

home-cooked ready meals to go!

all munchies ready meals are prepared on the premises by our chef, thierry aubugeau. thierry has worked in many michelin starred restaurants in both the uk and france.

if you would like to order any items in different quantities to those shown on the form, please contact us as we will be very happy to accommodate your requests.

in addition to the frozen ready meals on this order form, we have an amazing variety of both fresh and frozen meals available in the shop, including:

quiches, pates & terrines, salads, tapenades & humous, cakes & tarts, gravy, stocks, fresh pasta sauces, rillettes, confits, rotisserie chicken and much more.....

all meals are gluten free except pasta & desserts

we also have a Ice cream bike for hire please enquire within

delivery information

i would like my order delivered on:

am (9am-1pm)

pm (2pm-6pm)

delivery minimum 4 meals

name _____

tel _____

delivery address: _____

postcode _____

email _____

please drop your order form into the shop,
or send it to us by fax or post or email.

payment for orders & deliveries:
cash or cheque or pay by card in the shop

we can deliver within a 5 mile radius of the shop monday to friday for a small delivery charge of £1. if you would like an order delivered outside this area please contact us.

too tired to cook?



take away and dine with us

munchies®
ready meals

165 high street, aldeburgh, suffolk, ip15 5an
tel: 01728 454566 fax: 01728 454566
email: aldeburghmunchies@googlemail.com
opening hours: 7 days 9-5

munchies ready meals frozen meals - order form

cheap eats

meal for 1 meal for 2 meal for 4
£3.75 £7.50 £15.00

please enter the amount in the boxes below

- cottage pie
- shepherds pie
- pasta bolognese with parmesan
- chilli con carne with rice
- lasagne - beef
- lasagne - vegetable (v)
- bangers & mash with onion gravy
- chicken confit with lentils
- macaroni gratin

posh nosh

meal for 1 meal for 2 meal for 4
£4.25 £8.50 £17.00

please enter the amount in the boxes below

- boeuf bourguignon with rice
- venison & guinness stew
- duck confit with lentils
- pork cassoulet
- lamb navarin
- chicken breast in prosciutto with roast med veg
- salmon pesto risotto
- smoked haddock carbonara
- rabbit in mustard sauce with mash
- coq au vin with forestiere potatoes
- aubergine parmigiana (v)
- stuffed portobello mushrooms with ratatouille & roquefort

soups

soup for 1
£2.00

please enter the amount in the boxes below

- leek & potato
- carrot & coriander
- tomato & basil
- pea & ham

desserts

dessert for 1
£2.00

Please enter the amount in the boxes below

- bread & butter pudding
- apple & cinnamon crumble
- sticky toffee pudding
- chocolate brownies
- red berries vacherin
- lemon tart
- chocolate tart
- pear & almond tart
- rocky road