

## COOKING & ALLERGEN INFORMATION FOR WEEKEND 12th / 13th October

### APPETISERS

**Dressed Crab Salad & pickled beetroot** – Remove the lid and reheat in the oven for 12 minutes.

**Ingredients** – Crab (**Crustacean**), Tomato Ketchup (**Celery**), Gluten Free Worcester Sauce, Dijon Mustard (**Mustard**), Lemon, Rye Bread (**Gluten**), Vegetable Oil, Extra Virgin Olive Oil, Rice Wine Vinegar (**Sulphites**), Sugar, Clove, Ginger, Red Chilli, Yellow/Brown Mustard Seeds (**Mustard**), Garlic, Beetroot

**Wild Mushroom & Vegetable Turnover (v)** – Remove the lid and reheat in the oven for 10 minutes.

**Ingredients** – Onion, Garlic, Carrot, Celery (**Celery**), Courgette, Rooster Potato, Extra Virgin Olive Oil, Thyme, Pastry (**Gluten -wheat**), Egg (**Egg**)

**Liberty Chicken Wings with sour chive cream** – Remove the lid & sour cream. Reheat in the oven for 12 minutes. Serve with the chive cream dip.

**Ingredients** - Fresh Chicken Wing, Cajun Spice, Olive Oil, Cream (**Dairy - Cow**), Sour cream (**Dairy-Cow**), Chives, Ketchup (**Celery**), Tabasco, Cider Vinegar (**Sulphites**), Worcester Sauce, Agave Syrup, Lemon, Tamari Soy Sauce, Jerk Seasoning, Brown Sugar, Smoked Paprika, Coriander, Cumin

### MAINS

**Roast Old Spot Pork Shoulder** – Remove the lid and place the Pork with the parchment into the oven for 20 minutes. **Cider Jus** - Remove the lid and reheat in a microwave for 30 to 40 seconds.

**Ingredients** – Pork, Sage, Lemon, Savoy Cabbage, Shallots, Garlic, Carrot, Chicken Stock, Cider (**Sulphites**), Apple Cider Vinegar (**Sulphites**),

**John Dory** - Remove the lid and place the Dory with the parchment into the oven 15 to 20 minutes. **Apple Puree** - Remove the lid for the and reheat in the microwave for 30 to 40 seconds

**Ingredients** - Fresh John Dory (**Fish**), Golden Delicious Apples, Lemongrass, Celeriac, Butter (**Dairy - Cow**), Sugar, Hazelnuts (**Nut**), White Wine Vinegar (**Sulphites**), Shallots, Star Anise, Cardamom Pod, Bayleaf, Fish Stock, Cream (**Dairy-Cow**)

**Aubergine & Butternut Squash Rollotini** – Remove the lid and reheat in the oven with the parchment for 25 minutes.

**Ingredients** – Aubergine, Spinach, Butternut Squash, Pine Nuts (**Nuts**), Ricotta (**Dairy- Cow**), Tomato, Garlic, Basil, Thyme, Oregano, Onion.

### SIDES

**Hasselback Potatoes** – Remove the lid and reheat the potatoes in the oven for 25 minutes.

**Ingredients** – Rooster Potato, Olive Oil, Rosemary, Thyme

**Romanesco, Cauliflower and Roast Cabbage** – Remove the lid and place into the oven for 20 minutes.

**Ingredient** – Savoy Cabbage, Romanesco, White Cauliflower, Purple Cauliflower, Sunflower Seeds, Breadcrumbs (**Gluten**), Extra Virgin Olive Oil

### SWEETS

**Chocolate & Pear Cake** – serve at room temperature with whipped cream

**Ingredients** – Dark Chocolate, Butter (**Dairy-Cow**), Ground Almonds (**Nut**), Eggs (**Egg**), Sugar, Pears, Apricot Glaze, Cream (**Milk – Cow**)

**Key Lime Pie (v)** – Serve at room temperature.

**Ingredients** – Condensed Milk (**Dairy – Cow**), Lime, Cream (**Dairy – Cow**), Gluten Free Digestive Biscuits, Gluten Free Ginger Biscuits, Butter (**Dairy – Cow**)

**Apple Cobbler (v)** – Plate & heat in a microwave for 30 to 40 seconds & serve with the whipped cream

**Ingredients** - Cooking Apples, Cinnamon, Sugar, Butter (**Dairy - Cow**), Plain Flour (**Gluten - wheat**), Egg (**Eggs**), Vanilla Extract, Baking Powder, (**Gluten- wheat**), Demerara Sugar. Milk (**Dairy – Cow**)

**Whipped Cream** – **Ingredients** - Cream (**Dairy – Cow**),