



Kitchen Meals are prepared freshly by us and delivered to you ready to go in the fridge to heat up at home or for you to put in the freezer for later.

Delivery

Kitchen Meals are delivered **FREE** 3 miles from the cafe for orders over £20 twice a month (this includes Appledore, Northam, Bideford, East-the-water, Instow and Abbotsham).
£5 delivery if under £20 or you can collect from the cafe.

Payment

Payment can be cash or card when we deliver on your doorstep.

Every care is taken by us when preparing dishes for customers with food allergies, however we are NOT an allergen free cafe and cannot guarantee our products are 'free from' for those with food allergies.



Kitchen Meals

Home delivery of our freshly made meals, soups, crumbles, cakes and scones.

February - May 2026



To order

Phone the mobile, email, facebook message or call into the cafe.

 07709 052870

 info@marketstkitchen.com

 @marketstkitchen

We cook to order, please place your order by a MONDAY and we deliver on FRIDAY. We deliver twice a month, the second & last Fridays of the month and change the menu seasonally.

Please see order deadlines and delivery dates as follows:

February 2026

Monday 9th February, for Friday 13th February delivery.
Monday 23rd February, for Friday 27th February delivery.

March 2026

Monday 9th March, for Friday 13th March delivery.
Monday 23rd March, for Friday 27th March delivery.

April 2026

Monday 13th April, for Friday 17th April delivery.
Monday 27th April, for Friday 1st May delivery.

May 2026

Monday 11th May, for Friday 15th May delivery.
Monday 25th May, for Friday 29th May delivery.

Winter/Spring menu

Leek & potato soup £4
(add a cheese scone £1)

Fish chowder £5

Beef mince cottage pie and
mash potato top with peas and carrots £6

Pork & cider stew with
kale & boiled potatoes £7

Chicken thighs with butter beans and
chorizo in a tomato sauce with
green beans & garlic potato wedges £7

Cheesy creamy vegetable bake with
cauliflower, sweet potato, leeks & spinach
with a savoury crunchy crumble topping £6

Apple crumble & custard pot £4

Jammy rice pudding pot £4

Bread pudding slice £3

Cake tray: selection of 3 cakes
from the counter £4

Cream tea: one cheese scone with
cream cheese & chutney and one sweet
scone with clotted cream & jam £4