



The following can be provided fresh or frozen. If your favourites aren't listed, just ask! New meals and sides being added soon! Meals available in the ArtisOn freezer or delivered free locally when spending £30.

As everything is homemade some ingredients may vary slightly. Some vegetables may vary according to season and availability

## LOVAGE MAINS:

Item	Description	Price	Cooking Instructions	Ingredients
Roasted Butternut Squash and Sage Risotto  <i>Serves 1</i>	A classic creamy risotto of butternut squash and sage. Delicious!  <b>TIP:</b> Serve with extra grated cheese and a sprinkling of fresh herbs for proper homemade indulgence!  <b>Gluten Free</b>	£3:00	Cook from frozen pierce film and microwave on full power for 4 mins. Stir then microwave for another 3 mins. If not frozen, reduce cooking time to approx 4 mins. Once thawed eat within 3 days.	Arborio rice, butternut squash, roasted garlic, onions <b>celery</b> , white wine, gf vegetable stock, sage, <b>crème fraiche, butter, vegetarian Italian cheese</b> and seasoning
Smokey Mediterranean Risotto  <i>Serves 1</i>	This is a tomato based risotto with a Spanish twist with all the great flavours of Mediterranean vegetables and a smoky paprika kick.  <b>TIP:</b> Serve with extra grated cheese and a sprinkling of fresh herbs for proper homemade indulgence!  <b>Gluten Free</b>	£3:00	Cook from frozen pierce film and microwave on full power for 4 mins. Stir then microwave for another 3 mins. If not frozen, reduce cooking time to approx 4 mins and consume within 3 days.	Arborio rice, tomato, onion, mixed peppers, <b>celery</b> , courgettes, smoked paprika, white wine, garlic, vegetable oil, gf vegetable stock, basil, sugar, vegetarian <b>Italian cheese, crème fraiche, butter</b> and seasoning

Item	Description	Price	Cooking Instructions	Ingredients
Leek and Mushroom Risotto  <i>Serves 1</i>	A lovely herby risotto with the timeless flavours of creamy leeks and mushrooms.  <b>TIP:</b> Serve with extra grated cheese and a sprinkling of fresh herbs for proper homemade indulgence!  <b>Gluten Free</b>	£3:00	Cook from frozen pierce film and microwave on full power for 4 mins. Stir then microwave for another 3 mins. If not frozen, reduce cooking time to approx 4 mins and consume within 3 days.	Arborio rice, Leeks, mushroom, onion, <b>celery</b> , garlic, thyme, white wine, gf vegetable stock, butter, <b>crème fraiche</b> , <b>vegetarian Italian cheese</b> , seasoning and chives
Mixed Bean Veggie Chilli  <i>Serves 1</i>	A hearty vegetable and mixed bean chilli.  <b>TIP:</b> Delicious with rice, jacket spud or whatever takes your fancy! Add a sprinkling of grated cheese and a dollop sour cream for an added treat if you're not avoiding dairy.  <b>Gluten Free and Dairy Free</b>	£3:00	Cook from frozen, Pierce film and microwave for 3 minutes, stir then microwave for another 3 mins. Ensure chilli is piping hot before serving. If thawed reduce time	Onions, carrots, peppers, tomatoes, kidney beans, cannellini beans, butterbeans, <b>celery</b> , Courgettes, garlic, chillies, mixed herbs, smoked paprika, sugar, vegetable oil and seasoning
Veggie Sausage Casserole with Cider & Sage  <i>Serves 1</i>	Tasty veggie sausages cooked in a creamy casserole – always a favourite at ArtisOn. Delicious comfort food!  <b>TIP:</b> Serve with mash, rice, pasta, a jacket spud or whatever takes your fancy.	£3:00	Cook from frozen pierce film and microwave for 3 minutes, stir then microwave for three more. Ensure piping hot before serving.	<b>Vegetarian sausage</b> (containing <b>wheat</b> ), onions, <b>celery</b> , apple, sage, bay leaf, cider, flour, gf veg stock, <b>milk</b> , <b>cream</b> and seasoning
Roasted Vegetable Lasagne  <i>Serves 1</i>	Classic lasagne made with roasted Mediterranean veggies in Vanessa's tasty tomato sauce.  <b>TIP:</b> Serve with a crunchy green salad – garlic bread for a treat!	£3:80	<b>MICROWAVE</b> only unless transferred to an oven proof dish. Cook from frozen 4mins stand one then 3 more. Reduce time if thawed	Roasted courgettes, peppers, butternut squash, onions, garlic, tomato, pasta (containing <b>Egg</b> and <b>wheat</b> ) Oregano, sugar, <b>milk</b> , <b>butter</b> , cornflour, <b>cheese</b> and seasoning

Item	Description	Price	Cooking Instructions	Ingredients
Spicy Thai Burgers	<p>Burgers to liven up any veggie BBQ, these tasty burgers are great with salad or in a bun.</p> <p><b>TIP:</b> Delicious with a cucumber and mango salsa, mayonnaise, sweet chilli sauce or some mango chutney.</p> <p><b>Gluten Free and Dairy Free and egg free</b></p>	4 for £2.50	To cook from frozen, shallow fry till golden brown, or brush with a little oil and bake in a hot oven for 15 minutes. Reduce time if defrosted.	Sweet potato, butternut squash, long grain rice, garlic, chilli, ginger, coriander, spring onion, gf vegetable stock and seasoning
Veggie Beet Burgers <i>4 burgers/patties</i>	<p>Great earthy flavours in these scrumptious burgers.</p> <p><b>TIP:</b> Great in a bread bun with a slice of cheese melted on the top mayo and a few salad leaves.</p> <p><b>Gluten Free</b></p>	4 for £2.50	Cook from frozen or if defrosted reduce cooking time. Shallow fry to get a nice crispy coating or Brush with a little oil and bob in a hot oven or under the grill for 10-15 mins	Beetroot, carrot, red onion, kidney beans, garlic, cumin, gf oats, <b>eggs</b> , parsley, chives, seasoning , vegetable oil, butter, gf flour
Cheesy Glamorgan Burgers	<p>These tasty and versatile cheese and leek burgers are perfect either as the main event, served as a starter on the side of a hearty winter casserole.</p> <p><b>TIP:</b> Try serving with a sweet chilli sauce and a few salad leaves.</p> <p><b>Gluten Free version on request</b></p>	4 for £3.00	To cook from frozen brush with a little oil and place on a baking tray in a hot oven for 15/20minutes, cook till golden brown, alternatively shallow fry or bob under the grill.	Leeks, Onions, Garlic, Thyme, <b>cheese</b> , breadcrumbs containing <b>wheat, egg</b> , mustard and seasoning
Leek & Mushroom Patties	<p>Lovely Leek and mushroom patties – great served with salad, vegetables</p> <p><b>TIP:</b> Great with sweet chilli sauce and mayonnaise for an extra treat</p> <p><b>Gluten Free version on request</b></p>	4 for £3.00	To cook from frozen, for best results shallow fry or place on a baking sheet in a hot oven for 20 mins till piping hot. Reduce time if thawed.	Leeks, onions, <b>celery</b> , garlic, Mushrooms, <b>Cheese</b> , breadcrumbs containing <b>wheat, egg</b> , chives, parsley seasoning

Item	Description	Price	Cooking Instructions	Ingredients
Caramelised Onion, Feta & Rosemary Mini Quiche  <i>Serves 1</i>	Individual quiche with sweet caramelised onion, feta and rosemary – delicious snack or main dish with salad.	£1:80  <i>Large quiche</i> <i>£8:50</i>	Serve cold or warm in a hot oven	<b>Egg, feta cheese,</b> onion, sugar, <b>butter,</b> balsamic vinegar, <b>flour, milk,</b> rosemary and seasoning
Vegetable Mini Quiche  <i>Serves 1</i>	Individual veggie quiche – delicious snack or main dish with salad.	£1:80  <i>Large quiche</i> <i>£8:50</i>	To cook, for best results place in hot oven for 10/15 mins, till piping hot	<b>Egg,</b> Peppers, onion, courgette, tomato, <b>cheese, butter, milk,</b> vegetable oil and seasoning
Re-stuffed Cheesy Jacket Potato	Tasty and treaty side dish or quick snack. Whole potato re-stuffed with cheesy, potato and chives – lovely!  <b>Gluten Free</b>	£1:80	To cook, for best results place in hot oven for 15mins, till golden brown, reduce time if thawed. Equally as good microwaved, 4 mins. just not crispy	Potato, <b>butter, cream, cheese,</b> spring onion, chives and seasoning

## LOVAGE SOUPS:

Item	Description	Price	Cooking Instructions	Ingredients
Spiced Parsnip & Apple Soup  <i>2 x 10oz servings</i>	This is a gorgeous warming soup – creamy sweet, spicy & irresistible!  <b>Gluten Free</b>	£3:00	For best results defrost soup overnight in the fridge, ensure soup is piping hot before serving	Parsnip, onions, garlic, <b>celery,</b> apples, <b>curry paste( which may contain nuts),</b> gf veg stock, <b>milk, cream,</b> coconut oil and seasoning
Lettuce & Lovage Soup  <i>2 x 10oz servings</i>	Classic creamy summer soup.  <b>Gluten Free</b>	£3:00	For best results defrost soup overnight in the fridge, ensure soup is piping hot before serving	Onions, Lettuce, lovage, <b>celery,</b> garlic, <b>butter</b> gf veg stock, <b>milk, cream</b> and seasoning
Creamy Leek & Potato Soup  <i>2 x 10oz servings</i>	Hearty and warming soup.  <b>Gluten Free</b>	£3:00	For best results defrost soup overnight in the fridge, ensure soup is piping hot before serving	Leek, potato, onion, <b>celery,</b> gf veg stock, <b>butter, milk, cream</b> and seasoning

Item	Description	Price	Cooking Instructions	Ingredients
Roasted Red Pepper, Tomato & Basil  <i>2 x 10oz servings</i>	Mouth watering tomato based soup.  <b>Gluten Free</b>	£3:00	For best results defrost soup overnight in the fridge, ensure soup is piping hot before serving	Roasted Red peppers, olive oil, tomato, onion, <b>celery</b> , garlic, basil, <b>butter</b> , sugar <b>cream</b> and seasoning

Larger portions of all meals available – please call Vanessa on **07988 262746** or email [lovagecatering@gmail.com](mailto:lovagecatering@gmail.com) to discuss.

## **LOVAGE DESSERTS: £10**

The following delicious desserts are all ArtisOn favourites, serve 8 - 10 and are available on request:

- Banoffee Pie
- Sticky Toffee Pudding
- Key Lime or Lemon Pie
- Waffle Berry Pie
- Lemon Paradise
- Fruit Crumble
- Chocolate Cheese Tart
- Fruit Trifle