

Section	Dish Name	Allergen	Ingredients	Serving Instructions	Storage instruction
WC 26/9/22	PLEASE PREHEAT YOUR OVEN TO 180C. ALL DISHES ARE COOKED AT THIS TEMPERATURE UNLESS STATED OTHERWISE. IF YOU HAVE A BAGUETTE, PLEASE WARM THIS THROUGH FOR 8 MINUTES				
CANAPES	Mini quiche lorraine		Wheat flour gluten, pork, garlic, milk, egg, corn flour	Remove the lid heat for 12 mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
STARTERS	Crepes aux fruits de mer		Crustacean, mollusc, fish, celery, dill,spices, milk, tomato paste, Brandy, onions, bay leaf, wheat flour gluten, eggs, curry powder,	Remove the lid 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
	Gigli aux champignons et truffe	V	wheat flour gluten, mushroom, milk, shallots,	Remove lid and heat for 17 mins.	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Gratin de coquilles St Jacques		Molluscs, milk, wheat flour gluten, wheat flour gluten free flour, potatoes, celery, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	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
	Gratin de pétoncles au beurre d'ail		Molluscs, garlic, parsley, wheat flour gluten, shallots, milk	Remove from packaging 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 cooking as per instructions
	Vitello tonnato	GF DF	Veal, fish , olive oil, lemon, eggs, mustard, vinegar, capers, pea shoots	Eat straight from the fridge	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
MAINS	Coq au Champagne	GF, DF	Chicken, Wine, celery, carrot, pork,mushroom, onion, thyme, bay, gluten free flour, tomato	Remove lid and heat for about 25 mins or until piping hot	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
	Daube de travers de boeuf aux carottes	GF, DF w/o mash	Beef, red wine, tomato, garlic, onions, celery, star anis, potato, milk, salt, pepper	Remove lid and heat for about 20 mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Demi canard au confit	GF DF	Duck, garlic, wine, orange, celery, onion, carrots, sugar, vinegar, cinnamon, salt, pepper	Remove lid and heat for about 24mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet de maigre et risotto aux morilles		Fish, rice, celery, mushroom, milk, nuts, wheat flour gluten, salt, pepper	Remove lid and heat for about 18 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
	Mijoté de porc aux pruneaux et lardons fumé	GF DF	pork, onions, wine, tomato, hebs, celery, meat stock, potato, egg,salt, pepper	Remove lid and heat for 20 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	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.	Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing
	Saucisses de toulouse, purée et sauce a l'oignon		Pork, wine, garlic, onion, wine, celery, potato, milk, salt, pepper	Remove lid and heat for about 20mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Saumon en croutes, sauce crevettes		Fish, crustacean, egg, leeks, milk, chives, shallots, wine, wheat flour gluten	Remove lid heat AT 180C for 16 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
	Tagine de poulet et pois chiche	GF	Chicken, onions, garlic, milk, chillies, saffron, tomato, lemon, chick peas, cumin, cinnamon, cayenne, coriander, ginger, figs, salt, pepper, olive oil	Remove lid 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
	Tarte Paysanne et salad a l'huile de noix		Wheatflour gluten,pork, milk, onion,leek, salad, mustard, vinegar, garlic, shallots, salt, pepper	Remove the tart from packaging and heat ona baking tray for 14 mins	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	The Funghi Bun		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	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tourte de filo au noix et fromage bleu	v	Gluten wheat flour, butternut squash, red onion, milk, nuts, salt, pepper	Remove lid and heat for about 16mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge

SIDES	Choux rouge et pommes	GF	Cabbage, milk , apple, salt, sugar, vinegar	Remove lid and heat for about 16mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Gratin savoyard	GF	Potato, pork, milk , onion, salt, pepper	Remove lid and heat for about 18mins	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid heat at 200C for 45 mins	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
DESSERT	Coupe Tiramisu	V	Wheatflour gluten , milk , coffee, brandy, egg , sugar	Remove from the fridge 10 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
	Entremet noisette et framboises		Nuts , eggs , sugar, milk , gelatine, raspberries, chocolate, wheat flour gluten	Eat from the fridge	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte poire et chocolat	V	Pear, milk , egg , wheatflour gluten , nuts , sugar, vanilla, chocolate	Remove from the fridge 10 mins before eating	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
QUICHE	Provencale Vegetable Quiche		Wheat flour wheat flour gluten , tomato, aubergine, courgettes, onions, garlic, nuts , milk , eggs , salt, pepper	Remove from packaging and heat for 14 minutes	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quiche de champignons et Parmesan	V	Milk , egg , wheat flour , wheat flour gluten , mushroom, cep powder, garlic, parsley, shallots, salt, pepper	Remove from packaging and heat for 15 minutes	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 poireaux		Milk , egg , wheat flour , wheat flour gluten , leek, fish, dill, mollusc, crustacean, tomato, salt, pepper	Remove from packaging and heat for 15 minutes	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 , wheat flour gluten , pork, garlic, salt, pepper	Remove from packaging and heat for 15 minutes	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					