

# Samafels

To order email [ruth@samafels.com](mailto:ruth@samafels.com) or call 07746 602739 and leave a message

<b>Red Lentil Dhal</b> (Savoury dhal with mustard seeds & garam masala - mild)	£3.00
<b>Zesty Dhal</b> (Yellow split pea dhal finished with lemon & coriander - very mild)	£3.00
<b>Black Bean Madras</b> (Black beans & carrots in a madras style gravy - Spicy)	£4.00
<b>Mushroom &amp; Lentil Ragout</b> (Cooked in the style of a bolognese sauce)	£4.00
<b>Spinach &amp; Chickpea Curry</b> (creamy chickpeas & leafy spinach cooked in a traditional curry sauce - medium)	£4.00
<b>Three Bean Chilli</b> (Haricot, Aduki & Black Beans in a Spicy Tomato & Cumin Sauce)	£4.00
<b>Italian Bean Stew</b> (Haricot beans cooked with basil, sundried tomatoes, courgettes & peppers)	£4.50
<b>Moroccan Veg &amp; Lentil Stew</b> (Chunky leeks & carrots with puy lentils in a spicy sweet Moroccan style sauce - medium)	£4.50
<b>Smoky Butterbean Stew</b> (Butterbeans cooked with aubergine, red pepper, rosemary, smoked paprika & tomatoes)	£4.50
<b>Tofu &amp; Cauli Jalfrezi</b> (chunks of roasted tofu & cauliflower in a spicy, aromatic sauce - spicy)	£4.50
<b>Tandoori Tofu with Pilau Rice</b> £6.00 (Tofu marinated in our own tandoori blend, roasted with red onion & peppers on a bed of pilau rice)	
<b>Sage &amp; Lentil Nut Roast</b> (Traditional savoury Nut Roast with a light cayenne kick)	£6.00
<b>Cranberry, Orange &amp; Chestnut Nut Roast</b> (Festive flavours, slightly sweeter than traditional nut roast)	£6.00
<b>Vegan Mayo 280g (Chilled - 2 week shelf life)</b>	£3.00