

Food by Doug Gaunt

BEAUTIFUL, SEASONAL, SIMPLE

Spring has sprung, the birds are singing and things are blossoming or turning green, so it's time to shake up the lockdown menu with some dishes to match the season.

Mains

Approx weight	500g Serves 2	1kg Serves 4	1.5kg Serves 6
Spring Lamb navarin (spring stew). C, SD	£12.00	£23.50	£30.00
Asparagus and potato tart. Ce, E, M	£10.00	£19.50	£25.00
Salmon en croute. Ce, E, F, M	£10.00	£19.50	£25.00
Vegetarian Lasagne. Ce, E, M	£9.50	£18.50	£23.75
Spinach, feta and honey filo crown. Ce, M	£9.00	£17.50	£22.50
Free range chicken roulade, herby cream sauce. M, Mu	£12.00	£23.50	£30.00

Sides

	Serves 2	Serves 4	Serves 6
Asparagus, Broccoli and Beans.	£5.00	£9.50	£12.50
Wilted leafy greens. M	£5.00	£9.50	£12.50
Al forno potatoes, garlic and rosemary.	£5.00	£9.50	£12.50
Glazed Carrots. C, M	£5.00	£9.50	£12.50
Sautéed root vegetables. C	£5.00	£9.50	£12.50
Roast garlic mash potatoes. M	£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](#).