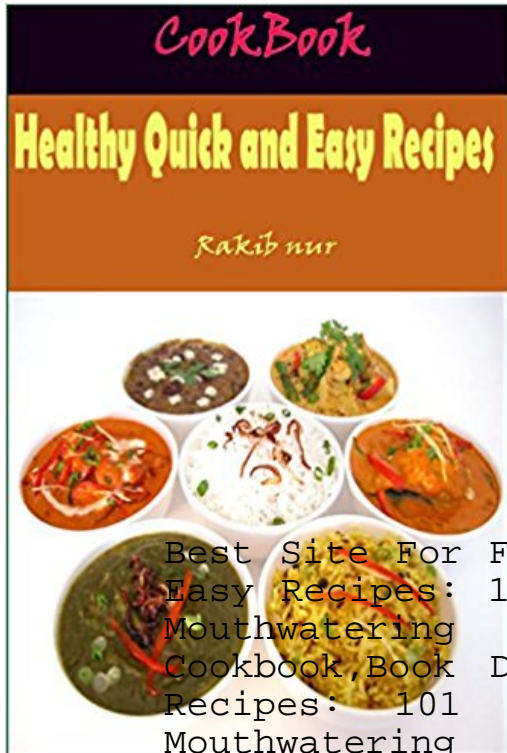


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Table Of contain •Cranberry & raspberry smoothie •Roasted stone fruits with vanilla •Baked eggs with spinach & tomato •Turkish one-pan eggs & peppers (Menemen) •Feta & semi-dried tomato omelette •Perfect scrambled eggs •Parsnip hash browns •Breakfast smoothie •Grapefruit, orange & apricot salad •Spicy tomato baked eggs •Banana, clementine & mango smoothie •Smoothie cubes •Warm winter fruit with chestnuts •Creamy smoked haddock & saffron kedgeree •Oven-baked egg & chips •Orange & mint salad •Grapefruit, agave & pistachio salad •Easy ratatouille with poached eggs •Summer fruit compote •Minty salmon & broccoli frittata •All-in-one-baked mushrooms •One-pan summer eggs •Healthy egg & chips •Anytime eggs •Potato salad with anchovy & quail's eggs •Skinny chicken Caesar salad •Kale & goat's cheese frittata •Alkalising green soup •Quinoa tabbouleh •Butternut soup with crispy sage & apple croutons •Quinoa & feta salad with roasted vegetables •Mackerel & potato salad with lemon caraway dressing •Minty carrot, pistachio & feta salad •Malted walnut seed loaf •Gluten-free sundried tomato bread •Rice noodles with sundried tomatoes, Parmesan & basil •Spiced quinoa with almonds & feta •Toasted cumin flatbreads •Vietnamese prawn salad •Super-green mackerel salad •Herby quinoa, feta & pomegranate salad •Spicy tuna & cottage cheese jacket •Mini prosciutto & asparagus frittatas

• Lentil, carrot & ham salad • Griddled chicken with quinoa Greek salad • Minty salmon & broccoli frittata • Mediterranean feta salad with pomegranate dressing • Warm artichoke & asparagus summer salad • Goats cheese & watercress quiche • Spicy tuna quinoa salad • Butternut squash salad • Quinoa stew with squash, prunes & pomegranate • Tomato, watermelon & feta salad with mint dressing • Roasted squash with sour cherries, spiced seeds & feta • Spanish meatball & butter bean stew • Honey & orange roast sea bass with lentils • Baked sea bass with lemon caper dressing • Miso-roasted aubergine steaks with sweet potato • Mushroom-stuffed chicken with lemon thyme risotto • Trout with almonds & red peppers • Rump steak with quick mushroom and red wine sauce • Chicken & white bean stew • Courgette & quinoa-stuffed peppers • Persian lamb tagine • Salmon with new potato & corn salad & basil dressing • Smoked haddock with lemon & dill lentils • Warm quinoa salad with grilled halloumi • Hot BBQ beef, horseradish & pasta salad • Thane Princes gluten-free beef cobbler • Creamy tarragon chicken bake • Spiced roast beef with red wine gravy • Rosemary roast chops & potatoes • Charred salmon with fennel & olive salad • Garlicky green beans • Fresh topped pizza • Stem ginger & squash steamed pudding • Pulled lamb shoulder with sticky pomegranate glaze • Sticky chicken with sherry, almonds & dates • Guinea fowl with roast chestnuts • Herby fondant potatoes • Whole roast bream with potatoes & olives • Moroccan spiced fish with ginger mash • Rosemary chicken with tomato sauce • Mushroom-stuffed chicken with lemon thyme risotto • Trout with almonds & red peppers • Rump steak with quick mushroom and red wine sauce • Courgette & quinoa-stuffed peppers • Baked polenta with spinach & goats cheese • Spiced sweet potato wedges • Apple crisps • Dukkah-cruste squash wedges • Gluten-free hot cross buns • Gluten-free carrot cake • Gluten-free lemon drizzle cake • Spiced apple crisps • Spicy chickpeas • Chinese spiced seed mix • Halloumi & bacon rolls • Lemon & orange cake • Funky feta skewers