

Main

Stuffed Sweet potatoes

Garlic, onion, turmeric, curry, scrambled tofu, salt & black pepper.

Frittata

Eggs, salt, black pepper, potatoes and onion

Enchilada

Flour tortilla, black pepper, onion, salt, red kidney beans, sugar, tomato, mixed pepper, serratcha, black Cajun, paprika and cumin.

Cauliflower and cabbage (No Garlic)

Cabbage, cauliflower, potato, onion and salt.

Seitan Stew

Seitan, Teriyaki sauce, maple syrup, sesame oil, soy sauce, seitan, mixed pepper, onion and green beans.

Chilli Con Stew

Black pepper, onion, salt, red kidney beans, sugar, tomato, mixed pepper, serratcha, black Cajun, paprika and cumin.

Stuffed Aubergine

Seitan, tomato, onion, garlic, aubergine, bachamel (butter, flour, nutmeg, milk, vegetarian cheese)

Falafel Ball

Chickpea flour, chickpea, onion, garlic, cumin, coriander, parsley. Sauce: apple onion, coconut milk, turmeric and curry.

Paella

Mixed pepper, courgette, aubergine, mushroom, mange taut, vegetable stock, paprika, orange colorants, onion, garlic, black pepper and salt.

Lasagna

Mixed pepper, courgette, aubergine, mushroom, spinach, vegan cheese. Bachamel: soya milk, nutmeg, flour and butter). Tomato sauce: garlic, onion, tomato, salt and black pepper.