

WC 26/8/24	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	Gratin de tourteau et crevettes		Crustacean, shallots, sherry wine, MILK, WHEAT FLOUR GLUTEN free flour, WHEAT FLOUR GLUTEN, tomato,	Remove from packaging and heat for 18 minutes	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.	
	Terrine de betteraves rouge et fromage de chevre, vinaigrette a l'huile de noix	GF V	Beetroot, gelatine, gOAT's MILK, MUSTARD, NUTS, vinegar, oil,	Eat from the fridge	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing	
	Steak tartare, salade de cresson	GF DF	Beef, EGG, worcester sauce, tabasco, shallots, MUSTARD, capers, parsley, vinegar, olive oil, garlic, thyme, watercress	Remove from the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Salade de canard aux artichauts		Duck, soya, pepper, artichokes, vinegar, NUTS,	Remove from the fridge 15 minutes 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 cooking as per instructions
M A I N C O U R S E S	Daube d'agneau a la provencale	DF GF	Lamb, wine, tomatoes, porc, garlic, meat stock, fennel seeds, CELERY, gluten free flour	Remove lid and heat for 25 minutes	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
	Filet de colin bordelaise, coulis de tomate au thym		FISH, tomatoes, WHEAT FLOUR GLUTEN, MILK, shallots, parsley, thyme, potatoes	Remove lid and heat for 18 mins. leave to rest for 5 mins,		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Tagine d'encornets	DF GF	FISH, onions, saffron, chillies, tomatoes, lemon, cumin, cinnamon, cayenne pepper, clove, rice, garlic,	Remove lid cover with foil 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
	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
	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
	Steak and kidney pudding	DF Without cabbage	Beef, kidneys, onions, FISH , red wine, carrots, garlic, tomato, herbs, pork, beef suet, MUSTARD, WHEAT FLOUR GLUTEN, CELERY, meat stock,	Remove from packaging and place on a plate with the cling film. Heat for 2 mins on full power twice with a minute break in between. Alternatively place in a steamer for 20 mins. Heat the sauce separately.	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 reheating as per instructions
	Gratin de poissons	GF	FISH, chives, capers, onion, leek, green beans, parsley, MILK, bayleaf, nutmeg, potatoes,	Remove lid and heat for 25 mins	Cook on full power for 2 minutes wait for 1 minute then repeat twice more	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
	Lasagne aux champignons		Mushroom, CELERY, carrots, onion, garlic, tomato, herb, wheatflour gluten, MILK, olive oil, NUTS salt, pepper	Remove lid heat for 20 mins	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 before reheating as per instructions

	Curry de volaille à l'indienne	GF	Chicken, onions, garlic, chilli, coriander, garam masala, tomato, cumin, fennel, CELERY , rice, ginger, MILK	Remove lid, heat for 18 minutes	3 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
	Saumon en croûtes, sauce citron		FISH, EGG, WHEAT FLOUR GLUTEN, MILK, wine, CELERY, shallots	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
S I D E S	Pommes mousseline	V, GF	Potatoes, MILK , garlic, nutmeg, salt, pepper	Remove lid, cover with foil, heat for 20 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.	1 minute on full power, then beat the mash for a bit and heat up for another minute on full power	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
	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.
	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	Tartelette aux fruits	V	Wheat flour WHEAT FLOUR GLUTEN, MILK, sugar, EGG, corn flour, fruits	Take out of the fridge 10 minutes before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Trifle d'été		WHEAT FLOUR GLUTEN, NUTS, gelatine, EGGS, sugar, MILK, red fruits, vanilla, NUTS	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau praliné au chocolat	V	WHEAT FLOUR GLUTEN, NUTS, MILK, EGGS, sugar, chocolate	Take out of the fridge 10 minutes 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
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, parsley, 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						