WC 24/11/25		Allergen	Ingredients/ allergen in bold	Serving Instructions	Microwave	Storage instruction			
	PLEASE PREHEAT Y	OUR OVEN TO 180C F	AN. ALL DISHES ARE COOKED AT THIS	TEMPERATURE UNLESS STATED OTHERV	VISE. 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	Carpaccio de fillet de chevreuil	GF DF	Venison, NUTS, wine, pears, juniper, cinnamon, orange, clove	Remove from the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing			
	Bouchée a la Reine		WHEAT FLOUR GLUTEN, veal, chicken, pork, MILK, EGGS, Celery,	Tip the sauce in a pan and reheat gently. Heat the vol au vent case for 8 minutes. fill with the sauce and sprinkle the gruyere on top.		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing			
	Pithivier de lapin aux noisettes		WHEAT FLOUR GLUTEN, EGG, MILK, rabbit, pork,NUTS shallots, wine, mushroom, spices	Remove from packaging and bake for 20 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.			
	Bisque de homard et croutons a l'ail	GF without croûtons	Crustacean, MOLLUSCs, FISH, carrots, garlic, tomato, tarragon, curry powder, CELERY, onion, wine, WHEAT FLOUR, GLUTEN free flour, MILK, Brandy, saffron ,olive oil, herbs	Warm the bisque gently in a saucepan until piping hot.	Heat on full power for 2 minute	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	Charlotte d'aubergine et agneau	GF DF	Lamb, onions, aubergines, CELERY, garlic, tomato, wine, olive oil, salt, pepper	Remove lid and heat for 24 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge			
	Confit de canard et choux rouge	GF	Duck, garlic, cabbage, cider, apples, onions, cinnamon	Remove lid and heat for 25 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 cooking as per instructions			
	Filet de cabillaud pané au parmesan		FISH, MILK,spinach, peppers, garlic, paprika, lemon, wheat flour WHEAT FLOUR GLUTEN, salt, pepper	Remove lid and heat for 18 mins, cover with foil and rest for 5 minutes	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 cooking as per instructions			
	Filet de fletan	GF	FISH, garlic, onions, , wine, CELERY, MILK, CRUSTACEAN, sorrel, potato, salt, pepper,	Remove lid and heat for 18 mins, rest for 5 minutes under cover	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 reheating as per instructions			
	Gratin de poissons à la Florentine		FISH, EGG, MILK< shallot, onion,potatoes, spinach, wine	Remove lid and heat for 18 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			
	Salmis de gibier a la Rouennaise	GF	Game, pork, wine, CELERY, MILK, duck, coca powder, juniper, carrot, onion, dairy, tomato, mushroom, salt, pepper	Remove lid and heat for 22 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			
	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 2mins (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 savoyard	GF	Potatoes, MILK, pork, nutmeg, garlic, nutmeg	Remove lid, heat for 20 mins		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	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 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	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
	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 unti 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	Paris Brest Praliné	٧	WHEAT FLOUR GLUTEN, MILK, EGGS, sugar,chocolate, cocoa powder, NUTS	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Mousse au cassis		Blackcurrant, EGGS, sugar, MILK, WHEAT FLOUR GLUTEN, lemon, gelatine,	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Tarte Bourdaloue	٧	Nuts, wheat flour, WHEAT FLOUR GLUTEN, pear, sugar, EGGS, MILK, vanilla	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing

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. INSTRUCTION ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN