

WC 01/12/25		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					
S T A R T E R	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					
	Assiette de poissons fumé	GF	FISH, MILK, capers, CELERY, beetroot, EGG, MUSTARD, oil, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Cassiolette 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
	Crêpes aux champignons et raclette	V	MILK, EGGS, WHEAT FLOUR GLUTEN, mushrooms, garlic, shallots,	Remove lid heat for 16/18 minutes	2 minutes 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
	Tourte de jambon et poulet feuilleté		Wheat flour Gluten, EGG, MILK, Chicken, ham, peas, CELERY	Remove from Packaging and heat for 15 mins	Heat on full power for 2 minutes. 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
M A I N C O U R S E S	Aileron de raie Grenobloise	GF	FISH, capers, vinegar, MILK, parsley, garlic, lemon, salt, pepper	Remove the 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 cooking as per instructions
	Lasagne de fruits de mer		Wheat flour gluten, FISH, CRUSTACEAN, MOLLUSCS, MILK, tomato, wine, shallots	Remove lid, heat for 20 minutes.	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
	Ballotine de pintade aux pistaches		GUinea fowl, mushrooms, MILK, NUTS, wine, tarragon,	Remove lid, heat for 18 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 cooking as per instructions
	Filet de lotte à la ventriche, purée de petit pois	GF	FISH, pork, CELERY, wine, meat stock, thyme, MILK, peas, lemon, salt, pepper,	Remove the lid and heat for 20 minutes with the sauce	3 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.
	Saumon en croustilles, sauce citron		FISH, EGG, WHEAT FLOUR GLUTEN, MILK, wine, CELERY, shallots, peas, beans,	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
	Sauté de veau marseillais, pommes croustilles	GF DF	veal, pork, onions, tomato, mushrooms, olives, CELERY, potatoes, duck, garlic, meat stock	Remove lid and heat for 22 mins. remove the lid of the potatoes and heat for the same time		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	Basmati rice	GF	Rice, onions, garlic, CELERY, bay leaves, salt, pepper. oil	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 2 mins (800W)	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 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	V GF	Green bean, MILK, parsley,	Remove lid and heat for 15 minutes	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.
	Pommes croustilles	GF	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

S	Jardinière de légumes	GF V	Petit pois, leeks, carrots, onions, beans	Remove lid and heat for 18 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 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
	Pommes puree	GF	Potatoes, MILK, garlic, nutmeg	Remove lid, cover with foil, heat for 25 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.	3 minutes twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T S	Tartelette a la banane et caramel		Wheat flour Gluten, sugar, MILK, NUTS, coffee, EGGS, banana	Eat straight from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Entremet café et amandes		WHEAT FLOUR GLUTEN, NUTS, EGGS, sugar, MILK, chocolate, gelatine	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
	Gateau foret noir	V	WHEAT FLOUR GLUTEN, chocolate, MILK, cherries, EGGS, sugar, brandy	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
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						