

Order any of the following by 12pm on Monday, collect from the shop on Thursday after 10am.

Yorkshire Provender Soups	
Pea & Fresh Spinach with Mint (GF, V)	£2.95
Tomato & Red Pepper with Wensleydale Cheese (GF, V)	
Ruustic Vegetable Broth, Lentils, Kale & Quinoa (GF,Ve)	
Chicken, Lentil, Butternut Squash & Cumin (GF)	
Root Vegetables with Pearl Barley (V)	
Roast Chicken with Traditional Vegetables (GF)	
Super Broccoli & Yorkshire Cheddar (GF)	
Sweet Potato & Lentil Dahl (GF, Ve)	
Richard's Carrot & Red Lentil (GF, V)	
Cauliflower Cheese with Kale (GF, V)	
Smoky Sausage & Three Bean	
Mushroom & Wholegrain Black Rice	

Mackenzies Smokehouse	
Kipper Fillets 170g	£2.95
Peppered Mackerel Fillets 150g	£3.50
Plain Mackerel Fillets 150g	£3.50
Thai Mackerel Fillets 150g	£3.50
Lemon & Thyme Mackerel Fillets 150g	£3.50
Smoked Shetland Salmon sliced 100g	£5.55
Smoked Shetland Salmon sliced 200g	£9.95
Oak Roast Salmon Portions (2x80g approx.)	£7.75
Gravalax sliced 100g	£6.45
Smoked Trout Fillets 150g	£7.25
Smoked Salmon Pate 160g tub	£4.40
Smoked Mackerel Pate 160g tub	£4.40
Smoked Trout Pate 160g tub	£4.40
Smoked Cheddar Wedge 200g	£3.45

Ramus Seafood, Grimsby	
Ramus Fresh	
Scottish Salmon Portions 240g	£5.95
Seabass Fillets 180g	£4.50
Raw Peeled Tiger Prawns 200g	£4.50
Scottish Cod Fillets 240g	£4.75
King Scallops 150g	£7.50
Smoked Mackerel 180g	£3.50
Smoked Peppered Mackerel 180g	£3.50
Scottish Haddock Fillets 240g	£4.75
Smoked Haddock Fillets 200g	£4.95
Fish Pie Mix 250g	£4.95

Crispy Breaded Cod Fillets 240g	£4.95
Monkfish Fillets 200g	£8.95
Hake Portions 200g	£4.50
Tuna Steak 200g	£5.95
Scottish Kipper Fillets with butter 200g	£3.50
Doversole 200g	£12.50
Samphire Grass 100g	£3.95
Halibut Fillets 200g	£8.95
Turbot Steak 200g	£12.50
Swordfish Steak 200g	£5.95
Whisky Oak Smoked Salmon 100g	£5.95
Full Side Smoked Salmon 1000g	£29.95
Ramus Kitchen	
Scottish Salmon En Croute 300g	£9.50
Salmon with Pesto Butter 240g	£6.75
Salmon with Jerk Marinade 240g	£6.75
Salmon with Pesto Breadcrumbs 240g	£6.75
Salmon with Teriyaki Sauce 240g	£6.75
Garlic King Prawn Skewers 240g	£4.95
Tiger Prawn 7 Pepper Skewers 240g	£4.95
Chilli Salmon & Pepper Skewers 240g	£4.95
Salmon & Pepper Skewers 240g	£4.95
Smoked Haddock with Mustard Butter 200g	£5.50
Cod Wrapped in Pancetta 200g	£6.25
Cod with Lemon, Parsley & Ricotta Crust 200g	£5.50
Tuna Steak with Teriyaki Sauce 200g	£7.25
Sea Bass with Cheddar, Lemon & Parsley 180g	£5.50
Sea Bass with Lemon & Tarragon Butter 180g	£5.50
Monkfish Fillets in Pancetta 200g	£9.50
King Scallop Wrapped in Bacon 180g	£9.95
King Prawn Tails Tandoori 180g	£5.50
King Prawn Tails Garlic 180g	£5.50
King Prawn Tails Peri Peri 180g	£5.50