



delicious home-cooked food delivered to your door

good food gŵyr takes the best of Gower (Gŵyr) produce and makes delicious dishes ready for you to pop in your oven (or straight into your mouth!). With no frills and no compromises, we provide the best-quality meals using the best of local ingredients.

Stock up on delicious classic dishes that everyone around your table will love: our signature chicken pie, beef and ale pie, shepherd's pie, squash curry, beef lasagne, seasonal greens, bread rolls, traybakes and crumble.

Want a healthier and tastier alternative to a takeaway, coming to Gower for a holiday, or just want someone else to have cooked for you? Get in touch!

All our food is home-cooked using the best ingredients from our area. We use pasture-fed beef from Penmaen, lamb from Murton or Llanmorlais, and our vegetables and fruit come from across Gower (when in season). Free-range eggs are from Three Crosses, cheese is from Parkmill, and greens from Lunnon or Rhossili.

Let us do the hard work for you, so you can enjoy real food made from the best that Gower has to offer.



Any questions just get in touch!



goodfoodgwyrgmail.com
Sophie on 07810 521132 or
Suzy on 07854 241194

Instagram: goodfood_gwyrg – for latest news and menu

MENU – Winter 2022/23

THE MAIN EVENTS

Beef and Ale Pie

Gower Meadow Beef with onion, carrot and mushrooms in a decadent Mumbles Brewery Oystermouth Stout sauce, underneath a flaky pastry lid.
£17 for 2 people / £30 for 4 people

Shepherd's Pie

A family favourite using lamb from Murton in a delicious rich gravy with a mashed potato top.
£15 for 2 people / £25 for 4 people

good food gŵyr Chicken Pie

Proper comfort food with happy chickens from Pembrokeshire and bacon and leeks under buttery shortcrust pastry.
£17 for 2 people / £30 for 4 people

Beef Lasagne

Classic lasagne with meat from Gower Meadow Beef, Penmaen. 100% pasture-fed meat and 100% delicious.
£15 for 2 people / £25 for 4 people

Fish Pie

Selection of fish from Swansea Fish with leeks and eggs, in a béchamel sauce with a fluffy mashed Gower potato top.
£17 for 2 people / £30 for 4 people

Gower Gratin (v)

Gower potatoes and celeriac (may vary) layered with leeks and herbs. Baked in stock/cream under a crispy cheesy top.
£15 for 2 people / £25 for 4 people

SIDES

Seasonal Greens

Add a bag of Gower greens to cook at home. Full cooking instructions included (really easy!)
£5 for 4 people

Gower Potatoes

Add a bag of delicious Gower potatoes to cook at home.
£2.50 for 1kg

good food gŵyr Bread Rolls

Freshly baked white rolls with a hint of wholemeal flour milled by Y Felin Ddŵr at The Gower Heritage Centre, Parkmill
£5 for 6 rolls

SWEET TREATS



Seasonal Crumble

Local, seasonal fruit under oatly, crumbly goodness
Serves 4 – £12

Bara Brith

A Welsh classic (similar to fruit loaf), our recipe comes from Nana Wendy in Killay. Made using Welsh Brew tea.
Loaf – £7

Chocolate Brownies

Delicious. They don't need any more explanation.
9 pieces – £12

HOW TO ORDER

Check out the menu and let us know what you'd like!



goodfoodgwyr@gmail.com
07810 521132 or 07854 241194
@goodfood_gwyr

Delivery is on a **Friday** and is free when you spend over £60 (£5 delivery charge if not). Please order by **12pm on the Thursday** before. There is a minimum spend of £40. We deliver to anywhere in SA2, SA3 and parts of SA4 (please get in touch to see if we cover your area).

COOKING

Our main courses have been frozen to minimise waste and lock in flavour and goodness. All our dishes come with cooking/reheating instructions.

HOLIDAY COTTAGE ORDERS

Let us know your arrival day and we will do our best to make sure your order is in your cottage for when you get there. No searching for a supermarket or takeaway, your food can be ready and waiting so that all you have to do is pop it in the oven.

We look forward to cooking for you!

Allergy information can be provided on request