

WC 16/5/22	Dish Name	Allergen	Ingredients	Serving Instructions	Storage instruction
	PLEASE PREHEAT YOUR OVEN TO 180C. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE				
CANAPE	Mini croque monsieur		Gluten, milk, pork, yeast	Remove lid, heat for 12 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
S T A R T E R	Paupiette d'aubergine et Mozarella, Bolognese de champignons	GF V	Aubergine, tomato, milk, garlic, tomato, mushrooms, carrots, celery, onions, herbs	Remove lid and heat for 15 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
	Talmouse au fruits de mer		Gluten, fish, crustacean, molluscs, dairy, egg, shallots, wine, tomato, curry powder	Remove from packaging and cook for 24 mins on a baking tray	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 coquilles St Jacques		Molluscs, dairy, gluten, gluten free flour, potatoes, celery, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	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
	Terrine de chevreuil au genièvre	DF GF w/o baguette	Venison, pork, egg, spices, juniper, vinegar, sugar, shallots, brandy, celery, gluten, yeast, parsley	Eat from the fridge	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Quenelle de St jacques aux morilles	GF	Molluscs, mushroom, egg, milk, celery, fish, wine, shallots	Remove lid and heat for 18 minutes	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
M A I N C O U R S E S	Millefeuille de loup au tourteau	GF	Fish, Crustacean, dairy, mollusc, egg, brandy, shallots, ginger, coconut milk, sesame, chilli	Remove lid and heat for 16 minutes. leave to rest under foil for 5 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Filet de turbot et ragout de petit pois frais au lard, jus de volaille	GF	Fish, pork, peas, chicken, celery, wine, egg, milk	Remove lid and heat for 16 minutes. leave to rest under foil for 5 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Jarret d'agneau au citron et origan	DF GF	Lamb, wine, oregano, lemon, garlic, celery, tomatoes	Remove lid and heat for 22 minutes	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
	Pot au feu de pintade a l'estragon	GF	Guinea fowl, celery, wine, onion, garlic, carrots, milk, tarragon, pork	Remove lid and cover with foil 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 reheating as per instructions
	Cassoulet de légumes, saucisses de champignons a lail fumé	V	Beans, tomato, carrots, onions, aubergine, herbs, mushrooms, egg, milk, garlic, gluten	Remove lid and heat for 18 minutes	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
	Poulet farcie à la mousse de jambon	GF	Chicken, egg, pork, milk, celery, onions, carrots, wine, garlic, meat stock	Remove from packaging and rub with butter. heat for 25 minutes basting the chicken occasionally. heat the sauce seperatly	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 de porc et crevettes au cacahuète Thailandais	GF DF	Porc, crustacean, coriander, kaffir lime leaves, chilli, peanuts, cumin, garlic, onions, coconut, rice, ginger, celery	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 before cooking as per instructions
	Escalope de volaille a la Milanaise	DF	Gluten, dairy, chicken, eggs, basil, tomato, shallots, garlic, lemon, olive oil	Remove from packaging and heat on a wire rack 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
	Filets de maquereau farcies a la marocaine		Fish, gluten, nuts, garlic, chilli, coriander, milk, cumin, raisins,	Remove lid and heat for 18 mins	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		Gluten, milk, 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	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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.	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
S I D E S	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid heat at 200C for 40 mins	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Petit pois a la francaise	GF	Peas, pork, onions, carrots, milk	Remove lid and heat for 15 minutes	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
	Pommes crique	GF	Potatoes, onions, milk , olive oil, egg	Remove lid and 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 reheating as per instructions
	Clafoutis de courgettes et tomates cerise	GF	Courgettes, egg , wild garlic, milk	Remove lid and heat for 15 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
D E S S E R T S	Cremeux au chocolat et pruneaux a l'Armagnac	V	Chocolate, egg, milk , prunes, armagnac, nuts , sugar, gluten	Eat from the fridge	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Tarte aux pommes	V	Apples, gluten, egg, milk, gelatine , apricots, sugar, vanilla	Eat at room temperature	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Charlotte aux poires et framboises		Gluten , sugar, eggs , gelatine, pear, raspberries, milk	Eat from the fridge	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
<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>					