

WC 09/09/24	Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction	
<b>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</b>						
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						
<b>S T A R T E R</b>	Tielle setoise		<b>Wheat flour Gluten, saffron, FISH, squid, tomato, onion, CELERY, wine, garlic, salt, pepper</b>	Remove from packaging, place on a preheated baking tray at 180C for 12 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 d'agneau sauce diable	GF DF (w/o toast)	Lamb kidneys, vinegar, shallots, chillies, MUSTARD, tomato, CELERY	Heat in a saucepan and for 5 mins. Toast the sourdough and place the kidneys on top	2 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
	Gateau de saumon fumé		<b>FISH, MILK, chives, ginger, WHEAT FLOUR GLUTEN, salt, pepper</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte à l'oignon et Gruyère		Onions, MILK, WHEAT FLOUR GLUTEN, EGGS, nutmeg, garlic, sugar, thyme	Remove from packaging and heat for 15 minutes on a baking tray	1 minute	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
<b>M A I N  C O U R S E S</b>	Curry de boeuf a la Malaisienne	GF, DF	Beef, chilli, cinnamon, FISH, kaffir lime leaves, lemon grass, cocoNUT MILK, garlic, galangal, star anise, CELERY, tamarind	Remove lid and heat for 20 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 before cooking as per instructions
	Filet de fletan	GF DF	FISH, saffron, garlic, onions, tomatoes, wine, chilli, CELERY, MILK, CRUSTACEAN, potato, salt, pepper, broccoli	Remove lid and heat for 18 mins, rest for 5 minutes under cover	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
	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
	Lasagne aux fruits de mer		<b>Wheat flour, WHEAT FLOUR GLUTEN, FISH, CRUSTACEAN, MOLLUSCS, CELERY, MILK, shallots, wine, tomato, chilli, salt, pepper</b>	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 cooking as per instructions
	Osso bucco de porc au vin rouge et orange	GF	Pork, wine, orange, CELERY, onions, tomato, smoked paprika, garlic, potato, MILK	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
	Filet de cabillaud au four	DF	<b>FISH, EGG, WHEAT FLOUR GLUTEN, parsley, lemon, MUSTARD, gerkhins, shallots, capers, potatoes,</b>	Remove lid and heat for 20 min		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 d'aiglefin Arnold Bennet	GF	<b>FISH, EGG, spinach, MILK, wheat flour WHEAT FLOUR GLUTEN, onion, bay, salt, pepper</b>	Remove lid and heat for 20 mins	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
Pintade farcie en coq au vin	DF, GF	Guinea fowl, pork, mushrooms, red wine, shallots, spices, CELERY, meat stock, garlic,	Remove lid, heat for 25 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.	

S I D E S	Pommes crique	GF	Potatoes, onions, <b>EGG, MILK</b> , 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
	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
	basmati rice	GF	Rice, onions, garlic, <b>CELERY</b> , 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	Gateau mont blanc		<b>WHEAT FLOUR GLUTEN, EGG, MILK, chocolate, chestNUTS,cognac, vanilla, gelatine</b>	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 before reheating as per instructions
	Tarte aux reine claude	V	<b>WHEAT FLOUR GLUTEN, NUTS, EGGS, sugar, plums, MILK.</b>	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau au fromage blanc et feta		<b>MILK, NUTS, WHEAT FLOUR GLUTEN, blueberries, sugar, EGGS, gelatine</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
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						