

Section	Dish Name	Allergen	Ingredients	Serving Instructions	Microwave	Storage instruction
WC 23/1/23	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	Brick de volaille aux amandes		wheat flour gluten, milk, egg, chicken, honey, cinnamon, coriander, sugar, onions, chilli	Remove from packaging and bake for 20 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Crevettes au lard	GF DF	Crustacean, pork, garlic, chilli, eggs, mustard, smoked paprika, lemon	Remove lid, heat for 18 mins	1 minute 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
	Gratin de coquilles St Jacques		Molluscs, milk, wheat flour gluten, wheat flour 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
	Potage garbure	DF GF without croutons	Chicken, duck, pork, onion, garlic, carrot, leek, potatoes, celery, salt pepper	Pour into a saucepan and heat gently.	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 before reheating as per instructions
	Terrine de campagne, cornichons et compote d'oignon	DF GF without croutons	Pork, chicken liver, garlic, shallots, wine, spices, gelatine, egg, herbs, peppercorn	Take out of 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
M A I N C O U R S E S	Ballotine de pintade aux champignons et estragon	GF	Guinea fowl, mushroom, milk, egg, tarragon, meat stock, celery,	Remove lid and heat for 18 mins	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.
	Curry de porc et crevettes au cacahuète Thaïlandais	GF DF	Porc, crustacean, coriander, khaffir lime leaves, chilli, peanuts, cumin, garlic, onions, coconut, rice, ginger, celery	Remove lid and heat for 20 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 cooking as per instructions
	Filet de cabillaud bordelaise, haricots vert		Fish, wheat flour gluten, shallots, milk, celery, herbs, beans, salt, pepper	Remove lid and heat for 16 minutes, rest for 5 minutes	3 minutes twice on 75% 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
	Game Pudding	DF	Venison, rabbit, pheasant, red wine, celery, meat stock, beef suet, wheat flour gluten, mustard, red wine	Remove from packaging and place in a gent steamer for 25 minutes	keep the pudding wrapped.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
	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
	Navarin de poissons, sauce Armoricaïne	GF	Fish, crustacean, olive oil, onions, tomatoes, asparagus, chilli, tarragon, carrots, fennel seeds, brandy, celery, crème fraîche,	Remove lid and heat for 18-20 mins	3 minutes twice on 75% power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Pavé de saumon en crouste		Fish, crustacean, dairy, wheat flour gluten, egg, wine, shallots, celery, spinach, lemon grass, coconut milk, salt, pepper	Remove from packaging and cook on a preheating baking tray for 30 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

	Poulet farci roti aux pieds de mouton	GF	Chicken, mushroom, shallots, veal, celery , red wine, onion, carrots, garlic, salt, pepper	Remove lid and heat for 22 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
	Rognons de veau à la moutarde	GF	Veal kidneys, onions, meat stock, celery , milk , wheat flour gluten free flour, white wine, mustard , rosemary, onions	Remove lid, cover loosely with foil and heat for 15-20 minutes. Alternatively, place in a saucepan, add a splash of water and heat gently until piping hot	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.
	The Funghi Bun		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	Gratin de pommes de terre et celery	GF, V	Potatoes, milk , garlic, celeriac	Remove lid and heat for 18 minutes	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 before reheating as per instructions
	Haricot vert et beurre d'ail	V GF	Green bean, milk , garlic, parsley, shallots	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.
	Patate douce aux pop chiches	V DF GF	Sweet potatoes, cumin, fennel, red onion, chick peas, garram massala, lemon, salt, pepper	Remove lid and heat for 15 minutes	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 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
D E S S E R T S	Crepes Suzette	V	Wheat flour gluten , egg , sugar , milk , orange, lemon, Rum, Grand marnier	Remove lid and heat for 8 minutes	1 minute 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
	Entremet noisettes et framboises	V	Nuts , egg , wheat flour wheat flour gluten , raspberry, chocolate, milk , gelatine, sugar	Eat straight from the fridge	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
	Tarte au noix et chocolat	V	Nuts , sugar, vanilla, chocolate, wheat flour gluten , eggs , milk	Take out of the fridge 15 mins before eating	N/A	Keep refrigerated after delivery and consume within 24 hours. 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						