

WC 16/09/24	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	Soupe à l'oignon	GF DF without croûtons	Onions, MILK, WHEAT FLOUR GLUTEN, wine, meat stock, CELERY, marmite, worcester sauce (FISH)	Empty the soup into a saucepan and bring gently to the boil. Pour into serving dish and top with the croûtons covered with cheese, grill until the cheese begins to brown	Cook on full power for 2 minutes wait for 1 minute then repeat	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
	Crepe aux champignons des bois		WHEAT FLOUR GLUTEN, EGG, MILK, mushroom,, garlic , parsley, shallots	Remove lid and heat for 18 mins	3 minutes on	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
	Soufflé au crabe et parmesan	GF	Crustacean, MOLLUSC, MILK, onion, EGG, tomato, cayenne, brandy, curry powder, chives, salt, pepper	Remove from packakging and heat for 18 minutes	1.5 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Assiette de fruits de mer	GF DF without tarama	Crustacean, MUSTARD, dill, sugar, MILK, salt,lemon, EGG	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
M A I N C O U R S E S	Caille farcie aux raisins	GF DF	Quail, chicken, veal, raisin, grapes, wine, EGG, mushroom, onions, CELERY, meat stock, salt, pepper, MILK, potatoes	Remove lid and heat for 20 minutes	4 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months, freeze on day of delivery. Defrost overnight in the fridge before cooking as per instructions
	Tagine de poissons a la chermoula	GF DF	FISH, CRUSTACEAN, chilli, cumin, tomato, coriander, lemon, garlic, onions, ginger, spices, saffron, WHEAT FLOUR GLUTEN, MILK	Remove lid and heat for 20 mins	2 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
	Daube de sanglier aux chataignes	GF	pork, wine, CELERY, carrots, onions, bay, juniper, tomato, cocoa powder, olives, mushrooms, tomato., Chestnuts, MILK salt, pepper	Remove lid and heat for 20 minutes	2 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months, freeze on day of delivery. Defrost overnight in the fridge before cooking as per instructions
	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
	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
	Cuisse de canard confit au chou rouge	GF	Duck, duck fat, clove, garlic, thyme, peppercorn, bay, cabbage MILK	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
	Poulet a l'estragon	GF	Chicken, pork, mushrooms, garlic,shallots, CELERY, wine, meat stock	Remove lid and heat for 25 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
	Curry d'agneau au fenugrec	GF	Lamb, garlic, chilli, coriander, Garam masala, ginger, onions, MILK, fennel seeds, cumin, EGGS, rice, CELERY	Remove lid, cover with loose foil and heat for 20 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Cromesquis de saumon sauce aneth et moutarde		FISH, MILK, dill, potato, EGG, MUSTARD, onion, leeks	Remove from packaging and heat for 24 minutes. heat the sauce separately	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 cooking as per instructions
	Porchetta de porc a la sauge, compote de pommes	DF GF	Pork, meat stock, CELERY, rosemary, herbs, duck fat, wine, carrots, onions, salt, pepper	Remove lid, heat for 20 minutes, heat the sauce sepratly and serve with apple compote	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
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	

S I D E S	Pommes crique	GF	Potatoes, onions, EGG, MILK , olive oil, salt, pepper	Remove the lid heat for 15 mins	Heat on full power for 2 minutes	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	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.
	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
	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
	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	Entremet café et noisette		Nuts, WHEAT FLOUR GLUTEN, coffee, EGGS, sugar, MILK, chocolate, gelatine	Take out of the fridge 10 mins before eating.	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
	Tarte en bande aux pommes	V	Apple, sugar, EGG, MILK , wheatflour gluten, vanilla, corn flour	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Gateau au fromage blanc et mangue		Mango, MILK , sugar, WHEAT FLOUR GLUTEN , gelatine, passion fruit	Eat straight from the fridge		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
Q U I C H E	Provencale Vegetable Quiche		WHEAT FLOUR GLUTEN, tomato, aubergine, courgettes, onions, garlic, NUTS, MILK, EGGS, salt, pepper	Remove from packaging and heat for 14 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quiche de champignons et Parmesan	V	MILK, EGG, WHEAT FLOUR GLUTEN, mushroom, cep powder, garlic, parsely, shallots, salt, pepper	Remove from packaging and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Quiche de saumon fumé et poireau		MILK, EGG, WHEAT FLOUR GLUTEN, leek, FISH, dill, MOLLUSC, CRUSTACEAN, tomato, salt, pepper	Remove from packaging and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Quiche lorraine		MILK, EGG, WHEAT FLOUR GLUTEN, pork, garlic, salt, pepper	Remove from packaging and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
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						