

Food by Doug Gaunt

BEAUTIFUL, SEASONAL, SIMPLE

2020 is behind us and 2021 has been met with a new lockdown so I have put together a menu of no fuss family style meals to share.

Mains

Approx weight	500g Serves 2	1kg Serves 4	1.5kg Serves 6
Steak and ale pie. C, Ce, E, Mu, SD	£10.00	£19.50	£25.00
Red wine chicken. C, Ce, SD	£10.00	£19.50	£25.00
Salmon en croute. Ce, E, F, M	£10.00	£19.50	£25.00
Beef Lasagne. Ce, E, M	£9.50	£18.50	£23.75
Root vegetable wellington. C, Ce, E	£9.00	£17.50	£22.50
Smoky aubergine bake. M, Ce	£8.50	£16.00	£21.25

Sides

	Serves 2	Serves 4	Serves 6
Mashed Potato. M	£5.00	£9.50	£12.50
Wilted greens. SD	£5.00	£9.50	£12.50
Glazed Carrots. C, M	£5.00	£9.50	£12.50
Sweet Potato Mash. M	£5.00	£9.50	£12.50
Malted parsnips. Ce, M	£5.00	£9.50	£12.50
Cheesy leeks. C, M, SD	£5.00	£9.50	£12.50

Allergen abbreviated in my menus as:

C – Celery, Ce – Cereals containing gluten, Cr – Crustaceans, E – Eggs, F – Fish, Lu – Lupin, M – Milk, Mo – Molluscs, Mu – Mustard, N – Nuts, P – Peanuts, Se – Sesame, So – Soya, SD – Sulphur dioxide.

View a full list of allergens from the Food Standards Agency [here](#).