

WC 13/01/25	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						
<i>Microwave. Decant all dishes into a microwavable 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</i>						
S T A R T E R	Salade de crabe, rémoulade de pomme verte		CRUSTACEAN, MUSTARD, EGG, CLERY, apple, lemon, cayenne pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Croque aux champignons		Wheat flour GLUTEN, mushroom, MILK, garlic, parsley, shallots	Remove from packaging and heat for 12 minutes		Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Figues fraîche farcie et Jambon de Bayonne	GF V	Fig, NUTS, honey, MILK, pork, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Terrine de foie gras, brioche et compote de figues		Duck liver, MILK, yeast, WHEAT FLOUR GLUTEN, vinegar, onions, figs, sugar, spices	Take out of the fridge 10 mins before eating, slightly warm the brioche for 8 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
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
	Pintade au jambon, sauce champignons		Guinea fowl, Pork, mushroom, garlic, parsley, shallots, MILK, EGG, potatoes, onions	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
	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
	Filet de rouget farcie a la provencale	GF DF	FISH, garlic, fennel, orange, tomato, onions, courgettes, MUSTARD, EGG, peppers, olives, fennel seeds, CELERY	Remove the lid heat at 180C for 16 mins, leave to rest for 5 mins under foil	2 minute 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.
	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
	Marmite Dieppoise	GF	MOLLUSCS, FISH, CRUSTACEAN, MILK, white wine, bay leaf, CELERY, shallots, mushrooms, gluten free flour, chives	Remove the lid heat for 20 mins	4 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.
	Steak & ale pudding	DF Without cabbage	Beef, 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
	Tagine d'agneau aux abricots	GF Wo couscous	Lamb, onions, chilli, fennel seeds, cinnamon, garlic, saffron, cumin seeds, tomato, apricots, chickpeas, coriander seeds, CELERY, lemon, salt, cayenne pepper. MILK	Remove lid and place in the oven 180C for about 18 mins. Alternatively heat in a saucepan until piping hot. To reheat the couscous, tip it into a microwavable container and reheat for 2 mins on full	Heat on full power for 3 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
S	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.
	Pommes nouvelle	DF GF V	Potatoes, salt	Remove lid and heat for 15 mins	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.
	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

I D E S	Ratatouille Nicoise	GF DF V	Aubergine, courgettes, onions, peppers, tomatoes, fennel seeds, herbs, garlic, olive oil	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, freeze on day of delivery. Defrost overnight in the fridge before cooking 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 et mangue		WHEAT FLOUR GLUTEN, MILK, EGGS, orange, corn flour, gelatine, sugar, mango, passion fruits	Remove from the fridge 15 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Profiterole sauce chocolat	V	WHEAT FLOUR GLUTEN, MILK, EGGS, sugar, coffee, vanilla extract, NUTS	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte au poire bourdaloue, sauce vanille	V	WHEAT FLOUR GLUTEN, NUTS, sugar, MILK, EGGS, pear, gelatine, vanilla	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
<p style="text-align: center;">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>						