

# FOOD

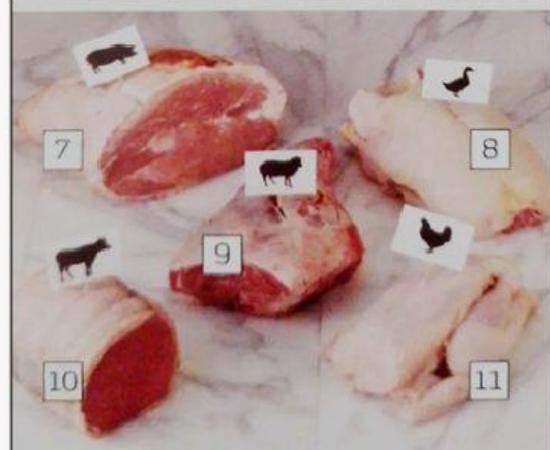
## FISH AND SEAFOOD

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Crab   | <input type="checkbox"/> Mussels |
| <input type="checkbox"/> Prawns | <input type="checkbox"/> Salmon  |
| <input type="checkbox"/> Squid  | <input type="checkbox"/> Tuna    |



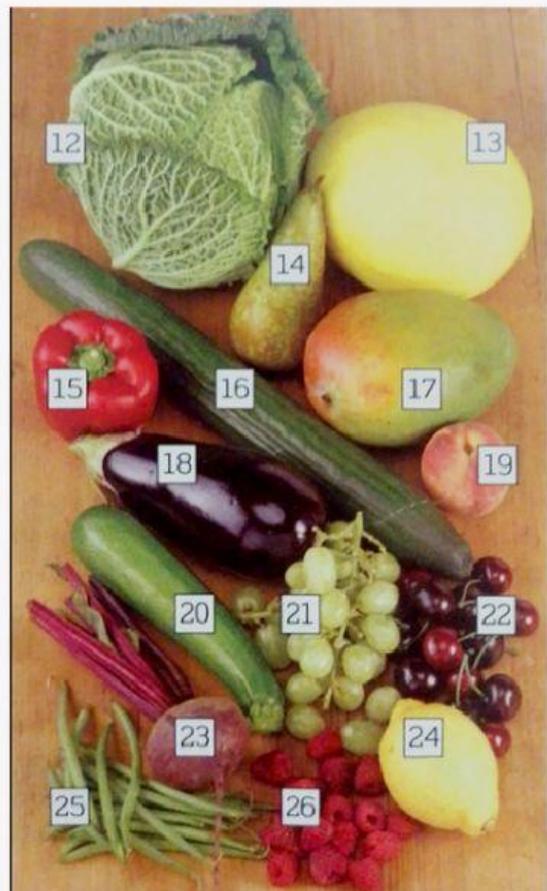
## MEAT

- |                               |                                  |
|-------------------------------|----------------------------------|
| <input type="checkbox"/> Beef | <input type="checkbox"/> Chicken |
| <input type="checkbox"/> Duck | <input type="checkbox"/> Lamb    |
| <input type="checkbox"/> Pork |                                  |



## FISH AND SEAFOOD

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Aubergine (eggplant) | <input type="checkbox"/> Beetroot    |
| <input type="checkbox"/> Cabbage              | <input type="checkbox"/> Cherries    |
| <input type="checkbox"/> Courgette (zucchini) | <input type="checkbox"/> Cucumber    |
| <input type="checkbox"/> Grapes               | <input type="checkbox"/> Green beans |
| <input type="checkbox"/> Lemon                | <input type="checkbox"/> Mango       |
| <input type="checkbox"/> Melon                | <input type="checkbox"/> Peach       |
| <input type="checkbox"/> Raspberries          | <input type="checkbox"/> Red pepper  |
| <input type="checkbox"/> Pear                 |                                      |



# COOKING

-  **Boiled**
-  **Grilled**
-  **Roast**
-  **Fried**
-  **Baked**
-  **Steamed**

