

# SWANBERRY

*Sample menu for fridge and freezer filling service*

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## 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*

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## 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*

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## 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*

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## 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*

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## PASTA SAUCES

*Basil Pesto*

*Rucola Pesto*

*Bolognese Sauce*

*Pepper Sauce*

*Broccoli Sauce*

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## 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*