

# ALL VEGAN MENU

17th Feb- 20th April

Delivery & Collections every Saturday between 5pm-8pm

## Frozen Mains - £6

~~All Gluten Free~~

- Puy Lentil and Porcini Lasagne
- Puy Lentil and Porcini Bolognese
  - Butterbean Chasseur
- Mushroom and Chestnut Bourguignon
  - 3 Bean Goulash
- Mushroom and Aubergine Stroganoff
- Louvi (blackeye bean & chard soup)
  - 3 Bean Chilli
- Smoky Caribbean Bean Stew
- Potato, Cauliflower & Spinach Dhansak
- Kerala Chickpea Curry
- Green Thai Blackeye Bean, Sweet Potato & Spinach Curry
- Moroccan Tagine
- Sweet and Dark Blackeye Bean Casserole
- Vegan Burger Patties x 4

## Bread

Gluten Free Sourdough Bread £5

Sourdough Bread £5

Burger Buns x 4 £3

Walnut Teacakes x 4 £5

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
  - Vanilla Coconut Milk 750ml £6
- Lemon, Garlic & Mustard Dressing 250g £6
- Fresh Green Pesto 200g £6
- Walnut Gold 300g £10  
Activated Walnut Butter with Cinnamon & Vanilla
- Hibiscus Kombucha 750ml £6

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](mailto:Sam@FromSamtoYou.com)

FROM: SAM  
TO: YOU