

WC 03/02/25	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	Crêpe aux champignons des bois		<b>WHEAT FLOUR GLUTEN, EGG, MILK</b> , mushroom, garlic , parsley, shallots	Remove lid and heat for 18 mins	3 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
	Pithivier de lapin à la sauge		Rabbit, wheat flour <b>WHEAT FLOUR GLUTEN</b> , pork, wine, <b>EGG, MILK</b> , carrot, sage, <b>CELERY</b> , salt, pepper	Remove from packaging and bake for 25 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 cooking as per instructions
	Gratin de coquilles St Jacques		<b>MOLLUSCS, MILK, wheat flour gluten, gluten free flour, potatoes, CELERY, wine, nutmeg</b>	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
	Soufflé au crabe et saumon fumé	GF	<b>FISH, CRUSTACEAN, MOLLUSC, MILK, tomato, shallots, bay, wine, chives, salt, pepper</b>	Remove lid and heat for 18 minutes	2 minutes on full power twice Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Soupe de poissons Marseillaise	DF, GF without garnish	<b>FISH, CRUSTACEAN, MOLLUSC</b> , olive oil, garlic, tomato, saffron, fennel, <b>CELERY</b> , carrots, onions, chilli, thyme, bay leaf, <b>EGG, WHEAT FLOUR GLUTEN, yeast, white wine</b>	Pour the soup into a saucepan and gently bring to the boil, serve on top of croûtons with rouille	3 minute 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
M A I N  C O U R S E S	Filet de turbot, velouté de St jacque et sauce maltaise	GF	<b>FISH, MOLLUSQ</b> , wine, orange, shallots, <b>CELERY, MILK</b> , saffron,	Remove lid and heat at 180C for 16 mins	3 minute 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
	Filet de dorade au thym et citron, sauce vierge	GF DF	<b>FISH, lemon, garlic, parsley, olive oil, thyme</b>	Remove lid and heat for 16 mins then leave to rest under foil for 5 mins, serve the salsa separately	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
	Filet de loup Grenobloise	GF W/O croutons	<b>FISH, capers, MILK, WHEAT FLOUR GLUTEN, lemon, parsley</b>	Melt the lemon in a frying, add the capers and porr over the fish, bake in the oven for 16 mins, leave to rest for 5 mins and sprinkle the croutons on top	3 minutes twice on full power twice Keep refrigerated after delivery and consume within 1 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Pot au feu de pintade a l'estragon	GF	Guinea fowl, <b>CELERY</b> , wine, onion, duck, garlic, carrots, <b>MILK</b> , tarragon, pork	Remove lid and cover with foil heat for 20 minutes	Heat on full power for 3 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 reheating as per instructions
	Curry d'agneau kofta	GF DF	lamb, garlic, onions, cumin, chilli, tomato, ginger, cinnamon, <b>NUTS&lt;</b> fenegreek, coriander, rice, <b>CELERY</b>	Remove lid heat for 24 minutes	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
	Filet de porc normande	GF	Pork, cider, apples, meat stock, <b>MILK, CELERY, potatoes</b>	Remove lid and heat for 18 minutes	3 minutes at 100% twice 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)	<b>Mollusc, butter, shallots, wine, bay leaf, thyme, flour, yeast</b>	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	<b>Flour, butter, EGGS, parsley, garlic, shallots, cheese, mushrooms, yeast</b>	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	Gratin dauphinois	GF V	Potato, <b>MILK</b> , 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, <b>CELERY</b> , 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

D E S	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.
	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
	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	Entremet framboises et chocolat blanc		<b>Wheat flour WHEAT FLOUR GLUTEN, EGGS, MILK, sugar, gelatine, raspberries</b>	Eat straight from the fridge	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
	Sticky toffee pudding, toffee sauce	V	Dates, prunes, raisins, EGG, wheat flour <b>WHEAT FLOUR GLUTEN</b> , bicarbonate of soda, orange, sugar, MILK	Remove lid and heat for 15 minutes	1 minute 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.
	Chausson aux pommes	V	<b>WHEAT FLOUR GLUTEN, apples, sugar, MILK, vanilla, EGGS,</b>	Remove from packaging and place on a baking tray for 8 minutes	N/A	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
Q U I C H E	Provencale Vegetable Quiche		<b>WHEAT FLOUR GLUTEN, tomato, aubergine, courgettes, onions, garlic, NUTS, MILK, EGGS, salt, pepper</b>	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	<b>MILK, EGG, WHEAT FLOUR GLUTEN, mushroom, cep powder, garlic, parsely, shallots, salt, pepper</b>	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		<b>MILK, EGG, WHEAT FLOUR GLUTEN, leek, FISH, dill, MOLLUSC, CRUSTACEAN, tomato, salt, pepper</b>	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		<b>MILK, EGG, WHEAT FLOUR GLUTEN, pork, garlic, salt, pepper</b>	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						