

wc 08/06/26	Dish	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	Pissaladière a la tomate et onion confits	<b>GLUTEN WHEAT FLOUR, MILK, SOYA, tomatoes, onions, olive oil, thyme, garlic, olives</b>	Remove lfrom packaging and heat for 8 minutes		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Fond d'artichaut et salade de crabe et crevettes	Artichokes, CRUSTACEAN, MUSTARD, SOYA, EGG, GLUTEN, oil, lemon, garlic	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Bisque de homard et croutons a l'ail	Crustacean, MOLLUSCs, FISH, carrots, garlic, tomato, tarragon, curry powder, CELERY, onion, SULPHITES, wine, WHEAT FLOUR, GLUTEN free flour,MILK, Brandy, saffron ,olive oil,herbs	Warm the bisque gently in a saucepan until piping hot.	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
	Crevettes au lard	Crustacean, pork, garlic, chilli, EGGS, MUSTARD, smoked paprika, lemon	Remove the lid and Cook for 14 mins	2 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
M A I N  C O U R S E S	Couscous Royale	Lamb, beef, chilli, Raz el hanout, turnips,garlic,onions, CELERY,carrots, leeks, peppers, tomato, cumin, saffron, WHEAT FLOUR GLUTEN, chickpeas, MILK, SOYA olive oil, lemon	Remove the lid and cover with loose foil, heat for 20 mins. Heat the couscous the same way for 15 mins or use a microwave. Serve sauce separately	4 minute twice 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
	Dos de colin basquaise aux crevettes	<b>FISH, WHEAT FLOUR GLUTEN, pork, peppers, onion, tomato, saffron, parsley</b>	Remove the lid heat for 16 mins. Leave to rest under foil for 5 mins	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.
	Filet de fletan aux asperges, sauce Maltaise	<b>FISH, MILK, SULPHITE, wine, shallots, lemon, oranges, grapefruit, curry powder, potatoes</b>	Remove the lid heat for 16 mins. Leave to rest under foil for 5 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.
	Jambonnette de volaille sauce Grande Mère	Chicken, pork, musroom, shallot, parsley garlic, EGG, CELERY, SULPHITES, wine, potatoes, MILK,	Remove lid, heat for 18minutes. rest under loose foil for 5 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
	Limande au four a l'oseile	<b>FISH, MILK, lemon, salt, pepper, samphire, salt, pepper</b>	Remove lid and heat for 16 minutes, leave to rest under foil for 5 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
	Porchetta de porc a la sauge, compote de pommes	Pork, meat stock, CELERY, rosemary, herbs, duck fat, SULPHITES, 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
	Couscous	<b>Wheat, WHEAT FLOUR GLUTEN, MILK, lemon, olive oil, salt, pepper</b>	Remove lid, cover with foil and heat for 15 mins. Alternatively heat in the microwave for 2 mns in a microwavable container	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 reheating as per instructions

S I D E S	Basmati rice	Rice, onions, garlic, <b>CELERY</b> , 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	Potato, <b>MILK</b> , 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	Green bean, <b>MILK</b> , 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	Potatoes, onions, <b>EGG</b> , <b>MILK</b> , 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 nouvelle	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.
	Pommes puree	Potatoes, <b>MILK</b> , 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
D E S S E R T S	Charlotte aux fraises	Strawberries, wheat flour <b>WHEAT FLOUR GLUTEN</b> , gelatine, <b>MILK</b> , sugar, vanilla, <b>EGGS</b> , brandy	Eat cold from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Gateau Montmorency	<b>WHEAT FLOUR GLUTEN</b> , cherries, <b>MILK</b> , sugar, <b>EGGS</b> , gelatine, chocolate, <b>NUTS</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Petite tarte Tropezienne	<b>WHEAT FLOUR GLUTEN</b> , sugar, <b>MILK</b> , yeast, <b>EGGS</b> , vanilla extract,	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
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 OR GLUTEN. FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN					