

Vegetarian Food Co.

Menu

Rachel@veggiefoodco.com

07968 617634

22 Walnut Drive,

Caerleon,

NEWPORT, South Wales

NP18 3SB



ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

PEPPER BOATS - Suitable for Vegans

(Two Halves) **£2.90**

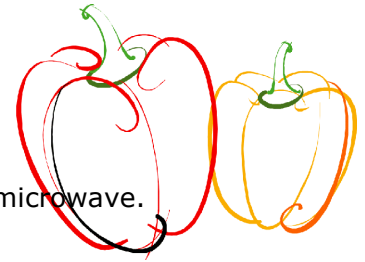
(Contains Nuts)

Red peppers filled with brown rice, mushrooms, sultanas, cashew nuts, ginger & garlic.
Served with a spicy tomato sauce

*Serve 1 as a starter or 2 as a main course.
Approximate weight: 480g*

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Remove outer covering, place on tray & heat thoroughly in oven or microwave.
- Serve immediately.
- Sauce: remove lid from pot and heat in microwave until hot.

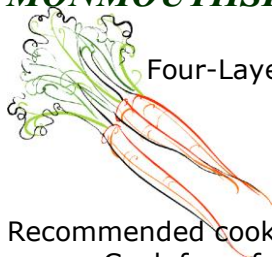


MONMOUTHSHIRE BAKE

£2.90

(Contains Egg, Peanuts, Mustard, Gluten & Cheese)

Four-Layer Bake consisting of: Fresh Carrot and Orange; Cauliflower Cheese;
Minted Pea and Garlic; and Mushroom and Nut.
Served with an apricot tomato sauce.



Approximate weight: 210g.

Recommended cooking instructions:

- Cook from frozen or allow to defrost
- Remove outer covering, place on tray & heat thoroughly in oven or microwave.
- Serve immediately.
- Sauce: remove lid from pot and heat in microwave until hot.

BROCCOLI PANCAKES

£1.60

(Contains Milk, Gluten & Egg)

Homemade pancake filled with broccoli, mushrooms & leeks in a white wine sauce.

Approximate weight: 180g

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Remove outer covering, place on tray and heat in microwave.
- When hot, top with grated cheese and place under grill until golden brown
- Serve immediately.

BRAZIL NUT ROAST

£2.90

(Contains Nuts, Gluten, Egg & Celery)

Homemade Nut Roast containing carrot, onion, potato, breadcrumbs, Brazil nuts,
celery, egg and a flavouring of curry, with a layer of spinach in the centre.
Served with a Korma sauce

Approximate weight: 210g

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Remove outer covering, place on tray and heat thoroughly in oven or microwave.
- Serve immediately.
- Sauce: remove lid from pot and heat in microwave until hot.

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

BRIE, MUSHROOM & CRANBERRY WELLINGTON

£2.90

Layers of Brie, cranberry and mushroom sauce in a puff-pastry case

Approximate weight: 270g.

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Place on a greased tray in a hot oven for approximately 20 minutes / until golden brown.
- Serve immediately.

GLAMORGAN SAUSAGE

£0.95

(Contains Gluten, Egg, Cheese & Mustard)

A homemade vegetarian sausage containing leeks (60%) and full flavoured cheese (15%)

Approximate weight: 60g.

Recommended cooking instructions:

- Cook from frozen.
- Place in shallow fry for approximately 1 minute / until golden brown
- Place on a tray and thoroughly heat in oven or microwave.
- Serve immediately.

SPINACH, RICOTTA & MUSHROOM PANCAKES

£1.60

(Contains Milk, Gluten, Celery, Mustard & Egg)

A homemade pancake filled with broccoli, mushrooms and leeks in a white wine sauce.

Approximate weight: 180g

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Remove outer covering, place on tray and heat in microwave.
- When hot, top with grated cheese and place under grill until golden brown
- Serve immediately.

GRUYERE & SHALLOT WELLINGTON

£2.90

(Contains Gluten, Egg, Milk, Celery & Mustard)

Gruyere cheese, shallots & leeks combined in a puff-pastry case.

Approximate weight: 270g.

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
- Place on a greased tray in a hot oven for approximately 20 minutes / until golden brown.
- Serve immediately.

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

GLUTEN FREE PRODUCTS

SAVOURY PANCAKES

£1.65

(Contains Milk & Egg)

Pancakes made with milk, eggs and gluten free flour, filled with peppers, courgettes and onion, in a tomato and herb sauce.

Serve One as a starter, or Two as a Main Course

Approximate weight: 180g

Recommended cooking instructions:

- Cook from frozen or allow to defrost.
 - Remove outer covering, place on tray and heat in microwave.
 - When hot, top with grated cheese and place under grill until golden brown
 - Serve immediately.
-

VEGAN CHILI CON CARNE

£2.90

(Contains Soya)

Vegan mince (75%), red peppers and kidney beans in a spicy chilli sauce.

Approximate weight: 280g.

Recommended cooking instructions:

- Defrost and heat in either microwave or place contents in a saucepan.
 - Serve immediately.
-

VEGAN LEEK & BEAN CASSEROLE

£2.90

Mushrooms, leeks and mixed beans in a tomato and red wine sauce.

Approximate weight: 280g.

Recommended cooking instructions:

- Defrost and heat in either microwave or place contents in a saucepan.
 - Serve immediately.
-

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

VEGETARIAN PIES

IDEAL FOR DINNER PARTIES - CUT INTO 10 PORTIONS ON REQUEST

<i>GOAT CHEESE, ASPARAGUS & SWEET POTATO PIE</i>	£18.00
Goat Cheese, sweet potato and asparagus in short-crust pastry.	
<i>SPINACH & RICOTTA PIE</i>	£18.00
Cheddar Cheese, spinach, broccoli, carrot, onion and sweet corn mixed with ricotta cheese in short-crust pastry.	
<i>WILD MUSHROOM, ASPARAGUS & SHALLOT PIE</i>	£19.00
Wild mushrooms, fresh asparagus and shallots in a creamy black-pepper sauce in short-crust pastry.	
<i>STILTON LEEK & WALNUT PIE</i>	£18.00
Stilton, leeks and walnuts in short-crust pastry.	
<i>BRIE & BROCCOLI PIE</i>	£18.00
Brie and broccoli in a creamy white sauce in short-crust pastry.	
<i>CHEESY LEEK & POTATO PIE</i>	£18.00
Mature cheese, leeks and potato in short-crust pastry.	
<i>CAULIFLOWER, BROCCOLI, LEEK & POTATO PIE</i>	£18.00
Cauliflower, broccoli, leeks and potato in a white wine sauce in short-crust pastry.	

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

HOME MADE SWEETS & DESSERTS

LARGE CRUMBLE: *10 inch diameter, serves 10/12* **£14.40**

Raspberry & Rhubarb [or] Apple & Blackberry [or] Dutch Apple
[or] Apple [or] Apple & Gooseberry [or] Rhubarb & Apple

INDIVIDUAL CRUMBLES **Each £1.40**

Raspberry & Rhubarb [or] Apple & Blackberry [or] Dutch Apple
[or] Apple [or] Apple & Gooseberry

INDIVIDUAL CRUMBLES: Gluten Free **Each £1.40**

Raspberry & Rhubarb [or] Apple & Blackberry [or] Dutch Apple
[or] Apple [or] Apple & Gooseberry

LARGE FRUIT PIES: *10 inch diameter, serves 10/12* **£13.40**

Raspberry & Rhubarb [or] Apple & Blackberry [or] Dutch Apple
[or] Apple [or] Apple & Gooseberry [or] Rhubarb & Apple

SPONGE PUDDINGS **Each £1.40**

Chocolate [or] Jam [or] Sticky Toffee [or] Chocolate Orange
[or] Sticky Ginger & Treacle [or] Whisky & Marmalade
[or] Sticky Carrot Cake [or] Chocolate Mint [or] Summer Pudding

CHOCOLATE FUDGE BROWNIES **Each £1.40**

WELSH CAKES **Each £0.35**

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>

Vegetarian Food Co.

WHY NOT TRY OUR DELICIOUS NEW SOUP RANGE?

CURRIED PARSNIP
CARROT & CORIANDER
CHUNKY VEGETABLE
LEEK & POTATO
MUSHROOM
CURRIED PUMPKIN

or

PUMPKIN

GLUTEN FREE SOUPS

TOMATO & RED PEPPER
SWEET POTATO & APPLE

FRESHLY MADE THEN FAST FROZEN, READY WHEN YOU WANT IT!
DELIVERED IN INDIVIDUAL CONTAINERS
£1.10p PER PORTION

Rachel@veggiefoodco.com

07968617634
22 Walnut Drive,
Caerleon,
NEWPORT, South Wales
NP18 3SB



ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**
VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>