

WC 18/11/24	Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction	
PLEASE PREHEAT YOUR OVEN TO 180C FAN. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE. IF YOU HAVE A BAGUETTE, PLEASE WARM THIS THROUGH FOR 8 MINUTES						
Microwave. Decant all dishes into a microwaveable container and cover. Instructions are for 800W to 1000W domestic microwave. Please note that using a microwave may be detrimental to the texture of the dish						
S T A R T E R	Terrine de lapin aux noisettes	GF DF	Rabbit, pork, HAZELNUTS, white wine, shallots, brandy, chicken liver, smoked bacon, olives, EGGS, nutmeg, clove, garlic, thyme, sultanas, figs white wine vinegar, onions, sugar, cinnamon, salt, pepper	Take out of the fridge 10 mins before eating. Heat the baguette for 12 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Gratin de St Jacques et crabe		Mollusc, Crustacean, MILK, MUSTARD, nutmeg	Remove from packaging, place on a preheated baking tray for 18 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Soufflé au trois fromages	GF, V	MILK, EGGS, gluten free flour, nutmeg, onions, salt, pepper	Remove lid and heat for 18 mins	3 minute twice on 75%	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Tarte à l'oignon et Gruyère		Onions, MILK, WHEAT FLOUR GLUTEN, EGGS, nutmeg, garlic, sugar, thyme	Remove from packaging and heat for 15 minutes on a baking tray	1 minute	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
M A I N I C O U R S E	Tarte à l'oignon et Gruyère		Onions, MILK, WHEAT FLOUR GLUTEN, EGGS, nutmeg, garlic, sugar, thyme	Remove from packaging and heat for 15 minutes on a baking tray	1 minute	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Moules marinière	GF (without bread)	Mollusc, butter, shallots, wine, bay leaf, thyme, flour, yeast	Put the mussels into a large pot. Add the cooking sauce, put a lid on the pot and cook on the hob on a high heat until all mussels are open, shake the pot regularly, should take about 12/15 mins.	N/A	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Fillets de rouget a la tapenade	GF	FISH, MUSTARD, EGG, tomatoes, courgettes, peppers, saffron, olive oil, lemon, potatoes	Remove lid, heat at 180C for 16 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Salmis de gibier a la Rouennaise	GF	Game, pork, wine, CELERY, MILK, duck, coca powder, juniper, carrot, onion, dairy, tomato, mushroom, salt, pepper	Remove lid and heat for 22 mins	3 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Marmite du pecheur au caviar de saumon	GF	FISH, MOLLUSCS, CELERY, wine, shallots, MILK, chives, mushrooms	Remove lid and heat for 20 mins	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	The Funghi Bun	V	Flour, butter, EGGS, parsley, garlic, shallots, cheese, mushrooms, yeast	Heat the mushrooms in a saucepan. Heat the brioche for 8 minutes. put the hot mushrooms on the brioche base and sprinkle with the cheese, top with the other brioche half	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Steak & kidney pudding	DF Without cabbage	Beef, kidneys, onions, FISH, red wine, carrots, garlic, tomato, herbs, pork, beef suet, MUSTARD, WHEAT FLOUR GLUTEN, CELERY, meat stock,	Remove from packaging and place on a plate with the cling film. Heat for 2 mins on full power twice with a minute break in between. Alternatively place in a steamer for 20 mins. Heat the sauce separately.	3 minutes 2 times on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Boulette de poissons a la vietnamienne	GF	FISH, cocoNUT MILK, lime, ginger, shallots, garlic, green chillies, rice, CELERY, cinnamon, PEANUTS	Remove lid and heat for 20 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
Tagine de volaille aux abricots	GF	Chicken, ginger, tomatoes, garlic, saffron, lemon, chilli, cumin, figs, cinnamon, CELERY, chickpeas, olive oil, olives	Remove the lid heat for 22 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge	

	Saumon en croutes, sauce citron		FISH, EGG, WHEAT FLOUR GLUTEN, MILK, wine, CELERY, shallots	Remove lid and heat for 18 minutes. heat the sauce separately	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Gratin de pommes de terre a la flamande	GF V	Potato, MILK, leeks, garlic, nutmeg	Remove lid and heat for 18 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Haricot vert	V GF	Green bean, MILK, parsley,	Remove lid and heat for 15 minutes	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
S I D E S	Couscous	V	Wheat, WHEAT FLOUR GLUTEN, MILK, lemon, olive oil, salt, pepper	Remove lid, cover with foil and heat for 15 mins. Alternatively heat in the microwave for 2 mns in a microwavable container	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Riz basmati	GF	Rice, onions, garlic, CELERY , bay leaves,	Remove lid, add 40ml of water, cover with loose foil and heat for 18 minutes. Alternatively empty into a microwaveable container, cover with a loose lid and heat on full power for 2mins (800W)	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid heat at 200C for 45 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T S	Gateau fromage blanc et citron vert		WHEAT FLOUR GLUTEN, MILK, gelatine, lime, sugar, raspberries	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before cooking as per instructions
	Mousse au chocolat, biscuits Breton	GF without biscuit V	Chocolate, EGGS, MILK, sugar, WHEAT FLOUR GLUTEN	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Tarte tatin et creme au calvados	V	Apples, MILK, sugar, wheat flour WHEAT FLOUR GLUTEN, Calvados	Remove from the box and heat the tart in the foil container for 8 minutes turn out on to a warm plate. serve with the crème fraîche	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
ALLERGENS ARE SHOWN IN BOLD. PLEASE NOTE THAT OUR DISHES ARE PREPARED IN A COMMERCIAL KITCHEN WHERE NUTS ARE USED. WE CANNOT GUARANTEE THAT ANY DISHES ARE NUT FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN						