

WC 16/02/26	DISH	ALLERGENS	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						
S T A R T E R S	Rillette de jambon et toast baguette	GF DF w/o baguette	Pork, duck fat, garlic, onions, yeast, wheat flour, WHEAT FLOUR GLUTEN	Remove from the fridge 10 minutes before eating		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
	Cocktail de crevettes	GF, DF	CRUSTACEAN, EGG, MUSTARD, grapefruit, lemon, brandy, salad	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Spanakopita de saumon		Spinach, wheat flour gluten, NUTS, MILK, FISH, EGG, garlic, nutmeg	Remove from packaging and heat for 12 minutes		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
	Tarte Paysanne et salade verte		Wheatflour gluten,pork, MILK,EGG onion,leek, salad, MUSTARD, vinegar, garlic, oil, shallots, salt, pepper	Remove the tart from packaging and heat on a baking tray for 14 mins		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
M A I N C O U R S E S	Ballotine de canard à l'orange	GF	Duck, orange, cinnamon, sugar, vinegar, meat stock, CELERY, potatoes, Milk, garlic, vegetables,	Remove lid, heat for 18 minutes	3 minutes twice on full power	Keep refrigerated after delivery and consume within 1 days. Can be frozen for up to 2 months. Defrost overnight in the fridge before reheating as per instructions
	Curry d'agneau kofta	GF DF	lamb, garlic, onions, cumin, chilli, tomato, ginger, cinnamon, NUTS< fennegreek, coriander, rice, CELERY	Remove lid heat for 24 minutes	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
	Filet de colin aux poireaux		FISH, leeks, MILK, WHEAT FLOUR GLUTEN, wine, CELERY, leeks, onion	Remove the lid and heat for 18 mins. Rest for 5 mins	3 minute twice on fullpower	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Gigot de lotte au jambon de Bayonne, sauce basquaise	GF DF	FISH, pork, tomato, saffron, onion, garlic, wine, rice, CELERY, salt, pepper	Remove lid and heat for 18 minutes,rest under 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.
	Marmite Dieppoise	GF	MOLLUSCS, FISH, CRUSTACEAN, MILK, white wine, bay leaf, CELERY, shallots, mushrooms, gluten free flour, chives	Remove the lid heat for 20 mins	4 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Jarret de porc a la biere		Pork, onions, MUSTARD, MILK, CELERY, beer (contain gluten), whnie, french beans, rosemary	Remove lid and 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
S I N	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
	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

D E S	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
	Pommes nouvelle	DF GF V	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.
	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 S	Crèmeux au chocolat et pruneaux a l'Armagnac	V	Chocolate, EGG, MILK, prunes, armagnac, NUTS, sugar, WHEAT FLOUR GLUTEN	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 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 à la rhubarbe et pistache	V	WHEAT FLOUR GLUTEN, NUTS, rhubarb, grenadine syrup, EGGS, MILK, vanilla	Eat at room temperature		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
<p style="text-align: center; color: red; font-weight: bold;">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</p>						