



Hello "Inner Circlers"

The meals listed below are the meals (at the moment) that I can offer to prepare for you out source

All meals are freezable and come with heating instructions.

Allergens are listed in each description.

All of the ingredients wherever possible are sourced locally.

Contact me on –

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Facebook – Inner Circle Catering

Minimum order of £30. Minimum order per choice is 2 portions.

For an extended pie list containing 30+ varieties see my Facebook page or contact me for the up to date list!

Please be aware all meals are subject to ingredient availability.

Price may vary dependent on market price changes linked to availability.

Curries-

Sweet Potato Balti – Pieces of sweet potato in an onion and tomato sauce that is delicately flavored with cumin, coriander, garlic, ginger and a little chilli. £5

Chicken Tikka Masala- Chunks of tender chicken tikka in a creamy spicy tomato sauce, flavored with traditional Indian spices.
(contains-dairy) £5

Slow roasted Beef Madras – Slow cooked pieces of beef, in a sauce made with coriander, chilli, coconut milk, garam masala, tomato and onion and a selection of other Indian spices. (contains-dairy, mustard, nuts) £6

Lamb Jalfrezi - Tender chunks of lamb cooked in hot spicy tomato sauce, then finished with a fry up of chunky onions, peppers and fresh garam masala. £6

Chicken and Spinach Balti - Tender pieces of chicken pieces first marinated in traditional Indian spices and yogurt. Then the chicken is cooked in a rich and tasty tomato and cream curry, with fresh spinach leaves mix within. (contains- dairy) £5

Fruity Chicken - Tender pieces of chicken in a creamy sauce, flavored with ginger, pineapple, mango and roasted coconut.
(contains- nut, dairy) £5

Pies-

Beef and Ale – Chunks of slow braised steak, in a rich ale gravy, with a short crust top and bottom. (contains- gluten, dairy) £4.50

Chicken Ham and Leek - Tender pieces of chicken, ham and sliced leek in a creamy sauce, with a short crust top and bottom. (contains- gluten, dairy)

£4

Cheese, Onion and Tomato – Mature Cheddar cheese, mini plum tomatoes and sliced red onion, delicately seasoned, with a herb short crust bottom. *(contains- gluten, dairy, mustard)* £3.50

Minced Beef and Onion – Minced beef and roasted onion, in a thick beef gravy, with a short crust top and bottom. *(contains- gluten, dairy)* £4.50

Steak and Potato – Tender chunks of steak and firm pieces of potato, in a beef and onion gravy, with a short crust top and bottom. *(contains- gluten, dairy)* £4.50

Chicken and Mushroom - Tender diced chicken breast and chunks of chestnut mushroom in a creamy white sauce, with a short crust pastry base and top. *(contains- gluten, dairy)* £4

Cheese, Onion and Potato - Mature Cheddar cheese, sliced onion and mashed potato, with a hint of paprika and mustard with a herb short crust pastry base and top. *(contains- gluten, mustard, dairy)* £3.50

Traditional Steak, Ale and Mushroom Pie- Diced steak and chestnut mushrooms slowly cooked in a traditional ale gravy, encased in short crust pastry. *(contains- gluten, dairy)* £4.50

Quiches- (8-10) (Whole Quiche)

Cheese, Onion and Tomato *(contains- dairy, gluten)* £12

Lorraine *(contains- dairy, gluten)* £14

Roasted Vegetable *(contains- dairy, gluten)* £12

Salmon and Broccoli *(contains- dairy, gluten)* £16

Vegetarian Dishes

Butternut Squash and Chickpea Tagine - Pieces of butternut squash and chickpeas with Chermoula (a spicy North African marinade of garlic, cumin, coriander, paprika, ginger, harissa and saffron), preserved lemons and black olives. *(contains-gluten)* £4

Vegetarian Sausage Casserole - 3 Juicy vegetarian sausages in a casserole of green peppers, tomatoes, onions, and mushrooms with a hint of basil. £4

Vegetarian Lasagna - Layers of lasagna Verdi separated with a Quorn mince, onions and mushrooms in a tomato and Chianti sauce. Topped with Cheddar and Parmesan cheese. *(contains- sulphites, dairy, gluten)* £3.50

Vegetable Oat Crumble –

Seasonal vegetables roasted beneath and oat and cheddar crumble, served with a rich tomato sauce (served separately) *(contains – celery, dairy, gluten)* £4

Veggie Enchiladas (2)– Corn tortillas filled with grilled peppers, corn from the cob, spring onions, cumin-fried black beans and fresh coriander; topped with a rich plum tomato and coriander sauce (with a hint of fresh chilli) and baked until bubbling and golden. *(contains- dairy, gluten)* £5

Spinach and Ricotta Enchiladas(2) - If you like spinach and Mexican food, you'll love these easy vegetarian enchiladas made with ricotta cheese and spinach.

Mexican Tortillas' stuffed with onion; spinach, garlic ricotta cheese, sour cream, and cheddar cheese topped with a traditional enchiladas sauce and more cheese. *(contains- dairy, gluten)* £5

Chicken Dishes

Chicken, Chorizo, Pepper and Potato tray bake – Chicken thighs, pieces of Spanish chorizo, red and yellow peppers and new potatoes baked with lemon, thyme, garlic and parsley. *(contains-gluten)* £4

Andalusian Chicken with Sherry- Tender chicken fillets simmered with shallots and garlic, in a delicately seasoned sherry and fresh Tarragon sauce, finished with tangy crème fraiche. *(contains- dairy)* £4

Thai Green Chicken Curry- Tender pieces of chicken in a wonderfully blended combination of coconut, chilli and cream sauce. *(contains- dairy, nuts)* £5

Braised Balsamic Chicken - Succulent chicken breast slow roasted in a tomato, onion and balsamic sauce. £5

Moroccan Chicken - Chicken portions slow roasted in Moroccan spices and tomato sauce, with chickpeas, apricots and raisins. £4

Chicken Enchiladas(2) – Stir fried chunks of tender chicken, red and green peppers, onions and mushrooms with Mexican spices, cheese and tomato sauce, rolled in corn tortillas and smothered in a spicy tomato sauce and melted cheese. *(contains-dairy, gluten)* £5

Teriyaki Chicken

A favourite way of cooking poultry in Japan. Crispy fried Chicken breast, simmered in a sticky sauce, made from sake, masala, sugar and dark soy sauce. Best served with rice and decoratively cut vegetables such as radishes, spring onions and cucumber. *(contains- soy)* £5

Creole Chicken with Pineapple.

An amazing combination of sweet, hot and sour ingredients from the Caribbean. The fruity flavours of pineapple and banana, chillies and lemon are perfect together. *(contains- dairy, celery)* £6

Coq Au Vin -

The ultimate traditional French casserole of chicken pieces, button mushrooms and onions, in a rich red wine sauce. Best served with fresh warm bread and butter. *(contains- sulphites, gluten)* £6

Piri Piri Style Chicken –

Chicken breast sautéed with chillies, peppers and black olives. £5

Beef Dishes

Cottage Pie - Vicars game minced beef cooked with onions, carrots and mushrooms in a beef and red wine gravy, topped with creamy mashed potato and cheddar cheese. *(contains- dairy)* £3.50

Traditional Beef Lasagna - Layers of lasagna Verdi separated with minced beef, onions and mushrooms in a tomato and Chianti sauce. Topped with Cheddar and Parmesan cheese. *(contains- mustard, dairy, gluten)* £4

Beef Bourguignon - Tender pieces of beef, shallot onions, chestnut mushrooms, carrot and bacon in a traditional red wine and beef casserole. *(contains- gluten)* £6

Fillet of Beef Stroganoff - Slices of fillet beef in an onion, mushroom, mustard and brandy cream sauce *(contains- mustard, dairy)* £7

Traditional Chilli Con Carne – Minced beef, onions, tomatoes, mushrooms and kidney beans slowly cooked in a hot chilli gravy sauce. *(contains-gluten)* £4

Braised Steak Chilli Con Carne - Tender braised steak, mushrooms, kidney beans and onions in a Mexican chilli sauce. *(contains-gluten)* £5

Lamb Dishes

Greek Lamb Kleftiko and Feta Potatoes - Slow roasted small lamb hind shanks, with potatoes, oregano and lemon, flavored with bay leaves, garlic and a crumbled feta cheese top. *(contains- dairy)* £7

Betty Turpins Lancashire Hotpot – Slow cooked chunks of lamb, carrots and onions in a traditional gravy and topped with sliced baked potatoes. *(contains- gluten)* £6

Pork Dishes

Hungarian Pork Goulash -

A spicy hotpot of comforting Pork stew, made with tender chunks of pork shoulder, red peppers, onions, tomatoes, chorizo and olives, with a selection of traditional Hungarian spices. *(contains- gluten)* £6

Peruvian Pork - Tender chunks of Pork shoulder cooked in a Marinade of cumin, tumeric and white wine vinegar, served in a orange and onion sauce. *(contains- gluten)* £6

Spicy Bean and Sausage Stew –

A rich tomato, garlic, bacon, red chilli and cannelloni bean stew, slow cooked to ensure all flavor's fuse with one another. £5

Pork Sausage Casserole - Vicars Game pork sausages served with a rich tasty tomato, onion and pepper, enhanced with a dash of red wine sauce. *(contains- sulphites)* £4.50

Ham, Potato, Leek and Herb Hotpot -

A rich casserole of potatoes, leek, white wine and ham flavored with plenty of herbs. £4.50

Seafood Dishes

Traditional Tuna Pasta Bake- Tuna in a tomato, sweetcorn, onion and fresh herb sauce, beneath a layer of Fusilli Pasta, with a Cheddar cheese top. *(contains- gluten, dairy)* £4.50

Bengali Coconut Fish Pie- A cross between a rich, delicately spiced Bengali fish curry and a classic fish pie. Containing fresh cod chunks, king prawns and calamari delicately flavored with Bengali spices and topped with mashed potato flavored with mustard butter. *(contains- gluten, dairy, mustard, shellfish)* £6.50

Game Dishes

Seasonal Mixed Game Casserole

A combination of Pheasant, Venison, Duck, Rabbit, Partridge and other game. Slowly cooked in a thyme and sage flavoured Casserole, with a hint of red wine and redcurrant. *(Contains – Gluten)*

Game combination is based upon seasonal availability.

£7

Rabbit and Bacon Pie-

Diced Rabbit, thyme, garlic, streaky bacon onion in a shortcrust pastry pie. *(contains – gluten, dairy)* £5