

	Dish Name	Allergen	Ingredients	Serving Instructions	Microwave	Storage instruction
WC25/9/23	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					
	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	Bisque de Langoustine	GF	crustacean, carrots, garlic, tomato paste, tarragon, curry powder, celery, onion, white wine, wheat flour gluten free flour, milk, Brandy, garlic, saffron ,olive oil, thyme, bay leaf	Warm up the bisque gently in a saucepan until piping hot.	4 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
	Gigli aux champignons et parmesan	V	wheat flour gluten, mushroom, milk, shallots,	Remove lid and heat for 17 mins.	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Quiche de crabe et poireaux, aioli		wheat flour gluten, milk, egg, crustacean, leeks, dill, curry powder, mustard, saffron, garlic, salt, pepper	Eat at room temperature or warm in the oven for 10 mins	1minute 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
	Soufflé au trois fromages	GF, V	Milk, eggs, gluten free flour, nutmeg, onions, salt, pepper	Remove lid and heat for 18 mins	3 minute twice on 75%	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
M A I N C O U R S E S	Bourguignon de sanglier aux champignons et pommes crique	GF DF w/o potatoes	Wild boar, pork, celery, onion, carrots, wine, tomato, mushroom garlic, coco powder	Remove lid and heat for 20 mins	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
	Bourride de lotte	GF DF	Fish, eggs, mustard, saffron, molluscs, crustacean, tomato, celery, wine, carrots, onions	Remove lid and heat for 20 minutes	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Filet de Flétan soufflé au St Jacques et crème de safran	GF	Fish, mollusc,milk, saffron,egg,lemon, celery, shallots	Remove lid, heat for 18 minutes, rest for 5 mins before serving	NA	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	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
	Rognons de veau à la moutarde	GF	Veal kidneys, onions, meat stock, celery, milk, wheat flour gluten free flour, white wine, mustard, rosemary, onions	Remove lid, cover loosely with foil and heat for 15-20 minutes. Alternatively, place in a saucepan, add a splash of water and heat gently until piping hot	3 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.
	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
	Selle d'agneau farcie aux pistache	GF	lamb, egg, parsley, shallots, meat stock, milk, celery, potatoes, garlic	Remove lid and heat for 16 mins. heat the sauce separately in a saucepan	1 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.
	Filet de porc normande	GF	Pork, cider, apples, meat stock,milk, celery, potatoes	Remove lid and heat for 18 minutes	3 minutes at 100% twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Poulet Basquaise au piment D'Espelette.	DF GF	Chicken, peppers, chilli, onion, pork, tomatoes, saffron, celery, rice	Remove lid and heat for 18 minutes	3 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
	Gratin d'aiglefin et épinards sauce moutarde		Fish, spinach, mustard, milk, wheat flour gluten, potato, rosemary, celery, wine	Remove lid and heat in the oven for 17 mins leave to rest under foil for 5 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
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	
Haricot vert au beurre d'ail	GF	Beans, milk, parsley, garlic, shallots, 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	

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
	Ratatouille Nicoises	V DF GF	Peppers, courgettes, aubergine, onions, tomatoes, garlic, olive oil,	Remove lid and heat for 15 mins.	1 minutes twice 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.
	Riz au saffran	GF V	Rice, saffron, celery, vegetable stock,	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)		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 S S E R T	Far Breton aux pommes et pruneaux	V	Prunes, apples, milk, eggs, vanilla, wheat flour gluten, sugar	Remove from packaging and heat for 8 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Sablé aux framboises	V	Wheat flour, wheat flour gluten, sugar, eggs, nuts, milk, raspberries, vanilla	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte au poire bourdaloue, sauce vanille	V	Wheat flour gluten, nuts, sugar, milk, eggs, pear, gelatine, vanilla	Take out of the fridge 10 mins 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 poireaux		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						