

DELI CIOSO

WINTER 2018 FRESH CREW FOOD MENU

DAILY FRESH CREW FOOD MENU

ALL FRESH CREW MEALS INCLUDING ACCOMPANIMENTS

FOR ONLY 12.00€ PER PERSON

PRICES ARE BASED ON A MINIMUM DAILY ORDER OF 6 MEALS

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

SANDWICH MEAL DEALS

ALL FRESHLY MADE SANDWICHES COME WITH A DRINK & A PIECE OF FRUIT

FOR ONLY 8,50€

SIMPLY CHOOSE FROM OUR WEEKLY SANDWICH MENU

CHOICE OF BAGUETTE, WRAP OR GLUTEN FREE BAGUETTE (2€ SUPPLEMENT)

WE REQUEST A MINIMUM OF 24 HOURS NOTICE FOR SANDWICH MEAL DEALS

SPECIAL OFFER DAILY LUNCH & DINNER DEAL

ANY FRESH CREW MEAL & SANDWICH MEAL DEAL

FOR ONLY 18.00€ PER DAY

HOW TO PLACE YOUR ORDER

CALL +34 971 699 221

EMAIL info@deli-delicioso.com

PROVISIONING REQUESTS

OUR LISTS CAN BE DOWNLOADED FROM www.deli-delicioso.com

PRICES DO NOT INCLUDE IVA AT 10%

Delivered the  way

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WEEK 1 COMMENCING DATES:

Monday 15th January / Monday 12th February

Monday 12th March / Monday 9th April

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 22nd January / Monday 19th February

Monday 19th March / Monday 16th April

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 29th January / Monday 26th February

Monday 26th March / Monday 23rd April

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					

**All our dishes come in foil containers which can be microwaved
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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 5th February / Monday 5th March

Monday 2nd April / Monday 30th April

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					

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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

LABELLING SYSTEM

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

“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

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"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

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

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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


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