

MENU

30th March- 27th April

Delivery & Collections every Saturday between 5pm-8pm

Mains - £6pp

~~All Gluten Free~~

- **Lubya – Afghan Kidney Bean Curry**
- **Sweet Potato and Chickpea Korma**
- **Tom Kha Hed**
Fragrant Thai soup with coconut & mushroom
- **Blackeye Bean Caribbean Curry**
- **Mushroom, Hazelnut & Spinach Lasagne**
- **Fasolia** (Greek butterbean casserole)
- **Mushroom Goulash**
- **Coconut Dal Tadka**
Smoked Yellow split pea curry
- **Minestrone Casserole**
- **Puy Lentil and Porcini Bolognese**
- **Vegan Burger Patties x 4**

Breads

Gluten Free Sourdough Bread £5

Sourdough bread £5

Burger buns x 4 £3

Sunblushed Tomato and Olive Focaccia Wheel £5

Raw and Ready

- **Vital Salad £6** Nutrients packed super food
- **Stir-Fresh £8** (Oriental veg blend with sprouts and tamari dressing)
- **Activated, Sprouted Muesli 100g £4**
- **Cocoa & Orange Fruit & Nut Bar £3**
- **Hibiscus Kombucha 750ml £6**
- **Lemon, Garlic & Mustard Dressing 250g £6**
- **Fresh green pesto 200g £6**
- **Walnut Gold 300g £10** Activated Walnut Butter with Cinnamon & Vanilla

Free delivery in Stroud for orders over £40; or £5 delivery charge

To order:

Text Sam on: 07482 121 989

OR

email: Sam@FromSamtoYou.com

FROM: SAM
TO: YOU