £22.00

Tiramisu £27.00

Lemon posset with blue berry meringues GF £25.00

The apple pie and crumbles can be delivered raw or cooked, with cooking instructions  
Each dish comes with re-heating/cooking instructions.

A minimum of 24 meals or £275 need to be ordered for free delivery within a 10 mile radius of Lewdown, otherwise a charge of £30. For areas outside of a 10 mile radius we will supply individual quotes. Dishes can be made dairy-free and gluten-free upon request.

Please advise us of any food allergies or intolerances