

| WC 12/02/25 | DISH | ALLERGENS | INGREDIENTS | HEATING | MICROWAVE | STORAGE |
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| 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 | Pétoncle au gingembre | | CRUSTACEAN, FISH, MILK, WHEAT FLOUR GLUTEN, EGG, coconut, coriander, ginger, chilli, garlic, | Remove from packaging and bake in a hot oven for 18 minutes 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 |
| | Assiette St Valentin | | Crustacean, EGGS, Dijon MUSTARD, Worcestershire sauce, Brandy, dill, lemon juice, cayenne pepper, vegetable oil., butter, nutmeg, flour, yeast | Eat straight from the fridge. | | Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing |
| | Crêpes aux champignons et raclette | V | MILK, EGGS, WHEAT FLOUR GLUTEN, mushrooms, garlic, shallots, | Remove lid heat for 16/18 minutes | 2 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 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 |
| | 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 |
| | Homard Thermidor | | Crustacean, MOLLUSC, WHEAT FLOUR GLUTEN, MILK, MUSTARD, nutmeg, FISH, CELERY | Remove lid, place on bottom shelf of the preheated oven on the grill function for 18 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. |
| | Talmouse de jambon et Brie de meaux | | WHEAT FLOUR GLUTEN, MILK, pork, onion, nutmeg, wine, WHEAT FLOUR GLUTEN free flour, EGGS | Remove from packaging and heat on a preheated baking tray for 25 mins | 2 minutes on full power twice | Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing |
| MAIN COURSES | Blanquette de saumon et crevettes | GF | FISH, CRUSTACEAN, leeks, wine, onions, MILK, CELERY, potatoes, | Remove lid and heat for 20 mins | 2 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 |
| | Coq au vin | GF | Chicken, red wine, CELERY, carrot, pork, mushroom, onion, thyme, bay, WHEAT FLOUR GLUTEN free flour, tomato, salt, pepper | Remove lid, heat for 18 minutes stir occasionally | 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 |
| | Filet de boeuf en croute | | Beef, WHEAT FLOUR GLUTEN, MILK, EGG, mushroom, shallot, CELERY, port, meat stock, garlic, beans, | Remove from the fridge at least one hour before cooking. For rare, cook for 24 mins. Leave to rest out of the oven for 8 mins before slicing. Cook for a further 10 mins for medium well. Heat the sauce separately | N/A | Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge |
| | Filet de cabillaud au four et sauce tartare | DF | FISH, EGGS, breadcrumbs, lemon, MUSTARD, gherkins, capers, parsley, shallots, veg oil | Remove lid and heat for 18 mins | 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 |
| | Saumon en croutes, sauce citron | | FISH, EGG, WHEAT FLOUR GLUTEN, MILK, wine, CELERY, shallots, peas, beans, | Remove lid and heat for 18 minutes. heat the sauce separately | 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 |
| | Filet de porc aux pruneaux | | Pork, red wine, prunes, CELERY, NUTS, onion, bay, potatoes, garlic | Remove lid and heat for 15 minutes | 3 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. |

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| | Filets de limande | GF | FISH, tomato, basil, lemon, NUTS, MILK, potatoes | Remove lid and heat for 18 minutes leave to rest for 5 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 |
| 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 |
| | 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 |
| | 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 |
| | 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 mousseline | V, GF | Potatoes, MILK , garlic, nutmeg, salt, pepper | Remove lid, cover with foil, heat for 20 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. | 1 minute on full power, then beat the mash for a bit and heat up for another minute on full power | 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. |
| DESSERTS | Bavarois au chocolat blanc et fraises | | WHEAT FLOUR GLUTEN, EGG, chocolate, gelatine, MILK, sugar, vanilla, lemon | Eat straight from the fridge | N/A | Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing |
| | Entremet tout chocolat | | Nuts, WHEAT FLOUR GLUTEN, chocolate, EGGS, MILK, coca powder, vanilla, gelatine, brandy | Eat from the fridge | 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 au citron et crème fraîche | | WHEAT FLOUR GLUTEN, MILK, EGGS, sugar, lemon, gelatine | Eat straight 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 | | | | | | |