

WC 04/05/26	Dish	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	Chausson de champignons et asperge, creme de camembert	MILK,mushrooms, asparagus, Wheat Flour GLUTEN, EGG. chives	Remove lid and heat for 12 minutes	3 minutes twice on full power	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
	Gravadlax de saumon	FISH, dill, sugar, salt, MUSTARD, EGG, oil, GLUTEN WHEAT, yeast, MILK	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Soufflé au homard	Crustacean, MOLLUSC, spices, MILK, tomato paste, Brandy, onions, bay leaf, GLUTEN FREE WHEAT FLOUR, EGGS, Worcestershire sauce, curry powder, spinach	Remove lid heat for 18 minutes	2 minute on full power tw	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
	Tartelette de crabe et parmesan	WHEAT FLOUR GLUTEN, CRUSTACEAN, EGGS, MILK,	Remove from packaging and heat for 15 minutes	2 minutes on full power	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	Blanquette de saumon et crevettes	FISH, CRUSTACEAN, leeks, wine, onions, MILK, CELERY, potatoes,	Remove lid and heat for 20 mins	2 minutes 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 cooking as per instructions
	Confit de canard et pommes sarladaise	Duck, garlic, bay, clove, peppercorn, garlic, red cabbage, apples, vinegar, MILK, sugar	Remove lid and heat for 20 minutes	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 before reheating as per instructions
	Coq au vin	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 occasionally	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
	Crêpe d'aiglefin	WHEAT FLOUR GLUTEN, FISH, EGGS, MILK, spinach, MUSTARD, nutmeg, cayenne pepper	Remove lid heat for 18 minutes	3 minutes of 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
	Filet d'agneau en croûte	Lamb, WHEAT FLOUR GLUTEN, NUTS, MILK, EGG, mushroom, pork, peas, salad, poatto, garlic, CELERY, wine, tomato	Remove from packaging and place on a preheated oven tray, bake at 200c for 15 min and leave to rest for 5 mins, add 5 mins of cooking time for medium heat up the sauce separatly	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
	Poitrine de porc aux pruneaux	Pork , CELERY, onions, wine, meat stock, EGG,MILK, potatoe	Remove lid, cover with a loose foil. Place in the oven 180C for 25 minutes. heat up the sauce separatly		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
S I D E S	courgettes et salicorne	Spinach, samphire, peas, MILK	Remove the lid heat for 14 mins	2 minutes 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.
	Gratin Dauphinois	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
	Haricot vert	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.
	Petit pois a la francaise	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.
	Pommes crique	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 nouvelle	Potatoes, salt	Remove lid, heat for 15 mins		Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Pommes Sarladaise	Potatoes, garlic, duck fat, salt, pepper	Remove lid and heat for 15 mins		Keep refrigerated after delivery and consume within 3 days. not suitable for freezing

D E S S E R T	Gateau au fromage Capuccino	Amaretti biscuit, WHEAT FLOUR GLUTEN, NUTS, MILK, chocolate, cocoa powder	Take out of the fridge 12 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
	Panna cotta et salade de fraises	MILK, gelatine, vanilla, framboises, sugar, lemon	Eat from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tartelette pistache et framboises	WHEAT FLOUR GLUTEN, NUTS, EGG, MILK, sugar, vanilla, corn flour, raspberries, gelatine	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
<p style="text-align: center;">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</p>					