

WC 08/12/25	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	Gravlax de truite a la betterave, sauce moutarde douce		FISH, dill, pepper, salt, cucumber vinegar, sugar, EGG, MUSTARD,	Eat 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
	Quenelles de volaille au foie gras, creme de cep	GF	Chicken, duck, EGG, MILK, wine, shallot, mushroom, CELERY, onion, carrots, salt, pepper	Remove lid and heat for about 25 mins or until piping hot	1.5 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
	Rognons d'agneau au Xérès et moutarde	GF without bread	Lamb kidneys, shallots, MUSTARD, MILK, yeast, WHEAT FLOUR GLUTEN, onions, sherry	Pour the kidneys and the sauce in a saucepan and heat up gently. Toast the slice of sourdough		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	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	Curry de lotte et crevettes	GF DF	FISH, CRUSTACEAN, cocoNUT MILK, kaffir lime leaves, ginger, garlic, galangal, shallots, lemon grass, chilli, sugar	Remove lid, cover with loose foil and heat for 20 minutes	2 minutes on full power twice	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Medaillon de veau Prince Orloff		Pork, mushroom, CELERY, shallots, MILK, onion, garlic, wine	Remove lid, heat for 16 minutes, rest for 5 mins before serving		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet de loup au basilic, tomates roties		FISH, tomatoes, potatoes, shallots, MILK, basil, garlic, olive oil, tomatoes	Remove lid and heat for 16 minutes, leave to rest under foil for 5 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Moussaka aux aubergines	GF	Lamb, fennel seeds, cinnamon, tomatoes, garlic, onions, potatoes, aubergines, meat stock, CELERY, MILK, herbs, salt, pepper	Remove lid and heat for 22 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
	Tourte de poisson au crabe		FISH, WHEAT FLOUR GLUTEN, CRUSTACEAN, CELERY, MILK, wine, shallots, spinach, brocoli, garlic	Remove from packaging and heat for 18 minutes. heat the sauce separately		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Joue de porc à la Bourguignonne	GF	Pork, wine, garlic, MILK, potatoes, onions,	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
S I	Basmati rice	GF	CELERY, meat stock, tomato	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
	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
	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.

D E S	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
	Brocoli aux amandes		Broccoli, NUTS , dairy, salt	Remove lid and heat for 15 mins	1 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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
	Pommes puree	GF	Potatoes, MILK , garlic, nutmeg	Remove lid, cover with foil, heat for 25 minutes. once hot beat with a wooden spoon for best results. Alternatively transfer to a microwaveable container and heat on full power until piping hot. Beat until smooth.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T S	Gateau Opera	V	Nuts, WHEAT FLOUR GLUTEN, MILK, EGGS, coffee, Brandy, chocolate, sugar, gelatine, cocoa powder	Remove from the fridge 10 minutes before serving	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Crepes Suzette	V	WHEAT FLOUR GLUTEN, EGG, sugar, MILK, orange, lemon, Rum, Grand marnier	Remove lid and heat for 8 minutes	1 minute twice	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
	Tarte aux pruneaux a l'Armagnac		Prunes, sugar, EGGS, WHEAT FLOUR GLUTEN, MILK, NUTS , brandy, salt	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
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						