

Monmouthshire Vegetarian Food Co.

Menu

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PONTYPOOL, Monmouthshire
NP4 8RQ

MONMOUTHSHIRE VEGETARIAN FOOD Co.

<http://www.veggiefoodco.com>



PEPPER BOATS - Suitable for Vegans

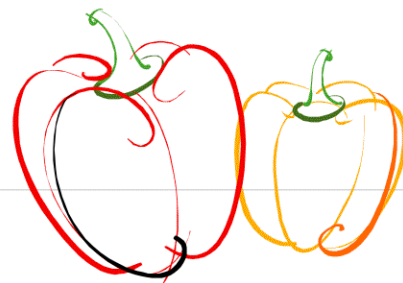
(Two Halves) **£2.90**

(Contains Nuts)

Red peppers filled with brown rice, mushrooms, sultanas, cashew nuts, ginger and garlic.

Served with a spicy tomato sauce
.Serve 1 as a starter or 2 as a main course.

Approximate weight: 480g



Recommended cooking instructions:

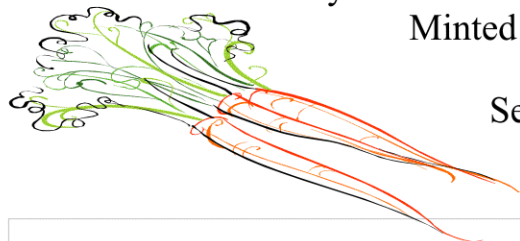
- Cook from frozen or allow to defrost.
- Remove outer covering from peppers, place on tray and heat thoroughly in oven or microwave.
- Serve immediately.
- Sauce: remove lid from pot and heat in microwave until hot.

LLANDENNY BAKE

£2.90

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

A 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 and 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)

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.

ALL KNOWN POTENTIAL ALLERGENS IN OUR PRODUCTS ARE IN **BLUE PRINT**



BRAZIL NUT ROAST

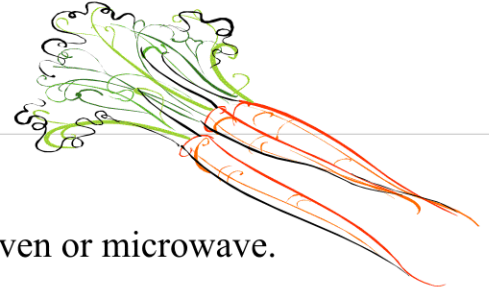
£2.90

(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

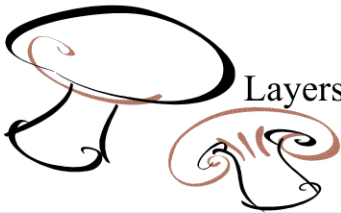


Recommended cooking instructions:

- 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.

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.

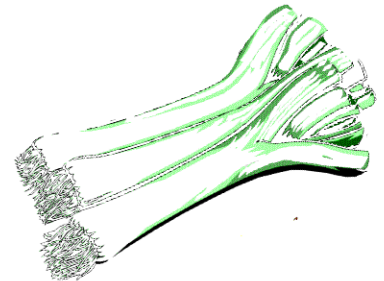
GLAMORGAN SAUSAGE

£0.75

(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.

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MUSHROOM NUT ROAST

£2.90

(Contains Nuts, Gluten, Egg & Cheese)



Homemade nut roast containing mushrooms, Brazil nuts, cashew nuts, full flavour cheese, potato and egg.

Served with a chunky tomato 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.

THAI FISH CAKE

£0.55

(Contains Gluten, Egg, Fish & Milk)

A homemade breaded fish cake (65% seafood content) containing salmon, prawns and white fish with a hint of Thai seasoning.

Approximate weight: 35g.



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.

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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 CARROT, PARSNIP & NUT ROAST

£2.90

(Contains Nuts)

Homemade Nut Roast containing rice, onions, carrot, parsnips, cashew nuts and garlic..

Served with a spicy tomato 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.

VEGAN CHILI CON CARNE

£2.90

(Contains Soya)

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

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VEGETARIAN PIES

IDEAL FOR DINNER PARTIES - CUT INTO 10 PORTIONS ON REQUEST

GOAT CHEESE, ASPARAGUS & SWEET POTATO PIE **£18.00**

Goat Cheese, sweet potato and asparagus in short-crust pastry

SPINACH & RICOTTA PIE **£18.00**

Cheddar Cheese, spinach, broccoli, carrot, onion and sweet corn mixed with ricotta cheese in short-crust pastry.

WILD MUSHROOM, ASPARAGUS & SHALLOT PIE **£19.00**

Wild mushrooms, fresh asparagus and shallots in a creamy black-pepper sauce in short-crust pastry

STILTON LEEK & WALNUT PIE **£18.00**

Stilton, leeks and walnuts in short-crust pastry

BRIE & BROCCOLI PIE **£18.00**

Brie and broccoli in a creamy white sauce in short-crust pastry

CHEESY LEEK & POTATO PIE **£18.00**

Mature cheese, leeks and potato in short-crust pastry

CAULIFLOWER, BROCCOLI, LEEK & POTATO PIE **£18.00**

Cauliflower, broccoli, leeks and potato in a white wine sauce in short-crust pastry

INDIVIDUAL VEGETARIAN SUET PUDDINGS

COUNTRY VEGETABLE **£2.25 each**

BRIE & BROCCOLI **£2.25 each**

VEGETARIAN COTTAGE PIE **£2.25 each**

Recommended cooking instructions:

- Allow to defrost
 - Place on a tray in a hot oven for approximately 15 minutes.
 - Serve immediately.
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HOME MADE SWEETS & DESSERTS



DELICIOUS CHEESECAKES

£18.50

12 inch diameter, serves 12 / 14

Lemon [or] Cherry [or] Mandarin [or] Fruits of the Forest

LARGE CRUMBLE

£13.40

10 inch diameter, serves 10 / 12



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



INDIVIDUAL CRUMBLES

Each £1.25

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

INDIVIDUAL CRUMBLES: Gluten Free

Each £1.35

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

LARGE FRUIT PIES

£12.40

10 inch diameter, serves 10 / 12



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] NEW, Summer Pudding



CHOCOLATE FUDGE BROWNIES

Each £1.20

STRUDEL

12 Portions £18.00

2 per box (12 portions)

Apple [or] Cherry [or] Apricot [or] Rhubarb & Ginger



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