

# **DELICIOSO**

**SUMMER 2017**

## **FRESH CREW FOOD MENU**

### **DAILY FRESH CREW FOOD MENU**

**OUR SUMMER FRESH CREW FOOD MENU LAUNCHES ON  
MONDAY 19<sup>TH</sup> JUNE UNTIL THE END OF SEPTEMBER  
FEATURING PLENTY OF HEALTHY CHOICES AND LIGHTER OPTIONS,  
AS WELL AS ALL THE FAVOURITES, OF COURSE!  
ALL FRESH CREW MEALS INCLUDING ACCOMPANIMENTS  
FOR ONLY 10.00€ PER PERSON**

### **SANDWICH MEAL DEALS**

**ALL SANDWICHES ARE FRESHLY MADE ON YOUR CHOICE OF BAGUETTE OR WRAP  
SIMPLY CHOOSE FROM OUR TASTY SANDWICH MENU  
EVERY SANDWICH COMES WITH A DRINK & A PIECE OF FRUIT  
FOR ONLY 8,50€**

### **SPECIAL OFFER**

#### **DAILY LUNCH & DINNER DEAL**

**ANY FRESH CREW MEAL & SANDWICH MEAL DEAL  
FOR ONLY 16.00€ PER DAY**

### **DAILY FRESH CREW FOOD MENU**

**PRICES ARE BASED ON A MINIMUM DAILY ORDER OF 6 MEALS  
WE KINDLY REQUEST A MINIMUM OF 2 WORKING DAYS NOTICE**

**Delivered the  way**

# DELICIOSO

## COMMENCING:

**MONDAY 19<sup>TH</sup> JUNE – END OF SEPTEMBER**

<b>FRESH CREW FOOD MENU</b>	M	T	W	T	F
Italian Beef Lasagne or Roasted Vegetable Lasagne (V) Served with a Mixed Salad & Crusty Bread					
Moroccan Spiced Lamb, Pepper & Chickpea Tagine Served with an Apricot & Fresh Herb Cous Cous					
Parmesan Chicken with a Fresh Tomato & Herb Sauce Warm Salad of New Potato, Mushrooms & Smoked Bacon					
Trio of Poached Salmon Fishcakes Served with Herb Buttered New Potatoes & Vegetable Medley					
Chilli Beef & Bean Enchiladas, Tomato & Herb Salsa Warm Pasta & Roasted Vegetable Salad					
Pasta al Pesto with Cherry Tomatoes & Pine Nuts Served with a Crisp Mixed Salad & Freshly Baked Bread (V)					

**All our dishes come in foil containers which can be microwaved or oven baked to reheat**

<b>SUMMER SALAD CREW FOOD MENU</b>	M	T	W	T	F
Roasted Butternut Squash, Broccoli, Feta & Black Rice Salad With Dried Cranberries & Toasted Pumpkin Seeds (V)					
Classic Caesar Salad with Chicken Breast & Bacon Lardons Herb Croutons & Fresh Parmesan Shavings					
Chargrilled Turkey Breast & Cous Cous Tabbouleh With Tomato, Parsley & Lemon, Yoghurt & Mint Dressing					
Spinach, Bacon & Goats Cheese Salad Walnuts, Cherry Tomatoes & a Honey & Mustard Dressing					
Zesty Poached Salmon, Quinoa & Summer Vegetable Salad Lime, Red Chilli & Honey Dressing					

**Delivered the  way**

# DELICIOSO

MADE FRESHLY TO ORDER EVERYDAY

AVAILABLE ON WHITE OR WHOLEMEAL BAGUETTES  
OR WRAPPED IN A 30CM FLOURED TORTILLA WRAP

<b>FRESH CREW SANDWICH MENU</b>	<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
Smoked Salmon with a Herb Cream Cheese with Cucumber					
Mediterranean Tuna, Roasted Pepper & Black Olive Tapenade					
Cajun Chicken & Cheddar Cheese with a Tomato Relish					
Roast Beef with Caramelised Onion & Horseradish Sauce					
B.L.T. Smoked Bacon, Crisp Lettuce, Plum Tomato & Mayo					
Carrot & Coriander Falafel, Humus & Sweet Chilli Sauce (V)					
Mature English Cheddar Cheese & Branston Pickle (V)					
Tandoori Marinated Chicken, Cucumber & Mango Chutney					
Roasted Loin of Pork with Stuffing & Apple Sauce					
Thai Chicken bound in a Coconut, Mint & Coriander Yoghurt					

Delivered the **DELICIOSO** way

# **DELICIOSO**

## **LAZY GOURMET MENU**

**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**

## **HOW TO PLACE YOUR ORDER**

**CALL +34 971 699 221**

**EMAIL [info@deli-delicioso.com](mailto:info@deli-delicioso.com)**

**PRICES DO NOT INCLUDE IVA AT 10%**

**FOR ANY PROVISIONING REQUESTS  
PLEASE CONTACT US AS ABOVE**

**OR DOWNLOAD OUR LISTS FROM [www.deli-delicioso.com](http://www.deli-delicioso.com)**

## **LABELLING SYSTEM**

**V = VEGGIE    OB = OVEN BAKE    M = MICROWAVEABLE  
GF = GLUTEN FREE    DF = DAIRY FREE    BB = BOIL IN BAG**

**Delivered the  way**

# DELICIOSO

## "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**

## "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**

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## 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 Wholemeal 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**

## 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**

### SPICY LENTIL & TOMATO RAGU

Super healthy Ragu offering five fresh vegetables combined with Lentils  
Cooked in a tomato & herb sauce with a hint of Chili

**€8.50 OB – M**

### 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**

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## ACCOMPANIMENTS

ALL AT €2.95 - V

### MASHED POTATO BAKE

Creamy Mashed Potato topped with Mature Cheddar Cheese ✓

### MEDITERRANEAN VEGETABLE RATATOUILLE

Aubergine, Mixed Peppers, Courgette & Red Onion with Tomato ✓

### TRIO OF VEGETABLES

Garden Peas, Sweetcorn & Broad Beans topped with a Herb Butter ✓

### CAULIFLOWER CHEESE

Cauliflower Florets topped with a Béchamel Sauce & Cheddar Cheese ✓

### COCONUT JASMINE RICE

Thai Jasmine Rice Infused with Coconut ✓

### BASMATI RICE

Basmati Rice cooked with Fragrant Indian Spices ✓

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