

WINTER

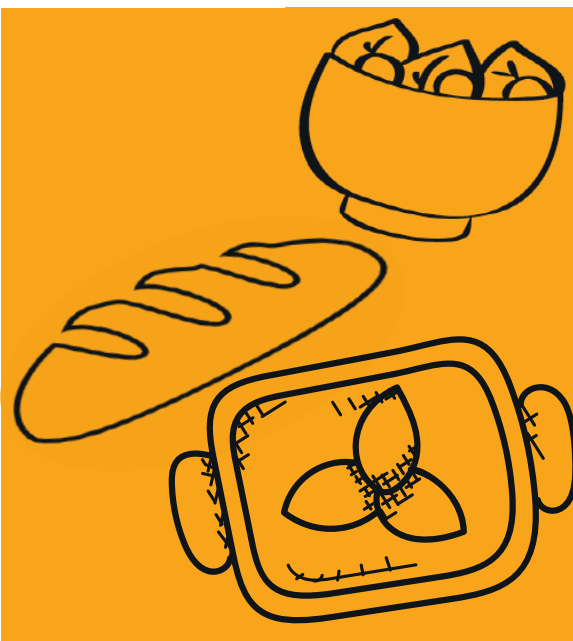
DELICIOSO

CATERING AND PROVISIONING

# CREW FOOD

# menu

6TH JANUARY - 29TH MARCH 2020



Introducing our 2020 Winter Crew Food Menu - with plenty of warming winter comfort foods, as well as healthy options for a cleaner start to the year.

This menu rotates every 2 weeks for even more choice.

### WEEK 1 DATES

6th - 12th January

20th - 26th January

3rd - 9th February

17th - 23rd February

2nd - 8th March

16th - 22nd March

### WEEK 2 DATES

13th - 19th January

27th Jan - 2nd February

10th - 16th February

24th Feb - 1st March

9th - 15th March

23rd - 29th March

### HOW TO ORDER

Please see the last page of this menu for details on how to order using our order form.

Any enquiries please call +34 971 699 221 or email [info@deli-delicioso.com](mailto:info@deli-delicioso.com)

ALL OF OUR CREW FOOD NOW COMES IN BIODEGRADABLE PACKAGING OR RECYCLABLE FOILS.





The new alternative to a quick crew meal - presented in large recyclable containers for everyone to help themselves to a freshly cooked meal, complete with sides. With different themes for each day this is an exciting and different lunch or dinner option for crew.

## WEEK 1

Sharing Dishes are for a minimum of 6 Crew or in multiples of 6

### MONDAY

INTRODUCING  
"MEAT FREE MONDAY"  
Freshly Baked Vegetable &  
Spinach Lasagne

Mixed Salad & Dressing  
Bread Roll & Butter

### TUESDAY

Hearty Irish Lamb, Root  
Vegetable & Pearl Barley  
Stew

Colcannon Potatoes  
Cauliflower & Broccoli Gratin

### WEDNESDAY

Build Your Own Healthy  
Mexican Fajitas

Cajun Turkey Breast Strips  
Roasted Vegetables  
Spicy Tomato Salsa  
Guacamole

### THURSDAY

Jacket Potato Day  
with Four Filling Choices:

Spicy Beef Chilli con Carne  
Quorn & Veg Bolognese (v)  
Mature Cheddar Cheese  
Vegan BBQ Baked Beans

### FRIDAY

Classic British Fish Pie

Prime Cod, Smoked Haddock & Prawns  
combined in a Parsley Sauce  
topped with Creamy Mashed Potato

Buttered Broccoli  
Minted Peas

€75  
(€12.50pp)

## WEEK 2

Sharing Dishes are for a minimum of 6 Crew or in multiples of 6

### MONDAY

INTRODUCING  
"MEAT FREE MONDAY"  
Vegetable & Chickpea Korma

With Basmati Rice, Onion  
Bhajis with Cucumber Raita,  
Garlic & Coriander Naan (V)

### TUESDAY

Beef, Guinness & Mushroom  
Stew

Creamy Mashed Potato  
& Onion Bake  
Medley Seasonal Vegetables

### WEDNESDAY

Build Your Own  
Chilli Beef Burritos

Ground Beef Chilli con Carne  
Roasted Peppers  
Monterey Jack Cheese  
Guacamole

### THURSDAY

BBQ Baby Pork Ribs & Spicy  
Chicken Wings Combo

Traditional Coleslaw Salad  
Buttered Corn on the Cob  
Jacket Potatoes  
Spicy Tomato Salsa

### FRIDAY

Poached Salmon, Broccoli &  
Gruyere Pasta Bake

Lemon & Herb New Potatoes  
Mixed Salad  
French Dressing

€75  
(€12.50pp)





All of your sandwiches & salads are made fresh to order by Delicioso using the finest quality ingredients.

Did you know...? We marinate and cook fresh all of your sandwich meats in house to ensure the freshest, tastiest possible fillings.

## WEEK 1

### SANDWICHES & WRAPS

€6.95

Choose from: White or Wholemeal Baguettes  
Durum Flour Tortilla  
Gluten Free Baguette Available (2€ supplement)

Roast Beef & Horseradish topped with Caramelised Onion & Rucula

Baked Ham with Cheddar Cheese & Branston Pickle

Roasted Mediterranean Vegetables, Feta Cheese & Humus (V)

Chicken, Smoked Bacon & Tomato with a Dijon Mayonnaise

Smoked Salmon with a Herby Cream Cheese & Cucumber

### MAIN COURSE SALADS

€12.50

All main course salads served with a bread roll & butter

Spinach, Beetroot & Goats Cheese, Balsamic Strawberries, Roasted Baby Tomatoes, Toasted Walnuts & Crispy Onions (V)

Classic Caesar with Chargrilled Chicken & Smoked Bacon, Homemade Dressing, Herb Croutons & Fresh Parmesan Shavings

#### NEW "ADD YOUR PROTEIN" SALADS

##### Step 1: Select your Protein:

Salmon Fillet - Chicken Breast - Carrot & Herb Falafel

##### Step 2: Select your Salad:

Moroccan Cous Cous with Roasted Vegetables & Chickpeas, Ras el Hanout Spices & Fresh Herbs

Mediterranean Pasta, Tomato, Olive, & Red Onion, with Toasted Pine Nuts

## WEEK 2

### SANDWICHES & WRAPS

€6.95

Choose from: White or Wholemeal Baguettes  
Durum Flour Tortilla  
Gluten Free Baguette Available (2€ supplement)

Thai Spiced Chicken, Bound in Yoghurt with Coconut & Coriander

B.L.T. Smoked Bacon, Lettuce, Tomato & Mayonnaise

Moroccan Spiced Falafel with Red Pepper Humus & Lambs Lettuce (V)

Deli Beef, Mild Cheddar Cheese, Gherkins, Caramelised Onions & Sweet Mustard

Roasted Mediterranean Vegetables with Pesto & Mozzarella (V)

### MAIN COURSE SALADS

€12.50

All main course salads served with a bread roll & butter

Bang Bang Chicken, Noodle & Beansprout, with Fresh Chilli, Ginger & Coriander, Creamy Satay Peanut Dressing

Tuna Niçoise Salad with Tapenade Dressing Green Beans, Tomato, Potato & Boiled Egg with Mixed Lettuce

#### NEW "ADD YOUR PROTEIN" SALADS

##### Step 1: Select your Protein:

Salmon Fillet - Chicken Breast - Halloumi Cheese

##### Step 2: Select your Salad Base:

Fruity Cajun Rice, Sautéed Peppers & Toasted Corn with Pineapple, Dried Fruits & Flaked Almonds

Quinoa Tabbouleh with Sautéed Vegetables, Cranberries, Pumpkin Seeds & Toasted Walnuts



Individual freshly cooked main meals that can be reheated for lunch or dinner.  
They are all served in microwavable biodegradable containers, except for the oven dishes which are served in recyclable foils.

## WEEK 1

### PASTA

€10.95

Your pasta meal is served in an individual portion biodegradable container, unless you specify that you would prefer large sharing portions which can be served in large recyclable foils for a minimum of 4 people.



All of our Pasta Dishes are Served with a Side Salad & Dressing, Freshly Baked Bread Roll & Butter

Creamy Pesto Sauce with Pine Nuts & Cherry Tomatoes (V)

Spicy Tomato & Fresh Chilli Arrabiata (Vegan)

Classic Italian Beef Bolognese & Parmesan

### MAIN MEALS

€13.95

Individual meals are served in Environmentally friendly Biodegradable containers suitable to be reheated in a Microwave.

Individual Steak Pie topped with Chia Seeds with Creamy Mashed Potato & Fresh Vegetables

Healthy Thai Green Chicken & Vegetable Curry Aromatic Coconut Jasmine Rice

Baked Fillet of Cod with a Parsley & Caper Sauce Served with New Potatoes & Minted Garden Peas

Pesto Chicken with Mozzarella & Fresh Tomato Sauce, with Herb Gnocchi & Roasted Mediterranean Vegetables

Trio of Artisan Pork & Leek Sausages with Onion Gravy, Creamy Mashed Potato & Fresh Vegetables

## WEEK 2

### PASTA

€10.95

Your pasta meal is served in an individual portion biodegradable container, unless you specify that you would prefer large sharing portions which can be served in large recyclable foils for a minimum of 4 people.



All of our Pasta Dishes are Served with a Side Salad & Dressing, Freshly Baked Bread Roll & Butter

Super Healthy Fat Free Broccoli & Spinach Sauce with Minted Peas (V)

Garlic, Red Chilli & Fresh Herbs with Grated Fresh Parmesan (V)

Sautéed Turkey, Mushroom & Sliced Pepper with Crème Fraiche

### MAIN MEALS

€13.95

Individual meals are served in Environmentally friendly Biodegradable containers suitable to be reheated in a Microwave.

Chicken & Mushroom Pie with a Sesame Crust Served with Creamy Mashed Potato & Fresh Vegetables

Smokey Braised Beef & Mushroom Goulash Roasted Baby Potatoes & Fresh Vegetables

Mild Coconut Chicken & Vegetable Korma Aromatic Basmati Rice, Garlic & Coriander Naan

Smoked Salmon, Spinach & Broccoli Tartlet Herb Buttered New Potatoes & Mixed Salad

Trio of Artisan Cumberland Sausages with Onion Gravy with Creamy Mashed Potato & Fresh Vegetables



Made by Delicioso in our professional kitchens and flash frozen. 16 Dishes to choose from plus accompaniments for your convenience. Super easy feeding watchkeepers, crossings, crew flats etc. Available in individual foils for you to reheat in oven or microwave.

## CLASSIC FAVOURITES

- Beef Lasagne
- Chicken, Leek & Mushroom Bake
- Cumberland Sausage & Onion Gravy
- Pork & Beef Meatballs

€8.75

## BEST OF BRITISH

- Beef, Ale & Mushroom Stew
- Fishermans Pie
- Chicken Tikka Masala
- Cottage Pie

€9.00

## WORLD OF SPICE

- Fruity Lamb Tagine
- Chilli con Carne
- Balti Beef Curry
- Thai Green Chicken Curry
- Thai Yellow Fish & Prawn Curry

€9.50

## HEALTHIER OPTIONS

- Moroccan Vegetable & Chickpea Tagine (V)
- Roasted Vegetable Lasagne (V)
- Indian Vegetable & Chickpea Korma (V)

€8.75

## ACCOMPANIMENTS

- Mashed Potato Bake
- Roasted Vegetable Ratatouille
- Trio of Vegetables

- Cauliflower Cheese
- Coconut Jasmine Rice
- Basmati Pilau Rice

€2.95

# OFFERS & DRINKS

## SPECIAL OFFERS

*Free Dessert  
Friday*

When you order for the  
whole week

*Free Crew  
Wine or Beer*

When you order for the  
whole month

## DRINKS

Font Vella 500ml x 24 Bottles Plastic	€11.80	Bag of Ice	€3.00
Evian 500ml x 24 Bottles Plastic	€19.60	Coca Cola/ Coke Zero x 24 Cans	€17.15
San Pellegrino 500ml x 24 Bottles Glass	€31.55	Fanta Orange/Lemon/7 Up x 24 Cans	€15.90
Heineken Beer x 24 Cans	€15.10	<b>For all other drinks available please see our Interior Provisioning page on our website.</b>	

## HOW TO ORDER

To order please **complete our order form** so we have all the necessary information to prepare your crew food to your individual requirements - every boat is different.

Our menu is prepared freshly for you to enjoy, so we kindly request 48 hours notice.  
In the case of a last minute order please call **+34 971 699 221**

Minimum order for free delivery is €50, otherwise a delivery fee may apply.

Please note that prices do not include IVA

If you have any questions please contact us:

**+34 971 699 221**      **+34 620 854 899**

**INFO@DELI-DELICIOSO.COM**

All items are subject to availability. Dishes may contain nut/nut derivatives. Fish dishes may contain small bones.  
Olives may contain stones.

If you have any allergens please inform us and we will advise you of all ingredients used.