



Gluten Free & Dairy Free

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of March 2018.

MAINS

CHICKEN

Basil & Mascarpone Chicken	GF	
Huntsman's Chicken	GF	
Moroccan Spiced Harissa Chicken	GF	
Moroccan Lemon Chicken	GF	DF
Chicken Cacciatore		DF

BEEF

Beef Bourguignon		DF
Chilli con Carne	GF	

LAMB

Lamb Casserole with New Potatoes		DF
Moroccan Spiced Lamb Tagine	GF	DF
Shepherd's Pie	GF	
Slow-Cooked Lamb Shanks	GF	DF

FISH

Classic Paella	GF	
Smoked Haddock & Leek Risotto	GF	

VEGETARIAN

Butternut Squash & Goat's Cheese Risotto	GF	
Spanish Bean Stew with Peppers & Kale	GF	DF
Red Lentil & Mixed Bean Casserole	GF	DF
Portobello Mushroom Risotto	GF	
Vegetable & Chickpea Tagine	GF	DF

SIDES

Chantenay Carrots	GF	
Carrot & Swede Mash	GF	
Cavolo Nero with Rosemary	GF	
Creamed Spinach	GF	
Honey Roasted Fennel	GF	DF
Roasted New Potatoes	GF	
Medley of Roasted Veg	GF	DF
Creamy Mash	GF	
Plain Basmati Rice	GF	DF
Minted Couscous		DF
Braised Red Cabbage	GF	
Peas & Leeks with a Lemon Herb Butter	GF	
Garlic Ciabatta		DF

TAKEAWAY

INDIAN MAINS

Chicken Korma	GF	
Chicken Tikka Masala	GF	
Chicken Jalfrezi	GF	
Garlic Chicken Curry	GF	
Goan Chicken Curry	GF	
Chicken Dhansak	GF	
Butter Chicken Curry	GF	
Beef Madras	GF	
Lamb Dupiaza	GF	
Prawn Tikka Masala	GF	
Prawn Karahi	GF	
Vegetable Korma	GF	
Roasted Vegetable & Chickpea Curry	GF	DF

INDIAN SIDES

Bombay Potatoes	GF	DF
Saag Paneer	GF	
Tarka Dal	GF	DF
Gobi Curry		DF
Plain Basmati Rice	GF	DF
Peas Pilau	GF	DF
Plain Naan Bread		DF
Pappadums		DF

THAI MAINS

Green Thai Chicken Curry	GF	DF
Yellow Thai Chicken Curry	GF	DF
Red Thai Chicken Curry	GF	DF
Chicken Satay		DF
Chicken Panang Curry	GF	DF
Chicken Pad Thai	GF	DF
Yellow Vegetable Curry		DF
Green Thai Vegetable Curry	GF	DF
Tamarind Beef with Lemongrass & Ginger		DF
Beef Massaman Curry	GF	DF
Drunken Noodles with Tiger Prawns		DF
Yellow Thai Prawn Curry	GF	DF
Hoisin Duck Noodles		DF
Red Thai Duck Curry	GF	DF
Crispy Roast Half Duck		DF

THAI SIDES

Coconut & Lime Leaf Rice	GF	DF
Jasmine Rice	GF	DF

ENTERTAINING

SOMETHING TO SHARE

Chorizo & Piquillo Pepper Frittata	GF	
Side of Salmon with Lemon & Dill	GF	DF
Honey Roast Ham		DF
Scottish Salmon Triple Terrine	GF	
Coronation Chicken	GF	

SALADS

Rainbow Salad		DF
Moroccan Fruity Couscous		DF
Roasted Tomato & Butter Bean Salad		DF
Quinoa Wholefood Salad		DF

DIPS & PATES

All dips	GF	
All pâtés	GF	

POTS FOR ONE

Japanese Vegetable Ramen		DF
Prawns with Chorizo & Lentils		DF
Nasi Goreng		DF
Green Thai Chicken Noodles	GF	DF
Chicken Noodle Laska	GF	DF
Lemon & Herb Chicken	GF	DF
Pork & Lentil Ragù with Wholewheat Spaghetti		DF
Keralan Chicken Curry	GF	DF
Teriyaki Chicken Noodles		DF
Wholefood Bowl		DF
Chicken Pad Thai	GF	DF
Korean Pork & Kimchi Bowl	GF	DF
Japanese Salmon		DF
Falafel with Rainbow Slaw		DF
Caribbean Chicken with Rice & Beans	GF	DF

COOK FOR KIDS

Chicken Casserole	GF	
Chicken Paella	GF	DF
Fish Pie	GF	
Chicken Tikka & Rice	GF	
Cottage Pie	GF	
Sausage Casserole		DF
Pasta Bolognese		DF
Chicken Tagine		DF
Pea & Bacon Risotto	GF	

PUDDINGS

Rhubarb, Strawberry & Orange Pavlova	GF	
Summer Fruit Vacherin	GF	
Chocolate Roulade	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Raspberry Pavlova	GF	
Gin & Tonic Semifreddo	GF	
Chocolate & Almond Torte	GF	
Summer Pudding		DF
Strawberry & Elderflower Pannacotta	GF	
Red Berry Mousse	GF	
Gluten Free Chocolate Brownie	GF	
All Ice Creams	GF	