

WC 23/02/26	DISH	ALLERGENS	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					
STARTERS	Assiette de charcuterie, cornichons et baguette	GF w/o bag	Pork, chicken, MILK, EGG, wheat flour, WHEAT FLOUR GLUTEN, vinegar, gherghins, peppercorn, yeast	Eat at room temperature. Heat the baguette for 8 minutes		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Bisque de Langoustine	GF	CRUSTACEAN, carrots, garlic, tomato paste, tarragon, curry powder, CELERY, onion, white wine, WHEAT FLOUR GLUTEN free flour, MILK, Brandy, garlic, saffron ,olive oil, thyme, bay leaf	Warm up the bisque gently in a saucepan until piping hot.	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 reheating as per instructions
	Brochette de poulet tikka		Chicken, MILK, garlic, garham massala, peppers, oil, wheat flour Gluten,	Remove from packaging and heat for 12 minutes	Heat for 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
	Cromesquis de crabe, sauce aneth	GF DF	CRUSTACEAN,potatoes, dill, FISH, MUSTARD, CELERY, EGG, lemon, 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
MAIN COURSES	Côtes de boeuf rotie sauce raifort	GF	Beef, red wine, CELERY, onion, carrots, tomato, horseradish, EGG, MUSTARD, oil, salt, pepper, star anis	Remove from the fridge 20 mins before cooking. Heat for 20 mins . Rest for 10 mins under foil for MR . heat the sauce seprately	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
	Cuisse de lapin sautée chasseur	GF	Rabbit, pork, mushroom, tomato, tarragon, wine, CELERY, onion, meat stock,	Remove lid and heat for 20 mins.	4 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
	Filets de flétan farcie aux crevettes, sauce Bouillabaisse	GF	FISH, CRUSTACEAN, MILK, garlic, tomato, saffron, wine, onion, MUSTARD, cayenne pepper, potatoes, salt, pepper	Remove lid and heat for 16 mins, leave to rest under foil for 5 minutes	3 minutes 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.
	Jarret d'agneau au romarin	GF DF	Lamb, tomato, wine, turnips, carrots, garlic, herbs, meat stock, CELERY	Remove lid, cover with foil and heat for 25 mins, pour over the basil oil before serving	Heat on full power for 3 minutes. 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
	Quenelle de saumon et crevettes aux fine herbes, sauce aurore	GF	FISH, CRUSTACEAN, EGGS, MILK, herbs, tomato, olives, mushrooms, brandy, wine, CELERY,	Remove lid and heat for 20 mins	3 minutes 2 times 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
	Tagine de poissons a la chermoula	DF	FISH, CRUSTACEAN, chilli, cumin, tomato, coriander, lemon, garlic, onions, ginger, spices, saffron, WHEAT FLOUR GLUTEN, MILK	Remove lid and heat for 20 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
SIDES	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.
	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
	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
	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 unti piping hot. Beat until smooth.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing

	Pommes nouvelle	DF GF V	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	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
DESSERTS	Bande aux fruits		Fruits, MILK, EGGS, Wheat flour gluten, gelatine, sugar, vanilla	Serve chilled	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Entremet framboises et chocolat blanc		Wheat flour WHEAT FLOUR GLUTEN, EGGS, MILK, sugar, gelatine, raspberries	Eat straight 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 before cooking as per instructions
	Gateau au fromage à l'orange sanguine		Orange, MILK, lemon, sugar, Wheat flour gluten, chocolate, gelatine leaves	Eat straight from the fridge		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						