



COOK AT HOME MEALS

All our 'cook at home' meals are freshly prepared by us then frozen so you can enjoy them whenever you choose.

Mains

- Beef Stew with Root Vegetables (GF, 1)
- Lamb's Liver and Bacon (GF, 1)
- Veggie Crumble Bake (GF, 7,9,13)
- Fish Pie (GF, 4,5,7)
- Sausage and Bean Casserole (Pork or vegan, 1,2)
- Chicken and Bacon Crumble Bake (GF, 7,9,13)
- Spicy Bean Stew (VN and GF)
- Lasagne (Beef or veggie, 1,2,5,7,9,14)

Mains
£6 each
or 4 for
£20

Puds
£3 each
or 2 for
£5

Puddings

- Lemon Syrup Sponge (2,4,7)
- Bread Pudding (2,4, 7,14)
- Baked Vanilla Cheesecake (2,4,7)
- Apple and Ginger Crumble (VN, GF, 10)
- Sticky Toffee Pudding (GF, 4,7,14)
- Chocolate and Pear Pudding (GF, 4,7,13)

Any other details:

All prices are subject to change.

To order indicate how many of each item you want in the circles above and hand it to us at the cafe, phone or email using the details below:

25 Market Street, Appledore, North Devon EX39 1PP

 01237 474168

 info@marketstkitchen.com

 marketstkitchen.com

 @marketstkitchen

Menu dietary requirements and allergens information: VN Vegan, GF Gluten Free. 1 Celery. 2 Cereals containing gluten. 3 Crustaceans. 4 Eggs. 5 Fish. 6 Lupin. 7 Milk. 8 Molluscs. 9 Mustard. 10 Nuts. 11 Peanuts. 12 Sesame seeds. 13 Soya. 14 Sulphur dioxide (sulphites).

Please fill in your delivery details overleaf



Name:

Delivery Address:

Telephone:

Email:

For office use only:

Total cost of order: £

Delivery

Date:

Time:

Collection from cafe

Date:

Time:

Payment

On collection/delivery

Taken by phone

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 MSKappledore