



**PENNY JOHNSTONE'S  
FREELANCE COOKS**

**Food for Delivery**

we can cater for most allergies, intolerances or special requirements, just tell us  
delivery at £1.20/mile one way

<b>Quiche, each</b>	<b>4"/ 8"/ 11"</b>
Leek & Caerphilly	6.50/16.20/22.80
Tomato & Basil	"
Broccoli & Stilton	"
Spinach, Ricotta & Wild Garlic	"
Butternut, Carrot & Mild Goat's Cheese Tart with Poppy Seed Pastry	6.80/16.50/23.40
Roasted Mediterranean Vegetables & Parmesan	"
Quiche Lorraine	"
Herefordshire Asparagus (seasonal)	7.20/16.80/23.70
Barba di Frate Quiche	"
<b>Soups, Lunch portion</b>	
<i>Most of our soups contain homemade stock, please specify if you require vegetarian/ vegan</i>	
Chunky Vegetable	3.95
Leek & Potato	"
Carrot & Orange	"
Roasted Pepper & Tomato	"
Watercress (with or without Almonds)	"
Wild Mushroom & Thyme	"
Broccoli & Stilton	"
Tomato & Basil	"
Warm Parsnip, Coriander & Ginger	"
Spiced Butternut, Sweet Potato and Ginger	"
Herefordshire Asparagus (seasonal)	4.50
Thick Chicken & Vegetable	"
Spicy Chicken & Black Bean	"
Soda Bread Loaf (1 lb loaf)	5.50
Sourdough Loaf (1 lb)	5.50
Mini Sausage & Apple Rolls – batch of 24	18.00
Mini Chestnut & Chestnut Mushroom Rolls (v) - batch of 12	10.80
<b>Canapés/ Nibbles</b>	
Oatcakes - batch of 24 mini	12.00
Cheese Sablés - batch of 24	16.00
Sesame & Blue Cheese Biscuits - batch of 24	16.00
Smoked Salmon Triangles (can be on soda bread) £/slice	4.50
Beetroot Roulade with Rocket & Cream Cheese, for 6	14.50
Thai Pork in Little Gems, for 6	14.50
Chicken Liver Pâté, with croutes, for 4	14.50
Potted Shrimps, with croutes, for 4	14.50
Quail's Eggs with Hâlen Mon Celery Salt, dozen	10.50



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<b>Starters</b>	
Spinach & Ricotta Pancakes x2	6.50
Chicken Liver Pâté	5.50
Chicken Liver & Foie Gras Parfait	7.00
Potted Shrimps	6.00
Individual Crab, Smoked Salmon & Avocado Tian	9.50
Crab Pancakes starter	10.50
Oak Roasted Salmon Mousse	7.50
Smoked Mackerel Pate, Melba Toast	5.50
Home Cured Gravdax with Dill Sauce	7.50
Game Terrine, Red Onion Marmalade	7.50
Chicken, Pork, & Pistachio Terrine	6.50
Mediterranean Vegetable Terrine (3 portion minimum)	6.00
Tomato & Basil Roulade (3 portion minimum)	5.50
Hazelnut & Wild Mushroom Roulade (3 portion minimum)	6.50
<b>Main courses</b>	
<b>Vegetarian</b> v = <i>vegan optional</i> V = <i>vegan</i>	
Spicy Puy Lentil Casserole v	7.00
Chickpea & Pineapple (Indian) Curry V	7.00
Stuffed Pepper with Cherry Tomatoes, Spring Onions, Herbs & Rice V	7.00
Spicy Couscous stuffed Courgette, with Cashew Nuts V	7.00
Hazelnut & Wild Mushroom Roulade (2 portion minimum)	7.60
Portobello Mushrooms filled with Vegan Haggis V	7.30
Spinach, Cream Cheese & Red Pepper Roulade (2 portion minimum)	7.30
<b>Fish &amp; Seafood</b>	
White Fish Pie (with boiled eggs, mash topping)	9.50
Fabulous Fish Pie (with shellfish, quail's eggs and lobster bisque sauce)	12.50
Smoked Haddock Fishcakes, each (1 for Lunch, 2 for Dinner)	5.50
Salmon Fillet with Dill Mayonnaise	9.50
Salmon en Croûte (with raisins, ginger, lemon & herbs)	11.00
Salmon Fillet with Tomato, Basil & Olive Pesto	10.50
Platter of Oak Roasted Salmon, Fresh Salmon & Prawns	12.50



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<b>Beef</b>	
Bolognaise Sauce	8.20
Chilli con Carne	8.20
Cottage Pie	8.50
Beef Lasagne	8.80
Steak and Kidney Pie	8.80
Beef Goulash	8.80
Beef Bourguignon	8.80
Beef & Ale Casserole/ Shortcrust Pie	8.80/9.40
Red Thai Beef Curry	8.80
Fillet of Herefordshire Beef Wellington (2 portion minimum)	13.20
<b>Poultry</b> <i>add £1.00 for organic chicken</i>	
Chicken Fricassée	7.60
Chicken, Leek & Mushroom Pie <i>or</i> Chicken, Leek & Ham Pie	7.60
Chicken, Pheasant & Ham Pie	7.90
Green Thai Chicken Curry	7.60
Coq au Vin	7.90
Mediterranean Chicken Casserole (with preserved lemons, artichokes & olives)	8.20
Syrian Spiced Chicken Thighs (with ginger, lemon, saffron and more)	8.50
Coronation Chicken with Fresh Mango (cold)	8.20
Chicken Supreme with Grapes/ Cherries, Tarragon Cream Dressing (cold)	8.20
Roast Quail (boned, stuffed with chicken, apricots, tarragon & pistachios)	8.50
Strega Cream Sauce	1.00
Confit Legs of Duck, with Blackberry & Tangerine Sauce	10.00
Supreme of Guinea Fowl with Wild Mushroom & Madeira Sauce	10.00
<b>Lamb</b>	
Shepherd's Pie	8.80
Moroccan Lamb Tagine with Apricots & Dates	9.40
Persian Lamb Tagine with Apricots, Dates & Pomegranate	9.70
Spiced Slow Roast Shoulder of Lamb with Baby Potatoes & Spinach	10.00
<b>Pork</b>	
Confit Belly Pork, Apple Sauce (to finish in oven)	7.60
Pork & Sausage Meat Puff Pastry Plait with a Warm Tomato Salsa	7.60
Pork, Apple & Local Cider Casserole/ Shortcrust Pie	8.80/9.40
Vincisgrassi with Parma Ham (lasagne layered with porcini mushrooms & cream)	8.80
<b>Game</b>	
Game Casserole/ Shortcrust Pie	8.80/9.40
Welsh Venison Casserole	9.40
Fillet of Welsh Venison Wellington (2 portion minimum)	11.50



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<b>Vegetables</b>	
Creamy Mashed Potato	2.40
Potato & Celeriac Purée	3.00
Dauphinoise Potato	3.75
Crushed New Potatoes with Wild Garlic (seasonal)	3.75
Braised Red Cabbage	2.50
Broccoli with Mild Chilli, Almonds and Garlic	3.00
Roasted Roots	3.50
Roast Vegetable Couscous	3.00
Moroccan Chermoula (raisins optional)	3.50
<b>Salads</b>	
Salad Potato with Cauliflower, Radish & Chives	2.50
Anya Potato & Red Onion with an Artichoke Oil & Lemon Dressing	3.25
New Potato Salad with Asparagus, Barba di Frate, Spring Onions and Cucumber (seasonal)	4.00
Coleslaw with Raisins and Peanuts	2.50
Mixed Leaves with Herbs and Flowers (dressing on the side)	2.50
Baby Salad Leaves, Herbs and Flowers (dressing on the side)	4.00
French Bean, Marinated Red Onion and Browned Almonds	3.25
Fine Bean, Mangetout/Sugar Snap, Hazelnut and Orange	3.25
Three Bean Salad (soya-, broad- & fine beans, herbs & dijon dressing)	3.25
Broad Bean, Pea, Rocket, Marinated Artichoke & Pickled Ginger Salad	4.00
Tomato, Mozzarella & Basil (w/ w.o spring onion)	2.50
Wild Rice, Quinoa, Rocket, Orange and Pistachio	3.00
<b>Puds</b>	
Blackberry and Apple Crumble (or other seasonal fruit)	5.00
Gooseberry & Elderflower Crumble	5.00
Rhubarb & Ginger Crumble	5.00
Plum Crumble/ Plum Clafouti	5.00/6.00
Rhubarb Crumble Cake	5.00
Kentish Apple Cake	5.00
Tarte Tatin & Homemade Plain Ice Cream	6.50
Treacle Tart/ Raspberry Bakewell Tart	5.30/5.90
Sticky Toffee & Medjool Date Pudding + Butterscotch sauce	5.60
Strawberry Meringue Roulade (2 portion minimum)	5.30
Brown Sugar or Blackcurrant Meringues, each	1.70
Hazelnut Meringue Roulade with Mango and Orange Cream (2 portion minimum)	5.90



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<b>Puds continued</b>	
Pimms Jelly with Strawberries & Mint	5.00
Individual Summer Pudding	5.30
Blackcurrant & Thyme Jelly (great with clotted cream)	5.90
Chocolate Brownie with Red Fruit Coulis	4.40
Chocolate & Orange Roulade (2 portion minimum)	5.00
Rich Chocolate Mousse (Large)	5.00
Dark Chocolate Torte with Hazelnut Pastry, Raspberry Sorbet	6.50
Lemon or Passionfruit Posset with Lavender Shortbread	5.00
Lemon, Ginger & Honey Yoghurt Souffle	5.00
Rhubarb or Gooseberry Fool with Ginger Biscuits	5.00
Cold Lemon Souffle	5.00
Iced Lemon Parfait with Passion Fruit Coulis	5.00
Fresh Lemon Cheesecake with Passion Fruit Coulis	5.30
Tarte au Citron	5.30
<b>Biscuits, Pastry &amp; Wotnot</b>	
Chocolate Brownie - ind.	2.50
Chocolate Brownies - ½ tray	27.00
Marmalade Flapjacks - ind.	1.50
Marmalade Flapjacks - ½ tray	18.50
Banana Bread (loaf)	7.00
Lemon Drizzle Cake (loaf)	7.00
Shortbread Biscuits – batch of 24	14.40
Lemon & Cumin Biscuits - batch of 24	"
Orange Fork Biscuits - batch of 24	"
Rosemary Biscotti – batch of 24	"
Oatcakes - batch of 12 large or 24 small	"
Cheese Sablés - batch of 24	16.00
Sesame & Blue Cheese Biscuits - batch of 24	"
Soda Bread Loaf (1 lb loaf)	5.50
Sourdough Loaf (1 lb)	5.50
Mini Sausage & Apple Rolls – batch of 24	18.00
Mini Chestnut & Chestnut Mushroom Rolls (v) - batch of 12	10.80