

WC 05/10/26	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				
STARTERS	Crêpes Bretonne aux champignons et epinards	WHEAT flour, buckWHEAT flour, EGGS, SOYA, mushroom, MILK	Remove lid and heat for 16 minutes	2 minutes 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
	Rognons d'agneau sauce diable	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
	Soufflé au crabe et crevettes	CRUSTACEANS, MOLLUSCS, FISH, MILK, tomato paste, Brandy, onions, bay leaf, GLUTEN free flour, spices EGGS, curry powder	Remove lid heat for 18 minutes	2 minute 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
	Velouté de volaille et champignons, gougère au fromage	Chicken, MILK, WHEAT FLOUR GLUTEN, carrot, leeks, SULPHITE, onion, shallots, mushroom, peppercorn,	Poor the content in a sauce pan and heat up the soup, serve with the gougère on top	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. Defrost overnight in the fridge before reheating as per instructions
MAIN COURSES	Daube de chevreuil sauce grand veneur	Venison, SULPHITES, wine, CELERY, onions, garlic, carrots, bay, juniper, MILK, red currant	Remove the lid heat for 20 mins	Heat on full power for 3 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
	Filet de fletan au caviar d'aubergine	FISH, aubergine, capers, shallots, tomato, garlic, herbs	Remove lid heat for 16 minutes, rest under foil for 5 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Filet de dorade au crevettes, sauce a lail	FISH, CRUSTACEANS, MILK, garlic, parsley, potatoes, tomatoes	Remove lid and heat for 16 minutes, rest cover with foil for 5 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Poulet sauté chasseur	Chicken, mushrooms, smoked pork, tomatoes, CELERY, MILK, meat stock, tarragon, SULPHITES, wine, potatoes, EGG, onions	Remove from packaging and heat for 18 minutes	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
	Saumon en croustes, sauce citron	FISH, EGG, WHEAT flour, MILK, SULPHITES, 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
	Tartiflette a la raclette	Potatoes, onions, smoked bacon, MILK, MUSTARD, shallots, vinegar, thyme, garlic, olive oil, vegetable oil	Remove lid, 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 cooking as per instructions
SIDES	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
	Haricots verts	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.
	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
	Jardinière de légumes	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
	Pommes nouvelle	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.
	Eclairs au chocolat	WHEAT flour, MILK, sugar, EGGS, gelatine, coca powder,	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 24 hours. Not suitable for freezing

DESSERTS	Gateau au fromage blanc	WHEAT flour, MILK , EGGS , orange , corn flour, gelatine , sugar, lime, raspberry	Remove from the fridge 15 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau mont blanc	WHEAT flour, EGG, MILK, chocolate, chestnut\$,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
	Plateau de fromages				
99 - instruction	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 OR GLUTEN. FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN				