



# *Mediterraneo Catering*

## Delivery Mains and Sides

Meals can be delivered to your villa before you arrive or during your stay. Most items can be frozen, and are also available gluten and/or dairy free.

Please check out the other delivery lists for more ideas.

All items are priced per portion

### Pasta sauces:

Tomato and fresh basil	€3,00
Bolognese	€4,00
Roast vegetable ratatouille	€4,00

### Vegetarian and vegan: all €7,50 per portion

Vegetarian or vegan buddha bowl salad

Balsamic roast beetroot, goats cheese and walnut salad

Roast vegetable and spinach lasagna

Lentil and vegetable pie topped with with sweet potato mash

Black bean and vegetable chili

Roast pumpkin falafel with red pepper sauce and tahini yoghurt sauce

Pumpkin, sweet potato, spinach and black eyed bean curry

Roast vegetable tagine with preserved lemons and chickpeas

Coconut and red lentil dhal with spinach

Roast cauliflower steak with morrocan spices and minted yoghurt dressing

Roast Hokkaido pumpkin with teriyaki drizzle and toasted sesame seeds

Grilled polenta with roast vegetable ratatouille

Baked aubergine stuffed with herby risotto and semi dried tomato, topped with cheese

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## Fish:

Tiger prawn and mango salad with sweet chili and lime dressing	€12,00
Seabass ceviche salad	€10,00
Fresh grilled tuna niçoise salad	€10,00
Smoked salmon, asparagus and avocado salad	€10,00
Fish pie with hake, prawns and broccoli, topped with mashed potato	€8,50
Salmon Fishcakes with remoulade sauce	€8,50
Squid Mediterraneo with tomato, garlic, red wine, olives and herbs	€8,50
Baked salmon steaks with fennel and a creamy dill sauce	€9,50
Seafood lasagne	€9,50
Salt cod baked with cherry tomatoes, white wine and garlic	€10,00
Octopus feijoada (with catarina beans and chorizo)	€10,00

## Beef:

Thai grilled steak salad with sweet chili and lime dressing	€10,00
Italian grilled steak salad with rocket pesto, orzo pasta, semi dried tomato	€10,00
Beef lasagne	€8,50
Cottage pie topped with mashed potato	€8,50
Meatballs in tomato and basil sauce	€8,50
Beef and guinness stew	€9,00
Beef bourguignon with red wine, shallots, rosemary and garlic	€10,00
Beef tagine with morrocan spices and prunes	€10,00
Osso bucco	€10,00

## Pork:

Pulled pork and black bean chili	€8,50
Slow braised spare ribs	€8,50
Pork chops baked with apples, garlic, white wine and creme fraiche	€8,50
Roast pork belly with plums, soy and star anise and ginger	€9,00
Pork tenderloin in crème fraiche, honey and wholegrain mustard sauce	€9,00
Pork tenderloin with sundried tomato, red wine, garlic and olives	€9,00
Pork feijoada (with catarina beans and chorizo)	€9,00

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## Chicken:

Grilled chicken and mango salad with a creamy curry dressing	€9,00
Grilled chicken cob salad with honey and wholegrain mustard dressing	€9,00
Balsamic chicken salad with rocket pesto and mini mozzarella balls	€9,00
Chicken Parmigiana	€8,50
Chicken tagine with apricots, preserved lemon, saffron and herbs	€8,50
Chicken Cacciatore (red wine, thyme, tomato, mushrooms, shallots)	€9,00
Chicken provencale with tomato, olives and red peppers	€8,50
Chicken breast with bacon, leeks, crème fraiche and white wine	€8,50
Chicken and chorizo lasagna	€8,50
Middle eastern chicken with clementines and fennel	€9,00
Thai red chicken curry with pumpkin and coconut milk	€8,50
Chicken tikka masala curry	€8,50

## Lamb, Rabbit and Duck

Asian duck salad with a citrus and oriental dressing	€12,00
Leg of lamb slow baked with red wine, garlic and rosemary	€10,00
Lamb kofta with spiced tomato and herb sauce and tzatziki dip	€10,00
Lamb shanks braised in white wine and garlic	€10,00
Moroccan spiced lamb tagine with apricots, saffron and herbs	€10,00
Rabbit baked with red wine, shallots, mushrooms and thyme	€10,00
Rabbit baked with sage, garlic, white wine and cream	€10,00
Duck leg confit with thyme	€12,00

Classic sides: €2,00 per portion

Mixed salad/tomato and onion salad

Steamed vegetables – any combination of carrots, green beans, broccoli

Rice/pasta/couscous/boiled new potatoes

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More vegetable, carb and salad sides: all €3,50 per portion

Caesar salad with sourdough croutons and creamy garlic-parmesan dressing

Greek salad with feta cheese and kalamata olives

Asian slaw with sweet chili and lime

Classic coleslaw

Spinach, crumbled ewe's cheese and walnuts with wholegrain mustard and honey

Brazilian black bean and mango salad with sweet chili and lime

Roast vegetable ratatouille

Grilled mediterranean vegetables with balsamic and basil

Honey glazed carrots with lemon and thyme

Grilled polenta wedges

Gratin potatoes

Sauted potatoes with onion and oregano

Baby new potato salad with sour cream and chives

Pasta salad with mozzarella, semi dried tomato rocket and pesto dressing

Quinoa salad with roast vegetables, spinach, seeds and sumac dressing

Bulgar wheat tabbouleh with fresh mint dressing

Spiced brown rice salad with peppers and dried fruit

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