

CLASSICS		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						
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 aux fruits de mer		Crustacean, MOLLUSCS, MILK, FISH, tomato, curry, shallots, white wine, WHEAT FLOUR GLUTEN, EGGS, dill, CELERY, SESAME	Remove lid, heat for 20 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 reheating as per instructions
	Escargots de Bourgogne au beurre persille	GF w/o baguette	Snails, MILK, garlic, shallots, cayenne pepper, lemon, parsely, WHEAT FLOUR GLUTEN, yeast.	Remove from packaging, heat for 18 minutes	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 cooking as per instructions
	Soufflé au crabe et crevettes	GF	CRUSTACEAN, MOLLUSC, 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
	Gratin de coquilles St Jacques		MOLLUSCS, MILK, wheat flour gluten, gluten free flour, potatoes, CELERY, wine, nutmeg	Remove from packaging heat for 18 mins on a baking tray	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
	Soufflé au trois fromages	GF, V	MILK, EGGS, gluten free flour, nutmeg, onions, salt, pepper	Remove lid and heat for 18 mins	3 minute twice on 75%	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	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
	Boeuf Bourguignon	GF DF W/O mash potato	Beef, red wine, carrots, leeks, garlic, mushrooms, onions, mixed herbs, peppercorn, marmite, clove, tomato, pork, mushrooms, gluten free flour, meat stock, CELERY	Empty the contents into a saucepan and warm gently until piping hot	Heat on full power for 3 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
	Cassoulet de Carcassonne	DF	Pork, beans, duck, tomatoes, carrots, CELERY, garlic, bay, salt, pepper	Remove lid and heat for 18 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 before cooking as per instructions
	Steak & kidney pudding	DF Without cabbage	Beef, onions, FISH, red wine, carrots, garlic, tomato, herbs, pork, beef suet, MUSTARD , WHEAT FLOUR GLUTEN, CELERY, meat stock,	Remove from packaging and place on a plate with the cling film. Heat for 2 mins on full power twice with a minute break in between. Alternatively place in a steamer for 20 mins. Heat the sauce separately.	3 minutes 2 times 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 d'aubergine	V	Aubergine, MILK, tomato, garlic, onions	Remove lid, heat for 20 minutes	3 minute twice on fullpower	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Poulet sauté chasseur		Chicken, mushrooms, smoked pork, tomatoes, CELERY, MILK, meat stock, tarragon, wine, potatoes, EGG, onions	Remove from packaging and heat for 18 minutes	3 minute twice on fullpower	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

SIDES	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
	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
	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.
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						