

Wc 27/1/25	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	Cassolette de pétoncles et crevette sauce bonne femme		FISH, CRUSTACEAN, MOLLUSCS, mushrooms, CELERY, WHEAT FLOUR GLUTEN, MILK, wine	Remove from packaging and heat for 14 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	
	Croustillant de canard fumé		WHEAT FLOUR GLUTEN, duck, MILK, kumquat, sugar, onions, cinnamon, salt, vinegar, NUTS,	Remove from packaging, place on a preheated baking tray for 14 mins	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 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
	Gratin de tourteau Thermidor		Crustacean, MOLLUSC, MILK, cheddar cheese, MUSTARD, Worcestershire sauce, WHEAT FLOUR GLUTEN, cayenne pepper, Brandy, spices	Remove from packaging and heat for 18 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 before cooking as per instructions
	Tartelette d'aiglefin et epinards au vieux comté		WHEAT FLOUR GLUTEN, FISH, MILK, spinach, EGGS, nutmeg,	Remove from packaging and heat for 14 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
M A I N C O U R S E S	Bouillabaisse Sétoise	DF GF without croûtons	FISH, MOLLUSC, crustaceaen, tomato, pastis, tarragon, fennel seeds, wine, saffron, curry powder, garlic, onions, carrots, CELERY, leeks, thyme, bayleaf, olive oil, dried chillies, EGGS, WHEAT FLOUR GLUTEN, yeast, MUSTARD	Place the contents of the dish in a sauce pan and reheat on low heat until piping hot, serve the croûtons, cheese and aioli	2 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.
	Cabillaud au four	DF	FISH, WHEAT FLOUR GLUTEN, parsley, lemon, MUSTARD, capers, gherkins, vinegar, shallots, EGG, potatoes	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
	Casserole de sanglier a la corse	GF	Wild boar, orange, garlic, paprika, onions, carrots, wine, cocoa powder, herbs, CELERY, potato, MILK,	Remove lid and heat for 22 mins	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
	Escalope de veau Schnitzel, sauce Gribiche		Veal, EGG, WHEAT FLOUR GLUTEN, MILK, shallots, MUSTARD, tarragon, gherkins, capers, veg oil, potatoes,	Remove from packaging and place on a wire rack in the oven for about 14 mins.	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze for up to 2 months but freezing might deteriorate flavour and texture. Defrost overnight in the fridge before cooking as per instructions
	Joues de porc Bourguignonne	GF	Pork, wine, garlic, MILK, potatoes, onions, CELERY, meat stock, tomato	Remove lid and 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 before cooking as per instructions
	Lapin aux pruneaux	GF DF w/o gratin	Rabbit, garlic, pork, wine, onions, CELERY, meat stock, prunes, lupin, potatoe, MILK	Remove lid, heat for 20-22 minutes	4 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
	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
S I D E S	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
	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 T E S S E R	Coupe Tiramisu	V	Wheatflour gluten, MILK, coffee, brandy, EGG, sugar	Remove from 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
	Gateau au fromage blanc et feta		MILK, NUTS, WHEAT FLOUR GLUTEN, blueberries, sugar, EGGS, gelatine	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte aux abricots	V	WHEAT FLOUR GLUTEN, apricots, corn flour, sugar, EGGS, MILK, rum, vanilla	Take out of the fridge 10 minutes before eating		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
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						