WC 05/01/26		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	Ficelle picarde		**MILK, pork, wheat flour WHEAT FLOUR GLUTEN, mushroom, EGG, shallots, salt, pepper**	Remove lid and heat for 15 minutes	2 minutes 100% 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
	Soupe de poissons Marseillaise	DF, GF without garnish	**FISH, CRUSTACEAN, MOLLUSC,** olive oil, garlic, tomato, saffron, fennel, **CELERY,** carrots, onions, chilli, thyme, bay leaf**, EGG, WHEAT FLOUR GLUTEN, yeast, white wine**	Pour the soup into a saucepan and gently bring to the boil, serve on top of croûtons with rouille	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
	Tandoori de crevettes et yaourt	GF w/o naan	**Crustacean, MILK, garlic, chilli,turmeric, onion, tomato paste, cayenne pepper, coriander, salt pepper, vegetable oil**	Remove lid and heat for 15 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.
MAIN COURSES	Croquette d'aiglefin et épinard, sauce nantua		FISH, MILK,EGG, Wheat flour GLUTEN, spinach, dill, CRUSTACEAN,	Remove lid and heat at 180C for 18 mins or in the Air frier for 16 mins at 180c		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 turbot a l aneth	GF	FISH, MILK, CRUSTACEAN, dill, potatoes, leeks, lemon, wine, shallot	Remove lid and heat for 16 mins. Leave to rest for 5 mins	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
	Porchetta de porc a la sauge, compote de pommes	GF	Pork, meat stock, CELERY, rosemary, herbs, duck fat, wine, carrots, onions, salt, pepper	Remove lid, heat for 20 minutes, heat the sauce sepratly and serve with apple compote	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
	Jarret de boeuf a la grecque	GF DF	Beef, wine, tomato, wine, garlic, onions, MILK, wheat flour gluten, oregano, lemon, coriander	Remove lid and heat for 18 mins. Leave to rest for 5 mins	4 minutes on full power	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
	Curry de volaille	GF	Chicken , coriander, saffron, NUTS, coco NUT MILK, garlic, ginger, turmeric, tomato, onions, chilli, sugar	Remove lid and heat for 18 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Filet d'agneau et crème d'ail	GF	Lamb, garlic, aubergine, tomato, courgettes, onion, MILK, salt, pepper	Remove the lid and heat for 14 minutes. leave to rest for 8 minutes under foil for rare. add 10 minutes to cooking time for well done	4 minutes 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.

SIDES	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
	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
	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.
	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
	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
	Chou vert		Onions, cabbage, MILK, fennel seeds	Remove lid and heat for 15 mins	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
DESSERTS	Mousse au citron		**MILK, lemon, sugar, gelatine, EGGS, wheat flour WHEAT FLOUR GLUTEN, vanilla**	Eat straight from the fridge		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
	Petite galette des rois sauce vanille	V	**WHEAT FLOUR GLUTEN, NUTS, EGGS, MILK, sugar, vanilla**	Remove from packaging and heat for 8 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
	Tarte a la rhubarbe	V	Rhubarb, sugar, MILK, EGG, vanilla, WHEAT FLOUR GLUTEN, grenadine	Eat from the fridge	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. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN					