



Bare Nutrition

Naturally Great Meals

Delivered Fresh - £5 each or £45 for 10 meals - *Weekly subscription deal (cancel anytime) £40 for 10 meals*

Telford area free delivery every Sunday 6-9pm - UK Mainland delivery via chilled parcel £12.50

Freshly Prepared Rice Boxes and Pasta Salads

1. Choose either Rice Box or Pasta Salad – Freshly prepared in a light dressing and mixed with bell peppers and sweetcorn.
Pick from Fresh Chicken Breast or Salmon.
Select Your Flavour from Sweet Chilli, BBQ, Mexican, Piri-Piri or Lemon & Herb.

Breakfast (Or just as good any time of the day)

2. Strawberry Oatmeal Waffle topped with a Strawberry Compote. – GF/DF/VE.
3. Blueberry Oatmeal Waffle topped with a Blueberry Compote. – GF/DF/VE.
4. Banana Oatmeal Waffle topped with a thick Banana Compote and Light Maple Syrup. – GF/DF/VE.
5. Spanish style Egg Muffins (Cheese, Peppers & Onions) with Super baked beans and Herby Potato Chunks. – GF/DF/VE.
6. Chicken Sausages with Mushrooms, Tomatoes, Herby Potatoes and a Boiled Egg– GF/DF

Lunch/Evening Meals

7. Sweet Chilli Chicken with Baby Potatoes, Broccoli and Carrot batons. – GF/DF.
8. BBQ Chicken with Hand cut Sweet Potato Wedges and Green Beans. – GF/DF
9. Moroccan Turkey Kofta Kebabs with Rice and Broccoli – Fresh and Lean turkey mince spiced with Paprika, Cumin, Coriander, Mint and Caraway Seeds to create an authentic Moroccan flavour. Served on a wooden skewer with long grain rice and broccoli. - DF
10. Cottage Pie with Green Beans – a traditional cottage pie recipe made from lean steak mince, carrots and onions. Delicately seasoned with a selection of herbs and covered in a light freshly made mashed potato. – GF/DF
11. Mexican Chicken Fajita box with Rice – Mexican spiced Fresh chicken breast slices on top of a medley of sliced bell peppers and onions accompanied with Long-Grain Rice. - GF/DF
12. Piri Piri Chicken with Hand cut Sweet Potato Wedges and Macho Peas – GF/DF
13. Lemon & Herb Chicken with Baby Potatoes, Macho Peas and Carrot batons – GF/DF
14. Beef Meatballs with Pasta in a Tomato Sauce and Broccoli – DF (Gluten free also available upon request)

- 15. Beef Bolognaise with Penne Pasta and Broccoli - DF
- 16. Chinese Spiced Pork Loin Stir Fry with Egg Noodles or Rice.

Fish Dishes

- 17. Lemon & Herb Haddock with Sweet Potato Wedges, Macho Peas and Broccoli - GF/ DF.
- 18. Sweet Chilli Salmon Stir Fry with Egg Noodles.
- 19. Sweet Chilli Salmon with Rice and Broccoli - GF/DF

Vegetarian & Vegan Meals

- 20. Pulled BBQ Jackfruit with Rice, Carrots and Broccoli - GF/ DF/ VE/ VG.
- 21. Quorn Pieces with Hand cut Sweet Potato Chips and Macho Peas - Quorn can be requested plain or your choice of Lemon & Herb, Piri , Sweet Chilli or BBQ - GF/DF/VE.
- 22. Quorn Pieces with Rice, Green Beans and Carrots - Quorn can be requested plain or your choice of Lemon & Herb, Piri , Sweet Chilli or BBQ - GF/DF/VE.
- 23. Vegetarian sausages with Herby Potato chunks, Hard-boiled egg, Mushrooms and Tomatoes. - GF/DF/VE. (Vegan option available)
- 24. Butternut Squash and Chickpea Tagine with Rice and Broccoli - GF/ DF/ VE/ VG.

Build Your Own Meal

1 - Choose one

Protein

- Chicken Breast
- Moroccan Koftas
- Pork Loin
- Salmon
- Haddock
- Beef Meatballs
- Chicken Sausages

2 - Choose one each or two vegetables

Carbohydrates

- White Rice
- Penne Pasta
- Herby Potatoes
- Sweet Potato Wedges
- Baby Potatoes
- Egg Noodles

Vegetables

- Broccoli
- Carrots
- Green Beans
- Macho Peas
- Super Baked Beans
- Fajita Vegetables
- Stir Fry Vegetables

3 - Choose one

Flavour/Sauce

- Sweet Chilli
- BBQ
- Mexican
- Piri-Piri
- Lemon & Herb
- Italian

GF = Gluten Free DF = Dairy Free VE = Vegetarian VG = Vegan

Please ask for allergen advice for your meal choices - Macro Values also available on Request.