

Wye Cook

Home Cooked, Frozen Meals using Seasonal and Local Produce

To place your order and arrange **FREE DELIVERY**

☎ **07779 634390**
or **01597 810627**

To Start:

Single Portion Double Portion

Home-made Soup of the Season

Using produce of the current season. Phone for details.

£1.50 £2.50

Fish Croquettes with Sweet Chilli Sauce

A tasty blend of smoked fish & creamed potato, coated in a bread-crumbs and dill crust. Accompanied with a sweet chilli sauce.

2 Croquettes 4 Croquettes
£2.50 £4.50

Goats Cheese & Red Onion Marmalade Tartlet

Welsh Goats cheese on a bed of red onion marmalade, nestled in a parmesan and cayenne pepper short crust case.

£2.00 each

Zoë's Farm Paté

A flavoursome chicken liver and brandy pate. (Best with toast or a fresh crusty bread roll.)

Single Portion Double Portion
£1.50 £2.50

To Follow:

Shepherds Pie

Minced "Elan Valley mutton" from the award winning Henfron Organic Farm. Topped with creamed potato

Single Double Family of 4
£3.95 £7.85 £15.50

Lemon Chicken.

Breast of lemon steamed chicken in a tarragon and crème fraiche sauce.

£4.80 £9.20 £17.90

Lasagne al Forno

A slow cooked flavoursome Bolognese sauce made with local Welsh black minced beef, from "Elan Valley Quality Meats", layered with lasagne, mozzarella and topped with a Béchamel sauce.

Single Double Family of 4
£4.00 £7.50 £14.50

Scrumptious Fish Pie

Smoked Welsh haddock, fresh salmon and coley in a creamy white wine sauce, topped with fluffy crème fraiche mashed potato.

£5.00 £9.50 £18.50

Welsh Black Beef Bourguignon

Diced beef, smoked bacon and button mushrooms, slowly cooked in a rich burgundy sauce.

£5.00 £9.50 £18.50

Elan Valley Mutton Pie – my own creation!

Slowly braised in a leek, rosemary & cranberry sauce topped with puff pastry.

£5.00 £9.50 £18.50

Vegetarian Dishes:

Single Double Family of 4

Papoutasakias

A Mediterranean moussaka dish using roasted vegetables, topped with a creamy goats' cheese sauce.

£4.00 £7.50 £14.50

Vegetable and Caraway Gratin with a Carrot and Almond Crust

Vegetables in season, mixed with a creamy caraway sauce and a crunchy carrot, cheese and almond topping.

£3.50 £6.50 £12.00

Glamorgan Sausages served with a Spicy Chutney

A traditional Welsh vegetable sausage made with leeks, Caerphilly cheese and a hint of mustard. Could also be a starter! (2 sausages) (4 Sausages) (8 Sausages)

£2.00 £3.50 £6.50

Side Dishes:

Creamed Potato

per portion
£1.50

Lyonnais Potatoes

Sliced potato and onion, oven roasted in olive oil.
£2.00

Mediterranean style roast potatoes

Par-boiled potatoes marinated in tomato puree, olive oil and thyme then roasted.
£2.00

Dauphinoise Potatoes

Thinly sliced potato oven baked in cream and nutmeg.
£2.50

New potatoes with a parsley butter

£1.00

Braised Red Cabbage with Cranberries

£2.50

Medley of Garden Peas and Julienne Carrots

£1.50

Ratatouille

£2.00

Green Beans

£1.00

Organic Garlic Baguette

£1.50

Puddings:

Chocolate Organic Bread & Butter Pudding

Layers of sweet buttered bread, dried mixed fruit, baked in a rich chocolate sauce.
£3.50

Fruit Crumble

Fruits in season, gently poached with a topping of toasted oats brown sugar and butter.
£3.50

Lemon Cheesecake

A sumptuous and clean tasting classic.
£3.50

Fruit Compote

Fruits in season gently poached in a sweet spiced syrup.
£2.25

Minimum order value for delivery £20.00

N.B. For meals that need to be heated, please follow the 'cooking and use by' instructions on the packaging and make sure your meal is thoroughly heated before consumption.



Your feedback will be most welcome. Please go to: www.wyecook.co.uk