

WC 6/12/2025		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	Cromesquis de crabe, sauce aneth	GF DF	<b>Crustacean</b> , potatoes, chives, shallots, <b>EGG</b> , <b>MUSTARD</b> , salt, pepper	Remove lid and heat for 15 minutes	2 minutes twice	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Ficelle picarde		<b>MILK</b> , pork, wheat flour <b>WHEAT FLOUR GLUTEN</b> , mushroom, <b>EGG</b> , shallots, salt, pepper	Remove lid and heat for 15 minutes	2 minutes 100% 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
	Soupe à l'oignon	GF DF without croûtons	Onions, <b>MILK</b> , <b>WHEAT FLOUR GLUTEN</b> , wine, meat stock, <b>CELERY</b> , marmite, worcester sauce ( <b>FISH</b> )	Empty the soup into a saucepan and bring gently to the boil. Pour into serving dish and top with the croûtons covered with cheese, grill until the cheese begins to brown	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 before cooking as per instructions
	Pastilla de canard aux pignons de pin		<b>MILK</b> , <b>WHEAT FLOUR GLUTEN</b> , duck, pine <b>NUTS</b> , abricots, onions, cumin, cinnamon, honey	Remove from packaging and heat for 14 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 I  C O U R S E	Cuisse de canard confit au chou rouge	GF	Duck, duck fat, clove, garlic, thyme, peppercorn, bay, cabbage <b>MILK</b>	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
	Daube de travers de boeuf aux carottes	GF, DF w/o mash	Beef, red wine, tomato, garlic, onions, <b>CELERY</b> , star anis, potato, <b>MILK</b> , salt, pepper	Remove lid and heat for about 20 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
	Moules marinière	GF (without bread)	<b>Mollusc</b> , 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
	Papillote de loup au citron vert	GF DF	<b>FISH</b> , garlic, tomatoes, lime, shallots, wine, potatoes,	Remove the paper bag from packaging and place on a baking tray Heat for 18 mins, leave to rest for 5 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Pot au feu de la mer	GF, DF	<b>FISH</b> , <b>CRUSTACEAN</b> , vegetables, wine, chive, <b>MILK</b> , spices, salt, pepper	Remove lid and heat for 20 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	The Funghi Bun	V	Flour, butter, <b>EGGS</b> , 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
	Curry de porc et crevettes au cacahuète Thaïlandais	GF DF	Porc, <b>CRUSTACEAN</b> , coriander, khaffir lime leaves, chilli, <b>PEANUTS</b> , cumin, garlic, onions, cocoNUT, rice, ginger, <b>CELERY</b>	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
	Lasagne de boeuf au vin rouge		<b>WHEAT FLOUR GLUTEN</b> , beef, pork, garlic, onions, tomatoes, <b>CELERY</b> , herbs, <b>MILK</b> , <b>MUSTARD</b> , red wine,	Remove lid, heat for 24 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 before reheating as per instructions

	Epaule de porc braisée au vin rouge	GF DF	Pork, onions, beer, <b>CELERY</b> , meat stock, <b>NUTS</b> , garlic, tomato,	Remove from packaging and place in a roasting tray. Pour the sauce over the pork, cover with foil and heat for 30 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 D E S	Gratin de potiron et poireaux		Pumpkin, leeks, MILK, Wheat flour Gluten, <b>NUTS</b>	Remove lid and heat for 15 minutes.		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	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
	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
	Buttered cabbage	V GF	Cabbage, onions, fennel seeds, MILK	Remove the lid and heat for 16		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
	Pommes roties	GF DF	Potatoes, duck, salt, pepper	Remove lid and heat for 40 mins at 200C		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
D T E S S E R	Apple strudel sauce vanille	V	Apples, <b>WHEAT FLOUR GLUTEN</b> , sugar, MILK, cinnamon, <b>EGGS</b> .	Remove from packaging and bake for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Mousse au chocolat et biscuits nantais	v GF w/o biscuits	Chocolate, suagr, <b>EGGS</b> , MILK,	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Petite galette des roi	V	<b>Wheatflour gluten</b> , almonds, <b>EGGS</b> , MILK, sugar, vanilla, rhum, orange	Remove from packaging and heat for 12 minutes		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</b> , tomato, aubergine, courgettes, onions, garlic, <b>NUTS</b> , MILK, <b>EGGS</b> , salt, pepper	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	MILK, EGG, <b>WHEAT FLOUR GLUTEN</b> , mushroom, cep powder, garlic, parsely, shallots, salt, pepper	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		MILK, EGG, <b>WHEAT FLOUR GLUTEN</b> , leek, FISH, dill, MOLLUSC, CRUSTACEAN, tomato, salt, pepper	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		MILK, EGG, <b>WHEAT FLOUR GLUTEN</b> , pork, garlic, salt, pepper	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						