

WC 24/02/25		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	Brick de crabe		CRUSTACEAN, saffron, EGG, shallots, lemon, coriander, MILK, cucumber, tomato, spices	Remove from packaging and heat for 15 minutes on a baking tray		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
	Rilette de canard, compote de pruneaux et Armagnac	GF DF	Pork, duck, CELERY , onion, carrots, prunes, vinegar, sugar, wine, garlic	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	St Jaques de Jersey luttées au poireaux		MOIUSC, MILK, Wine, shallots, Wheat flour gluten, EGG, leek, CELERY	Remove lid heat for 18 minutes		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 coquilles St Jacques		MOLLUSCS, MILK, wheat flour gluten, gluten free flour, potatoes, CELERY, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	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
	Terrine de saumon et poireau, sauce cocktail	GF	FISH, CRUSTACEAN, MILK, leeks, EGG, MUSTARD	Remove from the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
M A I N C O U R S E S	Ballotine de pintade au foie gras	GF	Guinea fowl, duck, garlic, onions, veal, CELERY , wine, MILK, mushroom	Remove lid, heat for 18 minutes	2 minutes on full power twice	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
	Cabillaud au jambon de Bayonne et casserole de petit pois.	GF	FISH, pork, onion, peas, garlic, MILK, salt, pepper	Remove lid and heat for 20 mins, leave to rest under foil for 5 minutes	2 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Curry de poisson a la thaïlandaise	GF DF	FISH, CRUSTACEAN, cocoNUT MILK, coriander, ginger, garlic, shallots, lime, lemon grass, sugar, rice, CELERY	Remove lid, heat for 18 minutes	3 minutes 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 before reheating as per instructions
	Daube de Joue de Boeuf aux carottes	GF	Beef, CELERY , wine, carrots, garlic, beer, pork, potato, MILK, nutmeg	Remove lid and heat for 18 mins	4 minute twice on fullpower	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Filet de fletan	GF	FISH, garlic, onions, , wine, CELERY , MILK, CRUSTACEAN, sorrel, potato, salt, pepper,	Remove lid and heat for 18 mins, rest for 5 minutes under cover	3 minutes 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 before reheating as per instructions
	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
	Selle d'agneau farcie aux pistache	GF	lamb, EGG, parsley, shallots, meat stock, MILK, CELERY , potatoes, garlic	Remove lid and heat for 16 mins. heat the sauce separately in a saucepan	1 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.
	Basmati rice	GF	Rice, onions, garlic, CELERY , bay leaves, salt, pepper. oil	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 twice	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

S I D E	Epinards et salicorne	V, GF,	Spinach, samphire, peas, MILK	Remove the lid heat for 14 mins	2 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.
	Gratin dauphinois	GF V	Potato, MILK, garlic, nutmeg	Remove lid and heat for 15 minutes	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 cooking as per instructions
	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.
	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	Charlotte au poire et chocolat		WHEAT FLOUR GLUTEN, sugar, MILK, EGGS, chocolate, pear, gelatine	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Crepes Suzette	V	WHEAT FLOUR GLUTEN, EGG, sugar, MILK, orange, lemon, Rum, Grand marnier	Remove lid and heat for 8 minutes	1 minute twice	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
	Tarte aux pommes pâtissière		Flour, EGGS, sugar, corn flour, MILK, vanilla, apples, abricots, gelatine	Lift the tart out of the box using the greasproof paper and heat at 180C for 5 mins	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
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						