

# Soupernatural

## Friday Delivery Menu

### SOUPERNATURAL SOUPS

Offer - 5 for £10.00 or £2.50 each

#### Curried parsnip and coconut

(GF)(V)(DF)(LF)

#### Tomato and basil

(GF)(V)(LF)

#### Cauliflower and broccoli

(GF)(DF)(V)(LF)

#### Roasted red pepper and tomato

(GF)(DF)(V)(LF)

#### Spicy Mexican bean

(GF)(DF)(V)(LF)

#### Cream of mushroom and rosemary

(GF)(V)

#### Chorizo and chick pea

(GF)(DF)

#### Green lentil and smoked bacon

(GF)(DF)

### SPECIALITY SOUPS

Offer - 3 for £10.00

#### Chicken and barley broth

£3.50

Chunks of free range roasted chicken in a vegetable and barley broth.  
(DF)

#### Seafood chowder

£4.00

Luxury creamy soup with prawns, mussels, squid, salmon and smoked haddock.

#### Irish stew

£3.50

Made with all local ingredients.

#### Mulligatawny

£3.50

Spicy Indian chicken soup with lentils and rice.  
(GF)(DF)

#### Prawn laksa

£3.50

A spicy coconut soup with king prawns and noodles.  
(DF)

#### Moroccan lemon chicken

£3.50

Free range chicken cooked with curry, turmeric, raisins, rice and lemons.  
(DF)(GF)

### MEALS

Our signature dishes made from the best, in season, local ingredients. You can now Souper Size your meal so that it will serve 6! Just add an extra £5 to the original price.

#### Beef lasagne

£7.00

Oven ready 'award winning' lasagne.

#### Minty lamb shepherds pie

£6.50

Organic lamb mince cooked in minty lamb gravy topped with fluffy mashed potato. (serves 2/3)

#### French style pork and prunes

£8.00

Pork fillet in a white wine and redcurrant cream sauce with prunes. (serves 2/3) (GF)

#### Organic sausage casserole

£6.50

Sausages cooked in a tomato sauce with carrots, potatoes and fresh herbs. (serves 2/3) (DF)

#### Mince steak and onion pie

£7.00

Organic mince with carrots and onion in puff pastry. (serves 3/4)

#### Chunky veggie curry

£6.50

Mildly Indian spiced vegetables in a tomato based sauce. (DF)(GF)(V)

#### Garden vegetable pie

£6.00

Puff pastry pie filled with chunky garden vegetables in a creamy sauce. (serves 2/3) (V)

#### VEG BOX

£12.50

Selection of fresh seasonal fruit and vegetables - can only be ordered along with other items.

#### Key

(DF) = dairy free

(GF) = gluten free

(V) = vegetarian

(LF) = low fat