

WC 06.04.26	Dish	Allergen	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	Carpaccio de betteraves	GF	Beetroot, MILK, NUTS, gelatine, thyme	Remove from the fridge 10 minutes before eating.		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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
	Paté de maquereau fumé, raisins au vinaigre		FISH,MILK, MUSTARD, EGG, grapes, vinegar, sugar, cucumber, dill	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 reheating as per instructions
	Terrine de lapin aux noisettes	GF DF	Rabbit, pork, HAZELNUTS, white wine, shallots, brandy, chicken liver, smoked bacon, olives, EGGS, nutmeg, clove, garlic, thyme, sultanas, figs white wine vinegar, onions, sugar, cinnamon, salt, pepper	Take out of the fridge 10 mins before eating. Heat the baguette for 12 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
M A I N C O U R S E S	Escalope de veau schnitzel, sauce Gribiche		Veal, EGG, WHEAT FLOUR GLUTEN, MILK, shallots, MUSTARD, tarragon,gherkins, capers, veg oil, potatoes,	Remove from packaging and place on a wire rack in the oven for about 14 mins.	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze for up to 2 months but freezing might deteriorate flavour and texture. Defrost overnight in the fridge before cooking as per instructions
	Pave de cabillaud au jambon	GF DF	FISH, pork, parika, tomato, garlic, onions, chilli, peppers, olive oil, fennel, lemon, salt, pepper	Remove lid and heat for 20 mins, rest under foil for 5 minutes	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
	Pavé de fletan et Barigoule d'artichauts		FISH, pork, asparagus, lemon, tarragon, garlic,olive oil, thyme, potatoes	Remove lid and heat for 16 mins, leave to rest under foil for 5 mins.	3 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Pieds de cochon farcie "Pierre Koffman" au ris de veau et morilles	GF	pork, veal, mushroom, EGG, MILK, wine, onions, herbs, tomato, carrots, CELERY, potatoes, salt, pepper	Remove the lid heat for 20 mins	Heat on full power for 3 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
	Pitivier d'aiglefin aux asperges		FISH, MOLLUSCS, spinach, butter, flour, shallots, CELERY, MILK, asparagus, EGG,	Remove from container and place on a pre heated baking tray for 25 mins		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 before cooking as per instructions
	Poulet rotie farcie de ma grand mère	GF DF	Chicken, pork, raisins, liver, wine, EGG, shallots, garlic, CELERY, carrots, herbs	Remove lid and heat for 22 mins. 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 before cooking 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

S I D E S	Petit pois a la francaise	GF	Peas, pork, carrots, onions, lettuce salt, pepper	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.
	Pomme de terre ratte		Potatoes, olive oil	Remove lid, heat for 15 mins		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Basmati rice	GF	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 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
	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.
	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 until piping hot. Beat until smooth.	3 minutes twice	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
D E S S E R T S	Mousse au kumquat et biscuit chocolat		Kumquat, orange, MILK, gelatine, sugar, chocolate, WHEAT FLOUR GLUTEN, EGG, vanilla	Remove from the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau roulé au citron et Framboises		Raspberries, lemon, EGG, WHEAT FLOUR GLUTEN, MILK , gelatine, sugar, EGGS	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte aux pommes pâtissière		Flour, EGGS, sugar, corn flour, MILK, vanilla, apples, abricots, gelatine	Lift the tart out of the box using the greasproof paper and heat at 180C for 5 mins	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. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN						