

DELICIOSO

SPRING 2017 - FRESH CREW FOOD MENU

DAILY FRESH CREW FOOD MENU

OUR SPRING FRESH CREW FOOD MENU LAUNCHES ON MONDAY 27TH FEBRUARY

PLENTY OF HEALTHY CHOICES, LIGHTER OPTIONS & YOUR FAVOURITES

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 WEEKLY 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](#)

HOW TO PLACE YOUR ORDER

CALL +34 971 699 221

EMAIL info@deli-delicioso.com

PRICES DO NOT INCLUDE IVA AT 10%

Delivered the **DELICIOSO** way

DELICIOSO

WEEK 1 COMMENCING DATES:

Monday 27th February / Monday 27th March

Monday 24th April / Monday 22nd May

FRESH CREW FOOD MENU	M	T	W	T	F
Cajun Spiced Chicken & Chorizo Jambalaya With Roasted Peppers, Tomato & Fresh Herbs					
Mushroom, Spinach & Ricotta Lasagne Served with a Mixed Leaf Salad & Crusty Bread (V)					
Irish Lamb, Vegetable & Pearl Barley Stew Colcannon Mash & Buttered Carrots					
Potato topped Cod, Smoked Haddock & Prawn Pie Broccoli Florets & Garden Peas with a Lemon & Chive Butter					
Trio of "Dunns" Cumberland Sausages with Onion Gravy Creamy Mashed Potato & Cauliflower Cheese					
Spinach, Bacon & Goats Cheese Salad Walnuts, Cherry Tomatoes & a Honey & Mustard Dressing					

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

FRESH CREW SANDWICH MENU	M	T	W	T	F
Chicken & Smoked Bacon Caesar with Fresh Parmesan					
Mediterranean Tuna, Roasted Pepper & Black Olive Tapenade					
Traditional Home Cooked Ham with Salad & English Mustard					
Roast Beef with Sautéed Courgette Ribbons & Wasabi Mayo					
Carrot & Coriander Falafel, Humus & Sweet Chilli Sauce (V)					
Mature English Cheddar Cheese & Branston Pickle (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wrap**

Delivered the  way

DELICIOSO

WEEK 2 COMMENCING DATES:

Monday 6th March / Monday 3rd April

Monday 1st May / Monday 29th May

FRESH CREW FOOD MENU	M	T	W	T	F
Thai Red Butternut Squash, Pepper & Pineapple Curry Served with a Coconut Jasmine Rice (V)					
Pork Fillet Goulash with Smoked Paprika Served with a Sautéed Mushrooms, Potatoes & Courgette					
Sautéed Leek, Mushroom & Smoked Bacon Pasta Served with Fresh Parmesan & Freshly Baked Bread					
Ground Beef, Mascarpone & Macaroni Pasticcio Served with a Mixed Leaf Salad & Crusty Bread					
Moroccan Spiced Chicken, Pepper & Chickpea Tagine Served with an Apricot & Fresh Herb Cous Cous					
Zesty Poached Salmon, Quinoa & Spring Vegetable Salad Lime, Red Chilli & Honey Dressing					

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FRESH CREW SANDWICH MENU	M	T	W	T	F
B.L.T. Smoked Bacon, Crisp Lettuce, Plum Tomato & Mayo					
Tandoori Chicken, Cucumber Raita & Mango Chutney					
Smoked Salmon with a Herb Cream Cheese with Cucumber					
Roast Beef with Caramelised Onion & Horseradish Sauce					
Brie with Salad, Toasted Walnuts & Cranberry Sauce (V)					
Courgette, Mozzarella & Tomato with a Pesto Mayo (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wraps**

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WEEK 3 COMMENCING DATES:

Monday 13th March / Monday 10th April

Monday 8th May / Monday 5th June

FRESH CREW FOOD MENU	M	T	W	T	F
Pad Thai Chicken, Noodle & Vegetable Stir Fry With Toasted Peanuts, Red Chilli, Lime & Coriander Dressing					
Duo of Cod, Prawn, Pea & Rocket Fishcakes Served with Herb Buttered New Potatoes & Vegetable Medley					
Mediterranean Meatballs in Tomato & Herb Sauce Spinach Tagliatelle, Fresh Parmesan & Crusty Bread					
Aubergine, Tomato & Mozzarella Bake topped with Parmesan Served with a Crisp Mixed Salad & Freshly Baked Bread (V)					
Chilli Beef & Bean Enchiladas, Tomato & Herb Salsa Warm Pasta & Roasted Vegetable Salad					
Chargrilled Turkey Breast & Cous Cous Tabbouleh With Tomato, Parsley & Lemon, Yoghurt & Mint Dressing					

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

FRESH CREW SANDWICH MENU	M	T	W	T	F
Thai Chicken bound in a Coconut, Mint & Coriander Yoghurt					
Tuna Mayonnaise with Sweet Corn & Red Onion					
Roasted Loin of Pork with Stuffing & Apple Sauce					
Salt Beef with Sautéed Onion, Gherkin & Sweet Mustard					
Plum Tomato, Mozzarella & Spinach with Pesto (V)					
Roasted Mediterranean Vegetables with Feta & Humus (V)					

**Available on White or Wholemeal Baguettes
or 30cm Floured Tortilla Wraps**

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DELICIOSO

WEEK 4 COMMENCING DATES:

Monday 20th March / Monday 17th April

Monday 15th May / Monday 12th June

FRESH CREW FOOD MENU	M	T	W	T	F
Classic Italian Beef Lasagne Served with a Mixed Salad & Crusty Bread					
Thai Yellow Fish & Prawn Curry with Baby corn & Bok choy Served with Jasmine Rice					
Parmesan Chicken with a Fresh Tomato & Herb Sauce Warm Salad of New Potato, Mushrooms & Smoked Bacon					
Pasta al Pesto with Cherry Tomatoes & Pine Nuts Served with a Crisp Mixed Salad & Freshly Baked Bread (V)					
Trio of "Dunns" Pork & Leek Sausages with Onion Gravy Creamy Mashed Potato & Fresh Vegetables					
Roasted Butternut Squash, Broccoli, Feta & Black Rice Salad With Dried Cranberries & Toasted Pumpkin Seeds (V)					

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FRESH CREW SANDWICH MENU	M	T	W	T	F
Cajun Chicken & Cheddar Cheese with a Tomato Relish					
Pork Sausage with Sage & Onion Stuffing & Apple Sauce					
Smoked Mackerel & Horseradish Pate with Shredded Beetroot					
Roasted Topside of Beef with English Mustard and Salad					
Creamed Goats Cheese with a Onion & Honey Chutney (V)					
Moroccan Falafel with a Roasted Red Pepper Humus (V)					

Available on White or Wholemeal Baguettes or 30cm Floured Tortilla Wraps

Delivered the  way

DELICIOSO

LAZY GOURMET MENU

**Introducing our new range of Lazy Gourmet Dishes
Featuring Classic Favourites and Seasonal Specials**

**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

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

LABELLING SYSTEM

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

Delivered the  way

DELICIOSO

SPRING SPECIALS

SHANK OF MALLORQUIN LAMB

Seared & Cooked in Red Wine, with Fresh Rosemary & Vegetable Mirepoix
Vac packed & flash Frozen with the Natural Cooking Jus

€12.00 OB - M - BB

SOUTH AFRICAN BEEF BOBOTIE

Ground Beef Cooked with Onion, Curry Spices, Apricots & Mango Chutney
Topped with Toasted Almond Flakes

€9.00 OB - M

SPINACH, MUSHROOM & RICOTTA LASAGNE

Mushrooms Sautéed with Onion, Garlic & Fresh Spinach Bound with Ricotta
Layered with an Italian Tomato Sauce & Topped with Béchamel & Parmesan

€8.50 OB

MEDITERRANEAN BAKED COD & CHORIZO STEW

Baked Fillet of Cod, With a Stew of Crispy Chorizo
Mixed Peppers, Tomato, & Chickpeas

€10.50 OB - M

"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

Delivered the **DELICIOSO** way

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"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

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

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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

ACCOMPANIMENTS

ALL AT €2.95 - V

MASHED POTATO BAKE

Creamy Mashed Potato topped with Mature Cheddar Cheese ✓

MALLORQUIN VEGETABLE TUMBET

Aubergine, Potato, Peppers & Courgette in a Tomato Sauce ✓

TRIO OF VEGETABLES

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

CAULIFLOWER CHEESE

Cauliflower Florets topped with a Béchamel Sauce & Cheddar Cheese ✓

COCONUT JASMINE RICE

Thai Jasmine Rice Infused with Coconut ✓

BASMATI PILAU RICE

Basmati Rice cooked with Fragrant Indian Spices ✓

Delivered the **DELICIOSO** way