

GROW WITH US  
**NOURISH**

*Eid*

**Al-Fitr**

**30**

**MAR**

Malabar Chicken Handi  
(Chicken & Coconut Curry)

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Aash-e Jow (VG)  
(Persian Barley, Rice, & Beans)

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Iranian Jeweled Rice (VG)  
Chickpea, Barley, Courgette Ribbon Salad with Mint  
(VG)

Spiced Aubergine and Cauliflower (VG)

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Coconut and Carmel Cake 1,7,9 (V)  
Kahk Eid Cookies 1 (VG)

**Allergen code: (1) Wheat Gluten (2) Crustaceans (3) Soybean (4) Mustard (5) Sesame (6) Sulphites/Sulphur Dioxide (7) Milk (8) Fish (9) Egg (10) Peanuts (11) Molluscs (12) Celery/Celery (13) Nuts (14) Lupins (15) Oat Gluten (16) Barley Gluten.**