

Desserts

Apple pie and custard (V)	£2.50
Treacle Tart and custard (V)	£2.50
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Chocolate brownie and custard (GF, V)	£2.50
Fruits of the forest cheesecake (V)	£2.50
Lemon Tart (V)	£2.50

V = vegetarian Vg = vegan GF = gluten free
DF = Dairy free N = contains nuts



Homemade Frozen Meals

Delivered safely to your door

A choice of delicious meals and desserts available

*All made in our kitchen in Budleigh Salterton
with locally sourced ingredients*

Dietary needs catered for



For more information and to place an order
please ring Launchpad on

07947 180173

Main Meals

Chicken Dishes

Breaded chicken	£5.50
Chicken casserole	£5.50
Creamy chicken curry (DF).....	£5.50

Beef Dishes

Cottage Pie (GF).....	£5.50
Beef casserole (GF).....	£5.50
Chilli con carne (GF, DF).....	£5.50
Pasta Bolognese bake.....	£5.50
Lasagne	£5.50

Pork Dishes

Sausages and mash (GF).....	£5.50
Sweet and sour pork (GF, DF).....	£5.50

Lamb Dishes

Moroccan Lamb tagine (DF, GF, N)	£6.50
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Fish Dishes

Cod fillet in parsley sauce	£6.00
Tuna and sweetcorn pasta bake	£5.00
Fish pie	£6.50

Vegetarian Dishes

Vegetable and bean chilli (V, Vg, GF, DF)	£5.50
Spinach and chickpea curry (V, Vg, GF, DF)	£5.00
Vegetable pasta bake (V).....	£5.00
Shepherdess Pie (V, GF).....	£5.50
Aubergine and squash tagine (V, Vg, GF, DF)	£5.50
Nut roast (V, N)	£6.00

