

PLENTIFUL



Butternut Gnocchi with Sage Pesto

Homemade butternut gnocchi with homemade sage pesto and parmesan shavings

Potato Gnocchi with a basil and brie sauce

Homemade potato gnocchi tossed with a brie and basil infused sauce with parmesan shavings

Vegetable lasagne

Seasonal vegetables in a tomato sauce layered between cheesy pasta layers and oven-baked

Cajun-Spiced Tofu

Firm tofu pieces stir-fried with spicy cajun seasoning, served over rice

Cauliflower burrito Bake

Oven-roasted cauliflower cooked with peppers, cumin and paprika – layered between fresh tortillas and topped with melted cheese

Lentil Bobotie

Mild curry-spiced lentil stew with a chutney flavoured custard topping

Vegetable Cobbler

Seasonal vegetables oven baked in a seasoned tomato sauce with a crispy cobbler biscuit

Mushroom Risotto

Creamy risotto dish infused with white wine and sauteed mushrooms

Cheesy Macaroni

Penne pasta tossed in a rich and creamy sauce, tossed with cherry tomatoes and oven baked until golden

Quiche

Seasonal vegetables, whisked with egg and cheese- oven baked to perfection

Spring Veg and Paneer Pie with Bombay Potato Crust

A warm and mild spring veg and paneer medley, covered with crispy baby potatoes

Creamy three bean stew

Three bean medley, cooked in a rich warm sauce, served over a bed of fluffy rice

Mushroom Bolognese

An assortment of mushrooms in a rich tomato sauce, served over fresh linguine pasta

Tomato & Garlic Pasta Bake

Cherry tomatoes, button mushrooms, garlic and cream oven-baked and tossed with penne pasta with parmesan shavings on top

Falafels with Pesto Veg

Homemade chickpea falafels served with oven-baked baby marrows and patty pans that have been tossed in a homemade basil pesto

Falafels with oven roasted veg

Homemade chickpea falafels served alongside a beautiful medley of seasonal oven-baked vegetables

Lentil and Kale Moussaka

A true Greek Traditional dish! A beautifully spiced stew with lentils and kale, served with eggplant and a cheesy nutmeg sauce

Melanzane

Crumbed eggplant served over a bed of fresh linguine ribbons, topped with a rich tomato sauce and parmesan shavings

Courgette and Ricotta Canneloni

Grilled baby marrows and ricotta cheese served in pasta tubes and topped with melted cheese