

W 26/10/26	Dish	INGREDIENTS	HEATING	MICROWAVE	STORAGE
	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 S	Tarte à l'oignon et Gruyère	Onions, MILK, WHEAT flour, EGGS, NUTS, 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.
	Terrine de canard au poivre vert	Duck, pork, EGG, brandy, spices, shallots, liver, green peppercorns, prunes, Armagnac	take out of 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 cooking as per instructions
	Timbale de saumon fumé et crevettes	FISH, CRUSTACEANS, MUSTARD, EGG, SULPHITES, smoked salmon, prawns, blinis, tomato	Eat straight from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Vol-au-vent aux fruits de mer	WHEAT flour, EGGS, FISH, CRUSTACEANS, MOLLUSCS, MILK, SULPHITES, wine, spices, tomato, CELERY	Remove from packaging, place on a preheated baking tray for 14 mins		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
M A I N C O U R S E S	Chartreuse de perdrix au chou	Cabbage, CELERY, pork, garlic, chicken, game, onions, carrots, leeks, clove, thyme, bay	Remove lid and heat for 20 min	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
	Coq au Champagne	Chicken, champagne (SULPHITES), CELERY, carrots, pork, mushrooms, onion, thyme, bay, MILK, WHEAT flour, tomato, potatoes	Remove lid and heat for about 25 mins or until piping hot	3 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months, freeze on day of delivery. Defrost overnight in the fridge
	Curry de lotte et crevettes	FISH, CRUSTACEANS, 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
	Gratin de poissons à la Florentine	FISH, CRUSTACEANS (prawns), EGG, MILK, shallots, onions, potatoes, spinach, butter, SULPHITES, wine	Remove lid and heat for 18 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 reheating as per instructions
	Paupiette de sole et crabe, sauce Véronique	FISH, CRUSTACEANS (crab), MOLLUSCS, CELERY, shallots, SULPHITES, wine, bay, MILK, grapes, brandy	Remove lid and heat for 18 mins	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 cooking as per instructions
	Steak & kidney pudding	Beef, kidney, onions, FISH, SULPHITES, red wine, Guinness (BARLEY/GLUTEN), carrots, garlic, tomato, herbs, pork, beef suet, MUSTARD, WHEAT flour, CELERY, meat stock, cabbage, MILK	Remove from packaging and place on a plate with the cling film. Heat for 2 mins on full power twice with a one-minute break in between. Alternatively, place in a steamer for 20 mins. Heat the sauce separately.	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
	Basmati rice	Rice, onions, garlic, CELERY, 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 2 mins (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

S I D E S	Gratin Dauphinois	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
	Petits pois	Peas, MILK ,	Remove lid and heat for 15 minutes	2 minutes at 75% twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pommes mousseline	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
	Pommes nouvelle	Potatoes, salt	Remove lid and heat for 15 mins	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.
	Roasted pommes frites	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
	Choux au beurre	Cabbage, onion, MILK , fennel seeds	Remove lid and heat for 15 minutes	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T S	Charlotte poire Belle-Hélène	Pear, sugar, WHEAT flour, vanilla, MILK , NUTS , chocolate, lemon, cinnamon	Take out of 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
	Chausson aux pommes et myrtille	Apples, wild blueberries, EGG , sugar, MILK , WHEAT flour	Remove from packaging and heat for 10 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gâteau basque et compote de cerises	WHEAT flour, MILK , EGG , sugar, vanilla, cherries, corn flour, rum	Take out of the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 2 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 OR GLUTEN-FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN; PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN.					