

MILES OF FLAVOURS

SAMPLE MENU

A WEEK OF MILES OF FLAVOURS

Private dining & weekly meal service — a taste of what we cook

Welcome to the table.

Every Miles of Flavours menu is built for the household it feeds — shaped around your goals, your schedule and your taste. There is no fixed list to order from. Instead, each week Miles curates a menu just for you.

What follows is a sample — a recent week of high-protein, vegetable-forward dishes — to give you a feel for the range, style and care that goes into every menu.

Each plate is built around fresh, seasonal produce and prepared in small batches to fit your week. Proteins are sourced from suppliers we trust, vegetables are picked for what's at its best, and nothing leaves the kitchen that we wouldn't happily eat ourselves.

Your own menu will look different. That's rather the point.

WITH WARMTH,
THE MOFO KITCHEN

BREAKFAST

mornings, considered

Tropical Bircher Muesli

berries, passion fruit, coconut

Rolled oats soaked overnight in apple-infused yoghurt and orange juice, topped with fresh berries, passion fruit and toasted coconut flakes.

423 kcal · 19g protein · 62g carbs · 12g fat · 12g fibre

ALLERGENS GLUTEN (OATS) · MILK

Breakfast Burrito

scrambled egg, avocado, harissa aioli

Soft-scrambled egg, avocado, spring onion and jalapeño wrapped warm, with a smoky harissa aioli on the side.

501 kcal · 19g protein · 36g carbs · 32g fat · 5g fibre

ALLERGENS EGG · GLUTEN

Banana Protein Pancakes

Greek yoghurt & berries

Fluffy protein-rich pancakes packed with flavour, served with Greek yoghurt and fresh berries.

404 kcal · 18g protein · 55g carbs · 14g fat · 5g fibre

ALLERGENS EGG · GLUTEN · MILK

LUNCH

light & bright

Chicken Panzanella Salad

Grilled chicken breast over a rustic salad of plum and sundried tomatoes, red onion, torn basil and parsley, toasted sourdough croutons and kalamata olives, finished with a drizzle of good olive oil.

589 kcal · 62g protein · 35g carbs · 24g fat · 4g fibre

ALLERGENS GLUTEN

Courgette Burrito

A warm flour tortilla filled with sautéed courgette, red kidney beans, sweet plum tomato and onion, finished with mozzarella and a spoonful of mayo.

545 kcal · 22g protein · 68g carbs · 22g fat · 8g fibre

ALLERGENS GLUTEN · MILK · EGG

Grilled Chicken Salad with Hummus

Grilled chicken breast over a bed of fresh plum tomatoes and fragrant herbs — mint, basil and dill — served alongside two generous spoonfuls of creamy hummus.

413 kcal · 61g protein · 14g carbs · 13g fat · 3g fibre

ALLERGENS SESAME

Burrata & Fennel Salad

Shaved fennel and chickpeas layered with torn burrata, fresh strawberries, orange segments, toasted walnuts and a scattering of mint and dill.

709 kcal · 36g protein · 66g carbs · 59g fat · 9g fibre

ALLERGENS MILK · NUTS

Chicken Francese

shaved asparagus & mint salad

Grilled chicken cutlets pan-seared in a delicate lemon, white-wine and mustard sauce, finished with fresh parsley and peas. Served with a cool salad of shaved asparagus, mint, lemon and good olive oil.

615 kcal · 55g protein · 29g carbs · 28g fat · 6g fibre

ALLERGENS EGG · GLUTEN · MILK · MUSTARD · SULPHITES

Charred Bitter Greens with Grilled Seabass

Two seabass fillets, simply grilled, laid over charred chard with fresh mint and dill and a spoonful of mayo.

495 kcal · 42g protein · 3g carbs · 12g fat · 2g fibre

ALLERGENS FISH · EGG

DINNER

hearty & warming

Chicken Schnitzel with Fennel Salad

Chicken breast pounded thin, breaded in panko and pan-fried until golden. Served alongside a crisp fennel and courgette salad with mint and pomegranate.

681 kcal · 67g protein · 56g carbs · 22g fat · 3g fibre

ALLERGENS GLUTEN · EGG

Grilled Monkfish Skewers

mint salad

Monkfish threaded onto skewers and grilled over high heat, served with charred courgette, sweet potato and a bright mint and parsley salad.

482 kcal · 48g protein · 13g carbs · 3g fat · 2g fibre

ALLERGENS FISH

Lamb Chops with Tzatziki & Lentils

Three lamb chops, chargrilled and rested, alongside braised lentils and a cooling yoghurt tzatziki with cucumber.

644 kcal · 64g protein · 35g carbs · 28g fat · 5g fibre

ALLERGENS MILK

Grilled Chicken Thighs

tomato adobo

Bone-in chicken thighs grilled over high heat, served alongside a slow-cooked tomato adobo with onion, garlic and chilli. Accompanied by sweet potato, mint, dill, cucumber and gem lettuce.

959 kcal · 76g protein · 53g carbs · 50g fat · 4g fibre

ALLERGENS NONE OF THE 14 DECLARED

Middle Eastern Grilled Chicken Thighs

spiced chickpea medley

Marinated chicken thighs grilled over high heat, served with chickpeas roasted in chilli, garlic and warming Middle Eastern spices, alongside a crisp green salad.

601 kcal · 53g protein · 46g carbs · 23g fat · 13g fibre

ALLERGENS NONE OF THE 14 DECLARED

Pan-Seared Seabass

smoked tomato & pine nut pesto, lentils

Seabass seared until the skin crackles, served over a smoked tomato and pine nut pesto with braised lentils and a green salad.

514 kcal · 46g protein · 34g carbs · 22g fat · 12g fibre

WITH LOVE

From the MOFO Kitchen

Every menu we send is different, because every household is different.
For dietary preferences, allergies or anything you'd like to add, please don't hesitate to be in touch.

ALLERGEN NOTICE

Per-dish allergens are listed alongside each item. All dishes are also prepared in a kitchen where the following allergens are present: nuts, crustacean, celery, gluten, dairy, eggs, sesame and sulphites.