

DELICIOSO

AUTUMN & WINTER 2017-18

FRESH CREW FOOD MENU

DAILY FRESH CREW FOOD MENU

BACK BY POPULAR DEMAND - OUR NEW AUTUMN & WINTER FRESH CREW FOOD MENU LAUNCHES ON MONDAY 2ND OCTOBER

FEATURING PLENTY OF HEALTHY CHOICES AND LIGHTER OPTIONS,

AS WELL AS ALL THE FAVOURITES, OF COURSE!

ALL FRESH CREW MEALS INCLUDING ACCOMPANIMENTS

FOR ONLY 12.00€ PER PERSON

SANDWICH MEAL DEALS

ALL SANDWICHES ARE FRESHLY MADE ON YOUR CHOICE OF BAGUETTE OR WRAP

SIMPLY CHOOSE FROM OUR TASTY WEEKLY SANDWICH MENU

EVERY SANDWICH COMES WITH A DRINK & A PIECE OF FRUIT

FOR ONLY 8,50€

GLUTEN FREE BAGUETTES ARE AVAILABLE AT A 2€ SUPPLEMENT

SPECIAL OFFER

DAILY LUNCH & DINNER DEAL

ANY FRESH CREW MEAL & SANDWICH MEAL DEAL

FOR ONLY 18.00€ PER DAY

DAILY FRESH CREW FOOD MENU

PRICES ARE BASED ON A MINIMUM DAILY ORDER OF 6 MEALS

WE REQUEST A MINIMUM OF 2 WORKING DAYS NOTICE FOR FRESH CREW MENU

& A MINIMUM OF 24 HOURS NOTICE FOR SANDWICH MEAL DEALS

Delivered the  way

DELICIOSO

WEEK 1 COMMENCING DATES:

Monday 2nd October / Monday 30th October

Monday 27th November / Monday 15th January

FRESH CREW FOOD MENU	M	T	W	T	F
Chicken, Smoked Bacon, Leek & Chickpea Cassoulet Buttered New Potatoes & Fresh Vegetables					
Roasted Mediterranean Vegetable Lasagne Served with a Mixed Salad, Crusty Bread & Aioli (V)					
Smokey Braised Beef Goulash, served with Rosemary Roasted Baby Potatoes and Buttered Cabbage					
Potato topped Cod, Smoked Haddock & Prawn Pie Broccoli Florets & Garden Peas with a Lemon & Chive Butter					
Mild Chicken & Mushroom Korma cooked in Coconut Milk Served with Basmati Rice & Naan Bread					
Warm Roasted Mediterranean Vegetable & Cous Cous Salad Topped with Feta Cheese served with Crusty Bread & Aioli (V)					

**All our dishes come in foil containers which can be microwaved
or oven baked to reheat**

FRESH CREW SANDWICH MENU	M	T	W	T	F
Chicken & Bacon Caesar with Romaine Lettuce & Parmesan					
Roast Beef & Horseradish topped with Caramelised Onions					
Honey Glazed Home Baked Ham, Dijon Mustard & Salad					
Smoked Salmon with Herby Cream Cheese & Cucumber					
Roasted Mediterranean Vegetables, Pesto & Mozzarella (V)					
Mature English Cheddar Cheese & Branston Pickle (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wrap
Gluten Free Baguettes are available at a 2€ supplement**

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WEEK 2 COMMENCING DATES:

Monday 9th October / Monday 6th November

Monday 4th December / Monday 22nd January

FRESH CREW FOOD MENU	M	T	W	T	F
Teriyaki Marinated Chicken & Vegetable Stir Fry Served over Sesame Egg Noodles					
Mediterranean Meatballs in Tomato & Herb Sauce, Tagliatelle Pasta, Fresh Parmesan & Crusty Bread					
Trio of "Dunns" Cumberland Sausages with Onion Gravy Creamy Mashed Potato & Cauliflower Cheese					
Ground Beef & Macaroni Pasticcio with a Cheesy Béchamel Served with a Mixed Salad, Crusty Bread & Aioli					
Moroccan Spiced Roasted Vegetable & Chickpea Tagine Served with an Apricot & Fresh Herb Cous Cous (V)					
Chicken, Bacon & Broad Bean Salad with Baby Leaves Served with a Creamy Blue Cheese Dressing, Bread & Aioli					

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or oven baked to reheat**

FRESH CREW SANDWICH MENU	M	T	W	T	F
B.L.T. Smoked Bacon, Crisp Lettuce, Plum Tomato & Mayo					
Tandoori Marinated Chicken with Mango Chutney					
Tuna Mayonnaise with Sweet Corn & Red Onion					
Roasted Loin of Pork with Stuffing & Apple Sauce					
Brie with Salad, Toasted Walnuts & Cranberry Sauce (V)					
Falafel & Red Pepper Humus with Sweet Chilli Sauce (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wrap
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WEEK 3 COMMENCING DATES:

Monday 16th October / Monday 13th November

Monday 11th December / Monday 29th January

FRESH CREW FOOD MENU	M	T	W	T	F
Cottage Pie topped with Cheddar Cheese Served with a Medley of Fresh Vegetables					
Thai Fish & Prawn Curry cooked in Coconut Milk Served with Coriander & Lime Infused Jasmine Rice					
"Macaroni & Cheese" with Sautéed Spinach Served with a Mixed Salad, Crusty Bread & Aioli (V)					
Slow Cooked Beef, Ale & Mushroom Stew Creamy Mashed Potatoes & Fresh Vegetables					
Chimichurri Chicken Burrito with a Tomato & Herb Salsa Served with a Mixed Salad, Crusty Bread & Aioli					
Chargrilled Turkey Breast & Cous Cous Tabbouleh With Tomato, Parsley & Lemon, Yoghurt & Mint Dressing					

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FRESH CREW SANDWICH MENU	M	T	W	T	F
Thai Green Chicken bound in Yoghurt with Fresh Coriander					
Traditional Roast Beef with English Mustard & Salad					
Cajun Chicken & Cheddar Cheese with a Spicy Tomato Relish					
Classic Prawn & Marie Rose with Tomato & Lettuce					
Plum Tomato, Mozzarella & Spinach with Pesto (V)					
Roasted Mediterranean Vegetables with Feta & Humus (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wrap
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WEEK 4 COMMENCING DATES:

Monday 23rd October / Monday 20th November

Monday 8th January / Monday 5th February

FRESH CREW FOOD MENU	M	T	W	T	F
Classic Italian Beef Lasagne Served with a Mixed Salad & Crusty Bread					
Trio of "Dunns" Pork & Leek Sausages with Onion Gravy Creamy Mashed Potato & Fresh Vegetables					
Parmesan Chicken with a Fresh Tomato & Herb Sauce Warm Salad of New Potato, Mushrooms & Smoked Bacon					
Pasta al Pesto with Cherry Tomatoes & Pine Nuts Served with a Mixed Salad, Crusty Bread & Aioli (V)					
Chilli Beef & Red Kidney Bean Burrito Topped with Mozzarella Warm Pasta & Vegetable Salad					
Roasted Butternut Squash, Broccoli, Feta & Black Rice Salad With Dried Cranberries & Toasted Pumpkin Seeds (V)					

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or oven baked to reheat**

FRESH CREW SANDWICH MENU	M	T	W	T	F
Baked Ham with Cheddar Cheese & Branston Pickle					
Pork Sausage with Sage & Onion Stuffing & Apple Sauce					
Mediterranean Tuna & Roasted Veg with Olive Tapenade					
Roast Turkey & Sausage meat Stuffing with Cranberry Sauce					
Herb Cream Cheese with Roasted Peppers (V)					
Chicken, Smoked Bacon, Tomato & Dijon Mayonnaise					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wrap
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DELICIOSO

LAZY GOURMET MENU

**Introducing our new range of Lazy Gourmet Dishes
Featuring Classic Favourites**

**All our dishes are freshly made by our team of chefs
using only the best locally sourced produce**

**Created in our professional kitchens at Delicioso
and flash frozen for your convenience**

**For best results – defrost and reheat accordingly
in either a microwave or oven**

Cooking guidelines are labelled on all our meals

Individual sizes only available

HOW TO PLACE YOUR ORDER

CALL +34 971 699 221

EMAIL info@deli-delicioso.com

PRICES DO NOT INCLUDE IVA AT 10%

FOR ANY PROVISIONING REQUESTS

PLEASE CONTACT US AS ABOVE

OR DOWNLOAD OUR LISTS FROM www.deli-delicioso.com

LABELLING SYSTEM

**✓ = VEGGIE OB = OVEN BAKE M = MICROWAVEABLE
GF = GLUTEN FREE DF = DAIRY FREE**

Delivered the  way

"BEST OF BRITISH"

BEEF, ALE & MUSHROOM STEW

Classic Stew of diced Beef, smoked bacon lardons & Mushrooms
Cooked slowly with British Ale & fresh thyme

€9.00 OB - M

FISHERMANS PIE

Cod, Smoked Haddock & Prawns bound in a creamy parsley sauce
Topped with a potato crust

€9.50 OB - M

CHICKEN TIKKA MASALA

Chicken Breast coated in Tikka spices & marinated in yoghurt
Cooked in a lightly spiced coconut & tomato sauce, originated in Glasgow

€8.50 OB - M

COTTAGE PIE

Minced Beef cooked with onions, celery, carrots & Worcester Sauce
Topped with mashed potato & Cheddar cheese

€8.50 OB

"WORLD OF SPICE"

FRUITY LAMB TAGINE

Moroccan spiced lamb baked with peppers, tomatoes & chickpeas
With apricots, dates & a hint of Harissa

€9.50 OB - M

CHILLI CON CARNE

Minced beef flavoured with fresh chillies, cumin & garlic
Cooked with chopped tomatoes & red kidney beans

€8.50 GF - DF - OB - M

BALTI BEEF CURRY

CLASSIC INDIAN DISH WITH DICED BEEF, PEPPERS & ONIONS
COOKED IN A MEDIUM SPICY TOMATO & CORIANDER SAUCE

€9.50 OB - M

THAI GREEN CHICKEN CURRY

TRADITIONAL SPICY THAI CURRY WITH KAFIR LIME, GREEN BEANS & ZUCCHINI
SIMMERED IN COCONUT MILK & FINISHED WITH FRESH CORIANDER

€9.00 GF - OB - M

DELICIOSO

CLASSIC FAVOURITES

BEEF LASAGNE

ITALIAN DISH OF GROUND BEEF, COOKED WITH ONION, GARLIC, TOMATO & OREGANO
TOPPED WITH A CREAMY CHEESE SAUCE & PARMESAN

€8.50 OB

CHICKEN LEEK & MUSHROOM BAKE

Chicken breast, sautéed leeks & mushrooms bound in a Velouté sauce
Topped with Whole meal Breadcrumbs & Gruyere Cheese

€9.00 OB

CUMBERLAND SAUSAGE & ONION GRAVY

Trio of Artisan Cumberland Sausages
Topped with a rich onion gravy flavored with fresh thyme

€9.00 OB – M

PORK & BEEF MEATBALLS

Healthy homemade meatballs infused with fresh herbs
Cooked in a Tomato Sauce

€8.50 OB – M

HEALTHY OPTIONS

TRIO OF SALMON FISHCAKES

Lightly poached fresh Salmon infused with herbs & capers
Bound with potato and coated in Panko Breadcrumbs

€9.00 OB – M

VEGETABLE & CHICKPEA KORMA

Mild Indian curry of fresh vegetables & Chickpeas cooked in coconut milk
With Korma spices & finished with fresh Coriander

€8.50 GF - OB - M

ROASTED VEGETABLE LASAGNE

Layers of Mediterranean Vegetables bound in a Herby Tomato Sauce
Topped with a Creamy Béchamel with a Cheddar Cheese & Parmesan

€8.50 OB

THAI YELLOW FISH & PRAWN CURRY

Cod Fillet & Tiger Prawns cooked in Thai infused coconut milk
With baby corn, Bok Choy & Kafir Lime Leaves

€10.50 GF - OB - M

Delivered the **DELICIOSO** way

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ACCOMPANIMENTS

ALL AT €2.95 - V

MASHED POTATO BAKE

Creamy Mashed Potato topped with Mature Cheddar Cheese ✓

ROASTED VEGETABLE RATATOUILLE

Aubergine, Potato, Peppers & Courgette in a Tomato Sauce ✓

TRIO OF VEGETABLES

Garden Peas, Sweetcorn & Broad Beans topped with a Chili & Herb Butter ✓

CAULIFLOWER CHEESE

Cauliflower Florets topped with a Béchamel Sauce & Cheddar Cheese ✓

COCONUT JASMINE RICE

Thai Jasmine Rice Infused with Coconut ✓

BASMATI PILAU RICE

Basmati Rice cooked with Fragrant Indian Spices ✓

Delivered the **DELICIOSO** way