

wc 29/07/24	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 S	Cassolette de pétoncles et crevette sauce bonne femme		FISH, CRUSTACEAN, MOLLUSCs, mushrooms, CELERY, WHEAT FLOUR GLUTEN, MILK, wine	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 cooking as per instructions	
	Crème Vichyssoise	V GF	potatoes, onion, leek, MILK, chive, salt, pepper, CELERY	add the chives and eat cold	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	
	Quenelles de volaille truffé, sauce Albufera	GF	Chicken, MILK, mushroom, CELERY, EGG, wine, herbs, onions, carrots, leeks	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	
	Terrine de jambon fumé Mirabeau et céleri rémoulade	GF DF	Pork, gherkins, vinegar, MUSTARD, celeriac, EGG, shallots, WHEAT FLOUR GLUTEN	Remove from the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
M A I N C O U R S E S	Crumble de poissons.		FISH , chives, capers, onion, leek, peas, parsley, MILK, bay leaf, nutmeg, WHEAT FLOUR GLUTEN	Remove lid and heat for 25 mins	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	
	Curry de volaille et crevettes	GF, DF	Chicken, FISH, CRUSTACEAN, PEANUTS, CELERY, chilli, shallots, cocoNUT MILK, coriander, rice	Remove lid and heat for 20 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	
	Demi canard roti aux cerises	GF DF	Duck, lemon, blackcurrant, red wine, CELERY, meat stock, new potatoes, sugar, vinegar, onions	Remove lid, cover with a loose foil and heat for 20 minutes. Heat the sauce separately	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.	
	Filet de loup de mer	GF DF	FISH, olive oil, tomatoes, peppers, onions, garlic, paprika, fennel seeds, lemon	Remove lid heat for 16 mins, leave to rest under foil for 5 mins	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	
	Marmite de lotte en osso bucco, riz au saffran	DF GF	MonkFISH, fennel, smoked paprika, WHEAT FLOUR GLUTEN free flour, tomato, orange, FISH stock, CELERY, saffron, rice, onion,lemon	Remove lid, heat for 20 minutes	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	
	Moules marinière	GF (without bread)	Mollusc, 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
	Navarin d'agneau au basilic	GF DF	Lamb, tomatoes, onions, CELERY, basil, carrots, courgettes, potatoes, wine, herbs	Remove lid and heat for 22 minutes	2 minute 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
	Pintade Normande	GF	Guinea fowl, pork, EGG, apples, CELERY, wine, meat stock, MILK, salt, pepper	Remove the lid and heat for 24 minutes		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
	Poulet a l'estragon	GF	Chicken, pork, mushrooms, garlic,shallots, CELERY, wine, meat stock	Remove lid and heat for 25 mins		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
	Salmis de lapin au vin rouge	GF DF	Rabbit, wine, pork, onion, garlic, mushrooms, CELERY, WHEAT FLOUR GLUTEN free flour, tomato, cocoa powder	Remove lid and heat for 20 minutes		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Saute de veau Marengo, pommes bataille	GF DF	Veal, onions, tomatoes, CELERY, olives, mushrooms, garlic, white wine,	Remove the lid heat at 180C for 18 mins	3 minutes on full power 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
	Supreme de Volaille Albufera, sauce aux morilles	GF	Chicken, duck, mushrooms, MILK, CELERY, wine, meat stock,	Remove lid and heat for 20 minutes		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
The Funghi Bun	V	Flour, butter, EGGS, 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	

	Tournedos de fillet de porc, pithivier the crevettes , sauce aux epices chinois		Pork, CRUSTACEAN , chinese spices, WHEAT FLOUR GLUTEN , EGG, coriander, SESAME , CELERY , ginger, meat stock,	Using the greaseproof paper pemove the pithivier from the box and place on a preheated baking tray. Heat for 20 minutes. Heat the pork tournedos for 18 minutes. 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
S I D E S	Clafoutis de courgettes et tomate cerises	GF V	Courgettes, tomato, mint, EGGS , MILK	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
	Fondue de poireaux au cidre	GF V	Leeks, MILK	Remove lid and heat at 180C for 16 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Galette de pommes de terre à l'ail sauvage	GF V	Potatoes, onions, EGGS , cheese, wild garlic, olive oil	Remove lid, heat for 18 minutes		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
	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
	jardinière aux flageolets	GF DF	Broad beans, peas, flageolet, tomatoes, beans, CELERY , herbs	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
	Pommes bataille, sautee potatoes with red onions and rosemary	GF DF	Potatoes, duck fat, onions, garlic, rosemary	Remove lid, heat for 14 minutes		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Riz basmati	GF	Rice, onions, garlic, CELERY , 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
D E S S E R T S	Bavarois aux fruits rouge		Raspberries, strawberries, blue berries, EGG, sugar, gelatine, flour, MILK, Blackcurrant liquor	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
	Panna Cotta	GF	MILK , vanilla, sugar, gelatine leaves, lemon, strawberries, corn flour	Served chilled		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tartelette aux pignons.	V	WHEAT FLOUR GLUTEN , sugar, pine NUTS, honey, orange, almonds, EGGS , butter,	Remove from the fridge 15 mins before eating		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
Q U I C H E	Provencale Vegetable Quiche		WHEAT FLOUR GLUTEN , tomato, aubergine, courgettes, onions, garlic, NUTS, MILK, EGGS , 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, WHEAT FLOUR GLUTEN , 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, WHEAT FLOUR GLUTEN , 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, WHEAT FLOUR GLUTEN , 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						