WC 10/11/25		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					
STARTER	Crab & salmon cakes with dill, a mustard & honey mayonnaise & tomato relish	DF	**CRUSTACEAN**, potato, dill, ketchup, **MUSTARD, EGG,** oil, tomato, sugar, vinegar, onions, coriander	Remove lid and heat for 15 minutes	1 minutes 100	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Hot smoked Berskshire trout, spinach & feta in crunchy filo pastry parcels with aioli		**WHEAT FLOUR GLUTEN, FISH, MILK,** Spinach, Brandy, nutmeg, cayenne pepper, salt	Remove from packaging and place on baking tray for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Smooth duck liver & truffle pâté with baguette & prune chutney		Duck, **MILK, EGGS, wheat flour, WHEAT FLOUR GLUTEN,** salt, pepper	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days.Not suitable for freezing
	Wild mushroom & aged Comté cheese soufflé with chive cream	GF	**EGG,MILK,WHEAT FLOUR GLUTEN,** mushroom, shallot, gluten free flour	Remove lid and heat at 180C for 18minutes	Heat on full power for 2 minutes. twice	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
MAIN COURSES	Monkfish fillets & tiger prawns cooked in a lobster cream sauce with peas, & button mushrooms with new potatoes	GF	**FISH, CRUSTACEAN, MOLLUSCS**, tarragon, tomato, brandy, wine, **CELERY**, chilli, onion, garlic, MILK, salt, pepper	Remove lid and heat for 18 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Lamb fillet topped with a mustard & parsley crust with a lamb & fresh thyme sauce with potato gratin	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
	Scottish salmon fillet with fondue leeks baked in puff pastry with lemon cream sauce & broccoli polonaise		**FISH, EGG, WHEAT FLOUR GLUTEN, MILK,** wine, **CELERY,** shallots, broccoli	Remove lid and heat for 18 minutes. heat the sauce separately	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
	Parisienne Brasserie classic of corn fed chicken cooked in Burgundy with sautéed mushrooms, smoked lardons & gratin dauphinois	GF	Chicken, red wine, **CELERY**, carrot, pork,mushroom, onion, thyme, bay, **WHEAT FLOUR GLUTEN** free flour, tomato, salt, pepper	Remove lid, heat for 18 minutes stir occasionaly	3 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
	Roasted aubergine & tomato sauce gratin topped with parmesan with pommes mousseline	GF V	Aubergines, tomato, onions, garlic, olive oil, parmesan cheese, **MILK**, oregano, salt, pepper	Remove the lid heat for 25 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
SI	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
	Broccoli polonaise	V	Brocoli, **WHEAT FLOUR GLUTEN, EGG, MILK**, parsley	Remove lid and heat for 15 mins		Keep refrigerated after delivery and consume within 3 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

D E S	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 twic	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		
D E S S E R T S	Banoffee tartlet with salty caramel & toasted walnuts		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		
	Butter puff pastry tarte with crème patissière & caramelised apples		Apple, sugar, **EGG, MILK**, wheatflour gluten, vanilla, corn flour	Eat straight 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.		
	Mango cheese cake topped with passion fruit glaze		Mango**, MILK**, sugar, **WHEAT FLOUR GLUTEN,** gelatine, passion fruit	Eat straight from the fridge		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		
	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							