

	Dish Name	Allergen	Ingredients	Serving Instructions	Microwave	Storage instruction
WC 18/9/23	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	Crevettes au court bouillon et mayonnaise au crabe	GF DF	Dill, crustacean, onion, carrots, wine, celery, mustard, egg, lemon, oil, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Dariole de St Jacques à la crème de vermouth.		Mollusc, spinach, fish, egg, milk, tomato, shallots, celery, wine	Remove lid and cover with foil. Heat for 18 minutes	1.5 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
	Rognons d'agneau sauce diable	GF DF (w/o toast)	Lamb kidneys, vinegar, shallots, chillies, mustard, tomato, celery	Heat in a saucepan and for 5 mins. Toast the sourdough and place the kidneys on top	2 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
	Soupe à l'oignon	GF DF without croûtons	Onions, milk, wheat flour gluten, wine, meat stock, celery, marmite, worcester sauce (fish)	Empty the soup into a saucepan and bring gently to the boil. Pour into serving dish and top with the croûtons covered with cheese, grill until the cheese begins to brown	Cook on full power for 2 minutes wait for 1 minute then repeat	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	Cabillaud au four	DF	Fish, wheat flour gluten, parsley, lemon, mustard, capers, gerkins, vinegar, shallots, egg, potatoes	Remove lid and heat for 20 mins	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
	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	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
	Epaule de porc braisée au vin rouge	GF DF	Pork, onions, beer, celery, meat stock, duck, garlic, tomato,	Remove from packaging and place in a roasting tray. Pour the sauce over the pork, cover with foil and heat for 30 mins	4 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
	Fricassée de pintade aux champignons	GF	Guinea fowl, pork, onion, milk, carrots, mushroom, wine, cider, celery, salt, pepper	Remove lid and eat for 22 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
	Hachis parmentier de chevreuil	GF	venison, pork, beef, carrots, onions, celery, tomato, wine, herbs, potatoes, milk, worcester sauce (fish)	Remove lid, heat for 25 minutes	4 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
	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
	Paupiette de saumon au homard, sauce Armoricaïne		Fish, crustacean, mollusc, milk, eggs, basil, tomato, wine, celery, Brandy, tarragon,	Remove lid and heat for 20 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Poulet sauté chasseur	GF	Chicken, mushrooms, smoked pork, tomatoes, celery, milk, meat stock, tarragon, wine, potatoes, egg, onions	Remove lid and heat for 22 mins	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
	Tagine de poissons a la chermoula	GF DF	Fish, crustacean, chilli, cumin, tomato, coriander, lemon, garlic, onions, ginger, spices, saffron, wheat flour gluten, milk	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
	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

S I D E S	Haricot vert au beurre d'ail	V GF	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.
	Legumes roties	GF DF V	Peppers, onions, fennel, butternut squash, olive oil, garlic, salt, pepper	Remove lid and heat for 18 mins	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Pommes roties	GF DF	Potatoes, duck, salt, pepper	Remove lid and heat for 40 mins at 200C	N/A	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	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T	Gateau mont blanc		Wheat flour gluten, egg, milk , chocolate, chestnuts, cognac, vanilla, gelatine	Remove from 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 before reheating as per instructions
	Mousse au caramel	GF	Sugar, milk, egg, gelatine	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte fine aux pommes	v	Wheat flour wheat flour gluten, eggs, milk, sugar, apples, corn flour	Remove from packaging and heat for 8 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
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						