

SWANBERRY

Sample menu for fridge and freezer filling service

VEGETABLES

*Grilled Aubergine Parmigiana
with or without mozzarella*

*Grilled Courgettes Parmigiana
with or without mozzarella*

Aubergine Rolls

Courgette Rolls

Parmesan Fennel Gratin

Soups (dairy free):

*Butternut Squash
Carrot and Orange
Fennel
Asparagus*

*Stuffed Peppers
tuna, meat OR rice*

*Stuffed Aubergine
vegetarian or meat version*

*Stuffed Courgettes
vegetarian or meat version*

*Neapolitan Potato Pie
vegetarian or meat version*

Roasted Peppers

Stuffed Artichokes (seasonal)

*Ciambotta
typical southern Italian vegetable stew made with aubergines, courgettes,
peppers and potatoes*

Borlotti Beans and Sausage

Chickpea Stew

Lentil Stew

Spinach and Cheese Pie

Vegetable Flan

Swiss Chard Gratin

Minestrone

*Grilled Vegetables
aubergines, radicchio, courgettes, peppers*

FISH

Stuffed Calamari

Baked Salmon

*in different versions:
infused in citrus juice, herbs and spices
with a crust of pistachios
wrapped in Parma ham*

Salmon in a Tomato & Ouzo Sauce

Cod in a Breadcrumbs Crust, Sun-dried Tomatoes & Homemade Pesto

Fish Pie (butter free)

Baked Seabass in Herbs

MEAT

Saltimbocca

veal, prosciutto and sage, rolled-up and cooked in dry white wine

Stuffed Chicken or Turkey Breast Rolls

Chicken Fillets in a Red Pepper Sauce

Chicken in White Wine, Herbs and Parma Ham

Chicken alla Cacciatore

chicken stew in a delicious red wine sauce

Deboned Chicken stuffed with Beef and Mushrooms

Meat Loaf

pork and beef OR beef only

Meatballs in Tomato Sauce

Meatballs in White Wine Sauce (no butter)

Italian Roast Beef

Pork Loin

cooked in milk and white wine OR in fresh orange juice

Chicken Soup

PASTA

Stuffed Jumbo Shell Pasta
vegetarian or meat version

Lasagna (traditional)

Vegetarian Lasagna

White Lasagna

Cannelloni
with or without meat

Roman Gnocchi

Crêpes
vegetarian or meat version

Sorrento Gnocchi

Traditional Neapolitan Baked Pasta

Rice Timballo
Italian baked rice

PASTA SAUCES

Basil Pesto

Rucola Pesto

Bolognese Sauce

Pepper Sauce

Broccoli Sauce

DESSERTS

all our cakes are also available gluten-free

Caprese Cake
gluten-free chocolate and almond cake

Zuppa Inglese
layered sponge cake with chocolate ganache and crème pâtissière

Amaretti and Chocolate Cake

Torta Imperiale
sponge fruit cake

Crostata
baked tarts - fruit OR chocolate OR jam

Mimosa Cake
layered sponge cake with crème pâtissière

Pastiera Napoletana

Cassata Siciliana