



SHOPPING LIST

Pan-fried sea bass with sage butter

Butter | olive oil | sugar | salt & pepper

Risotto with mascarpone and seasoned pork sausage

Vegetable stock | butter | extra-virgin olive oil | salt & pepper

Yellow rice with spinach-coconut curry

Vegetable stock | olive oil | sunflower oil | salt & pepper

Rich broccoli with fried codfish

Olive oil | butter | salt & pepper

Portobello with goat's cheese from the oven

Olive oil | honey | extra-virgin olive oil | salt & pepper

Pearl couscous with pumpkin and feta cheese

Vegetable stock | olive oil | white balsamic vinegar | extra-virgin olive oil | salt & pepper

Asian noodles with scrambled eggs and peanuts

Sunflower oil | ketjap | salt & pepper

Wraps with spicy aubergine and patties

Olive oil | salt & pepper

🕒 Spaghetti Bolognese with minced chicken

Olive oil | black balsamic vinegar | brown sugar | salt & pepper

🕒 Omelette sandwich with spicy blue cheese

Extra-virgin olive oil | white wine vinegar | mustard | honey | butter | salt & pepper

🕒 Casarecce with pesto, tuna and bacon

Salt & pepper

★ Pollo tonnato with sourdough bread

Butter | olive oil | black balsamic vinegar | chicken stock | extra-virgin olive oil | salt & pepper

BREAKFASTBOX:

Warm apple-oatmeal crumble

Butter | salt

Yoghurt with kiwi and passion fruit

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Fibre rich crackers with avocado

Salt & pepper