PREP REBELLION

The Classics

Family dinners, properly cooked

Made from scratch by Kata Talas, a Michelin-trained chef and food technologist. Nothing from a packet. Heat, plate, sit down. Each dish serves two.

Feeding the whole table? The Family Table: a classic, a children's plate and a pudding, £42. See page 3.

Chilli con Carne £24

Slow-simmered beef and beans in a rich, smoky sauce. Served with roasted sweet potato wedges and fresh salsa.
Allergen: CELERY

Butter Chicken Curry £24

Tender chicken in a creamy, gently spiced tomato sauce. Served with fragrant basmati rice and crisp broccoli pakora.
Allergen: MILK

Shepherd's Pie £24

*Lamb, slow-cooked with root vegetables, topped with a soft golden mash. Served with seasonal vegetables.**
Allergen: CELERY, MILK

Slow-Cooked Beef Ragu Tagliatelle £24

Beef cooked low and slow until meltingly tender, folded through fresh tagliatelle. Served with a crisp side salad.
Allergen: SULPHITE, CELERY, WHEAT, EGG

Fish Pie £24

*Smoked haddock, salmon and cod in a silky, creamy sauce (GF) beneath a golden mash. Served with seasonal vegetables.**
Allergen: FISH, MILK

Cooked with ingredients from local butchers and the Windsor Farm Shop, with the focus on organic produce.
**Organic vegetables, depending on availability.*

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For the Little Ones

Gentle plates, full of goodness

Hidden Veg Tomato Pasta — £12

A smooth tomato sauce with vegetables quietly blended in, served with whole wheat pasta and garlic bread.
Allergen: WHEAT

Cauliflower Mac & Cheese — £12

Creamy and comforting, with cauliflower blended into the cheese sauce.
Allergen: WHEAT, MILK

To Finish

Apple Crumble — £6

Warm spiced apple beneath a buttery oat crumble.
Allergen: GLUTEN, MILK

Chocolate Brownie — £6

Rich, fudgy and deeply chocolatey.
Allergen: GLUTEN, MILK, EGG, SOY

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**Organic vegetables, depending on availability.*

PREP REBELLION

The Family Table

One order, dinner for everyone

The Family Table £42

Any classic, any children's plate and any pudding. Serves two adults and two children.

How It Works

Choose your dishes and send a message to 0790 461 4798, or email hello@preprebellion.co.uk.

Delivered Monday - Friday. Orders to be placed by Friday for the following week. Free delivery in Ascot area. Beyond that, £2 per additional mile.

Ready to heat and serve. Keeps for 3 days in the fridge.

All dishes will be delivered with full allergen and ingredient list. Gluten and dairy-free options available.

I cook for a small number of households, so placing order in advance is essential.

New to Prep Rebellion? Your first order includes an extra pudding for two, with my compliments.

cancel at least 72 hours before delivery for a full refund. Orders cancelled after 72h will be charged in full.