

TLC FOODS WHOLESALE

021-4885299

SOUP €5 PER LITRE

Vegetable

Roasted red pepper

Mushroom

Potato & Leek

Carrot and coriander

Red pepper & sweet potato

Chowder €10 per kg

SALADS €10 PER KG

Baby potato & spring onion

Rice, sweet chilli & shallots

Broccoli, feta & cherry tomato

Coleslaw

Quinoa & roasted veg

MAINS €9.50 PER KG

Chicken & leek pasta bake

Thai chicken curry

TLC chicken curry

Beef stroganoff

Beef bourguignon

Chicken ala king

Chicken tikka masala

Beef bolognaise

VEGAN | VEGETARIAN MAINS

€9.50 PER KG

Vegan bolognaise

Vegan Thai Curry

HALF GASTROS €27

Chicken & Leek pasta bake

Lasagne

Cottage pie

QUICHES 12 " €22.50

Bacon & Leek

Vegetarian

DESSERTS

Strawberry pavlova roulade €27

Banoffi pie €27

Cheesecake | baileys | lemon |

raspberry | strawberry €25

DESSERTS Small €7 | Large €25

Raspberry & almond tart

Pear & almond tart

BALLINHASSIG BROWN BREAD

NOT GLUTEN FREE 650G €2.75