

# HOMEMADE MEALS FROZEN OR NOT/ COOKED OR UNCOOKED!

How many times we all wished that we could enjoy a lovely homemade meal like mama used to do it? We are either tired, unwell or just too busy and that wish just crushes when we are faced with the reality! But what about the frozen ready meals we can find in the supermarkets? Don't you find that they all taste the same and they've got nothing to do with healthy home cooked food? And do you know why? Yes, it's because they are full of additives, preservatives or colours produced in factories by machinery!

But if, like me, you love your food, you'll want the very best from a ready meal for you and your family. You won't want to compromise on taste or quality and you certainly wouldn't trust a mass-produced ready meal. The fact though remains, most of us need a helping hand in the kitchen at some time or another. So that's why at Greekelicious we have for you our homemade meals that are totally different from anything else you have tried until now!

What is the difference between Greekelicious homemade frozen ready meals from the rest?

At my home kitchen, I prepare food by hand. Using the best possible fresh ingredients, you could use at your home for your cooking. But the most important fact about my cooking is that I always cook from my heart, as i love making people happy through my cooking the same way that i would do it for my own family. I then fast freeze the meals at -35°C so they taste freshly made when you heat them up at home either from frozen or chilled (no additives or preservatives required).

Below you can find all the delicious dishes you can order. Please note that the dishes with \* can be ordered cooked or uncooked. Let us know in advance for any allergies or intolerances and we will do our best to accommodate your request.

We are happy to adjust the dishes to vegan or vegetarian where is possible.

<u>PIES</u>	<u>SIDES</u>	<u>MAINS</u>
€12.00 (tray with 4 portions)	€8.00 (tray with 4 portions)	
Spanakopita*	Spinach rice	Tandoori chicken kebab* (10 skewers) €16.00
Tiropita*	Garlic rice	Chicken Gyros donner* (4 portions) €16.00
Cottage pie	Pilaf rice	Pizza* (20 pcs 7.5cm x 7.5cm) €6.00
Spinach & chicken*	Vegetable rice	Mini burgers* (14 x burger 50g) €6.00
Roast chicken *	Cauliflower au gratin	Burgers* (6 x 120 – 140 g) €6.00
Chicken, mushroom & leeks*	Gratin Dauphinois potatoes	Hot or bbq wings* (500gr) €5.00
Lentil & spinach*	Roast potatoes	Quiches (3-4 portions) €16.00
Green garden *	Mashed potatoes	Chicken curry (4 portions) €16.00
	Jacket potatoes	Chicken goujon or nuggets * (500 gr) €4.80
	Potatoes Giahni (in tom. sauce)	Chicken with coloured peppers (4 portions) €16.00
	Bourgouri	Chicken or pork a la crème (4 portions) €16.00
	Briam	Pulled pork (4 portions) €16.00
	Ratatouille	Pork or chicken schnitzel* (8 pcs) €16.00
	Spinach in tomato sauce	Biftekia * (6 x120 – 140 g) €6.00
		Stuffed biftekia with feta* (6 x120 – 140 g) €6.80
		Spicy biftekia*(6 x120 – 140 g) €6.00
		Rolo or Meat loaf* (4-6 portions) €16.00
		Keftedes* (20 pcs) €8.00
		Kollokithokeftedes(courgette fritters)* (20 pcs) €8.00
		Sountzoukacia (4 portions) €16.00
		Afelia (4 portions) €16.00
		Pork fillet or chicken with mushrooms (4 portions) €16.00
		Pork or chicken giouvetsi (4 portions) €16.00
		Chili con carne (4 portions) €16.00
		Pork, chicken or fish Concasse (4 portions) €16.00
		Lamb kleftiko (2 portions) €16.00
		Stifado pork or octopus (4 portions) €16.00
		Papoutsakia (4 portions) €16.00
		Makaronia touournou (4 portions) €16.00
		Moussakas (4 portions) €16.00
		Lasagne (4 portions) €16.00
		Kannelonia (4 portions) €16.00
		Gemista (4 portions) €16.00
		Koupepia (4 portions) €16.00
		Stuffed calamari with spinach & feta (4 portions) €16.00