



## Sugar Loaf Catering

### Chef Prepared Meals in Abergavenny

All Dishes are Fully Cooked Ready to Reheat

All the dishes are supplied frozen & can be ordered in advance and collected from Saint Michaels Centre or delivered in the local area. Also available to be delivered by courier anywhere in the UK.

#### FISH



##### **Homemade fishcakes x 2 £3.50**

Two Oak Roast Salmon Fishcakes pan fried which can be reheated in a conventional oven or microwave. Great Taste Award \* Gold 2008

##### **Luxury Fish Pie (serves 1/2) £4.00/£5.00**

Pieces of salmon, smoked haddock, cod & prawns in a white wine & parsley sauce topped with creamy mashed potato. Ready to oven bake.

#### Chicken

##### **Risotto with Chicken, Bacon, Butternut Squash, Spinach & Parmesan (serves 1) £4.50**

##### **Fricassée of chicken with a wild Mushroom & White Wine Sauce (serves1) £4.50**

##### **Spanish Chicken with Chorizo & Roasted Garlic (serves 1) £4.50**

Pan fried pieces of chicken cooked in the oven with chorizo sausage, Garlic, tomatoes, chickpeas & oregano

#### Beef

##### **Peppered Beef with a Red Wine & Thyme Sauce (serves 1) £4.50**

Local beef braised slowly in the oven served with a rich sauce made With the cooking liquor.

##### **Lasagne Bolognese (serves 1/2) £3.00/£4.00**

Classical lasagne, sheets of pasta layered with a rich Bolognese sauce, Béchamel, & Parmesan. Ready to oven bake.

##### **Beef & Ale Pie (serves 1/ 2) £4.00/£5.00**

A rich beef casserole with root vegetables & local beer, topped with puff pastry. Ready to oven bake

#### Lamb

##### **Shepherds Pie Topped with Caerphilly Cheese (serves 1 / 2) £3.50/£4.75**

Made with locally produced lamb, red wine, vegetables & fresh herbs, topped with creamy mash & welsh cheddar. Ready to oven bake.

##### **Welsh Lamb with Cider, Honey & Mint (serves 1) £4.50**

Shoulder of local lamb cooked slowly with stock, Welsh honey & Welsh Farmhouse cider.

## **Pork**

### **Slow Roasted Pork with a Mustard & Sage Sauce (serves 1) £4.50**

Lean belly pork roasted then slowly cooked with fresh herbs & stock then finished with grain mustard.

### **Gloucester old spot Sausages with Onion Gravy & Mash (serves 1) £4.50**

Two old fashioned sausages from Bower Farm in Grosmont with a rich gravy made with onions & stock.

## **Vegetarian**

### **Layers of Fresh Pasta with Spinach, Mushrooms, Wild Mushroom Sauce & Parmesan (serves 1/2) £4.00/£5.00**

Layers of fresh egg pasta with a creamy sauce flavoured with porcini mushrooms, flat parsley, spinach & mushrooms and sprinkled with parmesan. Ready to oven bake.

### **Roasted Vegetable & Bean Casserole (serves 1) £3.50**

Mediterranean vegetables & mixed beans cooked with cumin, smoked paprika, tomatoes & coriander

## **Please contact for our Weekly Specials**

All our dishes can be supplied chilled to order for 10 portions or more

CREDIT AND DEBIT CARDS ACCEPTED FOR ORDERS OVER £10.00

MINIMUM ORDER FOR LOCAL DELIVERY IS £20.00

FOR DETAILS OF DELIVERY BY COURIER & CHARGES PLEASE CONTACT US.

TO ORDER PLEASE CONTACT

Mark & Claire Coulton

Tel : 01873 737 755 Mobile : 07969 612 109

Saint Michaels Centre

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Abergavenny

NP7 5UD

[www.sugarloafcatering.co.uk](http://www.sugarloafcatering.co.uk)