

| WC 20/01/25 | Allergen | Ingredients/ allergen in bold | Serving Instructions | Microwave | Storage instruction |
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| 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 | Crêpes aux fruits de mer | | Crustacean, MOLLUSCS, MILK, FISH, tomato, curry, shallots, white wine, WHEAT FLOUR GLUTEN, EGGS, dill, CELERY, SESAME | Remove lid, heat for 20 minutes | Heat on full power for 2 minutes. 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 |
| | Champignon farci au crabe | | Mushroom, Crustacean, Mollusc, fish, wheat flour gluten, Milk, brandy, spices | Remove lid heat for 18 minutes | 1minute 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 |
| | 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 Paysanne et salade a l'huile de noix | | Wheatflour gluten,pork, MILK, onion,leek, salad, MUSTARD, vinegar, garlic, shallots, salt, pepper | Remove the tart from packaging and heat on a baking tray for 14 mins | Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing |
| M A I N S | 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 |
| | Filet de flétan soufflé au St Jacques et crème de safran | GF | FISH, MOLLUSC,MILK, saffron,EGG,lemon, CELERY, shallots | Remove lid, heat for 18 minutes, rest for 5 mins before serving | 3 minutes twice on 75% power Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge |
| | Marmite de lotte en osso bucco, riz au saffran | DF GF | MonkFISH, fennel, smoked paprika, WHEAT FLOUR GLUTEN free flour, tomato, orange, FISH stock, CELERY, saffron, rice, onion,lemon | Remove lid, 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 before cooking as per instructions |
| | Rognons de veau à la moutarde | GF | Veal kidneys, onions, meat stock, CELERY, MILK, WHEAT FLOUR GLUTEN free flour, white wine, MUSTARD, rosemary, onions | Remove lid, cover loosely with foil and heat for 15-20 minutes. Alternatively, place in a saucepan, add a splash of water and heat gently until piping hot | 3 minute twice on fullpower 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 |
| | Charlotte d'aubergine et agneau | GF DF | Lamb, onions, aubergines, CELERY, garlic, tomato, wine, olive oil, salt, pepper | Remove lid and heat for 24 mins | Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge |
| | Cassoulet de Carcassonne | DF | Pork, beans, duck, tomatoes, carrots, CELERY, garlic, bay, salt, pepper | Remove lid and 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 cooking as per instructions |
| | Curry de Boeuf | | Beef, onions, cardamon, chilli, coconut milk, tomato, CELERY, garlic, cloves, rice, sweet potatoe | Remove lid and heat at 180C 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 |
| | Riz au saffran | GF V | Rice, saffron, CELERY, vegetable stock, | 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. Safe to freeze but freezing may be detrimental to the texture and flavour. |

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| | Pommes mousseline | V, GF | Potatoes, MILK , garlic, nutmeg, salt, pepper | Remove lid, cover with foil, heat for 20 minutes. once hot beat with a wooden spoon for best results. Alternatively transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth. | 1 minute on full power, then beat the mash for a bit and heat up for another minute on full power | Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing |
| | Jardinière de légumes | GF V | Petit pois, leeks, carrots, onions, beans | Remove lid and heat for 18 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 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 S E S S E R T | Charlotte Cecile | | Egg, wheat flour WHEAT FLOUR GLUTEN, vanilla, chocolate, MILK, gelatine, sugar | Eat straight from the fridge | | Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing |
| | Crêpe Normande | | Wheat flour gluten, EGGS, MILK, sugar, apples, calvados, vanilla essence | Remove from packaging and heat for 10 mins | 1 minute twice | Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing |
| | Gateau Opera | V | Nuts, WHEAT FLOUR GLUTEN, MILK, EGGS, coffee, Brandy, chocolate, sugar, gelatine, cocoa powder | Remove from the fridge 10 minutes before serving | N/A | Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing |
| <p style="text-align: center; color: red; font-weight: bold;">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</p> | | | | | | |