

wc 10/03/25		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	Galette de crabe et poireaux		WHEAT FLOUR GLUTEN, EGG, MILK, CRUSTACEAN, moluscs, leeks, shallots, wine, salt, pepper	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
	Gratin de pétoncles au beurre à l'ail		Mollusc, MILK, garlic, WHEAT FLOUR GLUTEN, parsley, shallots, cayenne pepper	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 cooking as per instructions
	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
	Quenelle de champignons et volaille sauce aux morilles	GF	Chicken, mushroom, EGG, MILK, shallots, garlic,	Remove from packaging, heat for 18 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 before cooking as per instructions
	Terrine de lapin aux pistaches	GF	Rabbit, NUTS, EGG, olives, shallots, thyme, garlic, gelatine, wine, salt, pepper, MUSTARD, onion, coriander, vinegar, sugar	Eat straight from the fridge.	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
M A I N C O U R S E S	Filet d'agneau vert prés, jus au thym	DF	Lamb, MUSTARD, WHEAT FLOUR GLUTEN, parsley, garlic, wine, CELERY, meat stock, wine,	Remove lid and heat for 15 minutes, rest for 8 minutes for rare. For medium to medium well heat for a further 10 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 reheating as per instructions
	Filets de dorade farcie aux crevettes, sauce bouillabaisse	GF DF	FISH, CRUSTACEAN, MOLLUSC, saffron, garlic, EGG, ,MUSTARD, tomato, spices, wine, fennel, lemon, CELERY	Remove lid and heat for 18 mins, cover with foil to rest for 5 mins.		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Fillet de colin au poireaux		FISH, MILK, WHEAT FLOUR GLUTEN, leeks, chives, wine,	Remove lid, heat for 18 minutes. leave to rest under for for 5 minutes	2 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
	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
	Poulet farci, sauce chasseur	GF DF	CHicken, mushroom, shallots, MILK, pork, tarragon, wine, CELERY, tomato, salt, pepper	Remove lid and heat for 22 minutes, heat the sauce seperatly	3 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Paella aux fruits de mer	GF DF	Rice, chicken, chorizo, smoked paprika, CRUSTACEAN, Mollusc, saffron, garlic, onions, peppers, broad beans, peas, CELERY, herbs, cayenne pepper, lemon, olive oil, salt, pepper	Remove lid, add 40 ml of water, cover with a loose foil and heat for about 20 mins.	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 cooking as per instructions
	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	Pommes mousseline	V, GF	Potatoes, MILK , garlic, nutmeg, salt, pepper	Remove lid, cover with foil, heat for 20 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.	1 minute on full power, then beat the mash for a bit and heat up for another minute on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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
	Pomme de terre ratte		POTatoes, onions, garlic, olive oil	Remove lid, heat for 15 mins		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	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 S E S S E R T	Tartelette a la banane et caramel		Wheat flour Gluten, sugar, MILK, NUTS, coffee, EGGs, banana	Eat straight from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Eclairs au chocolat		WHEAT FLOUR GLUTEN, MILK, sugar, EGGs, gelatine, coca powder,	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Bavarois à la mangue et fruit de la passion		Mango, sugar, EGGs, MILK, WHEAT FLOUR GLUTEN, gelatine, passion fruits, lemon	Eat from the fridge	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						