

WC 5/5/25		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						
STARTER	Flamiche au poireaux et lardons		WHEAT FLOUR GLUTEN, MILK, EGGS, leeks, pork, nutmeg.	Remove from packaging and heat for 12 minutes		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
	Tourte de lapin à la sauge		Rabbit, wheat flour WHEAT FLOUR GLUTEN, pork, wine, EGG, MILK, carrot, sage, CELERY, salt, pepper	Remove from packaging and bake for 25 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 cooking as per instructions
	Soufflé au crabe et parmesan	GF	Crustacean, MOLLUSC, MILK, onion, EGG, tomato, cayenne, brandy, curry powder, chives, salt, pepper	Remove from packaging and heat for 18 minutes	1.5 minutes twice on full power	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	Terrine de jambon fumé Mirabeau et céleri rémoulade	GF DF	Pork, gherkins, vinegar, MUSTARD, celeriac, EGG, shallots, WHEAT FLOUR GLUTEN	Remove from the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	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 homard	GF	Crustacean, MOLLUSC, spices, MILK, tomato paste, Brandy, onions, bay leaf, WHEAT FLOUR GLUTEN free flour, EGGS, Worcestershire sauce, curry powder, spinach	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
	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
MAIN COURSES	Curry de boeuf a la Malaisienne	GF, DF	Beef, chilli, cinnamon, FISH, kaffir lime leaves, lemon grass, cocoNUT MILK, garlic, galangal, star anise, CELERY, tamarind	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
	Duo de loup et saumon aux crevettes, sauce Nantua	GF	FISH, CRUSTACEAN, leeks, MILK, tomato, tarragon, wine, spices, curry, rice, CELERY, salt, pepper	Remove lid and heat for 18 mins	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 before cooking as per instructions
	Filet de dorade Grenobloise	GF	FISH, capers, lemon, WHEAT FLOUR GLUTEN, MILK	Remove lid and heat for 18 minutes, leave to rest for 5 minutes and sprinkle the croûtons		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
	Quenelle de saumon et crevettes aux fine herbes, sauce aurore	GF	FISH, CRUSTACEAN, EGGS, MILK, herbs, tomato, olives, mushrooms, brandy, wine, CELERY,	Remove lid and heat for 20 mins	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 cooking as per instructions
	Sauté de veau marengo, pommes bataille	GF DF	veal, pork, onions, tomato, mushrooms, olives, CELERY, potatoes, duck, garlic, meat stock	Remove lid and heat for 22 mins. remove the lid of the potatoes and heat for the same time		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Pintade Normande	GF	Guinea fowl, apples, pork, veal, shallot, wine, CELERY, calvados , salt, pepper	Remove lid and heat for 24 mins.	3 minutes on full power twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	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

	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.
	Lotte a l'armoricaine	GF	FISH, CRUSTACEAN, tomato, chilli, EGG, MILK, wine, tarragon, MOLLUSC, rice, CELERY	Remove lid and heat for 18 mins	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 cooking as per instructions
	Poulet sauté chasseur		Chicken, olives, tomato, CELERY, garlic, tomato, onions, new potatoes	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
	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
	Filet de haddock 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
SIDES	Jardinière de légumes vert	Gf DF	Beans, peas, courgettes, leeks	Remove lid heat for 16 minutes	1minute 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 bataille a l'ail	GF, V	Potatoes, MILK, garlic, parsley, shallots	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 cooking as per instructions
	Epinards et salicorne	V, GF,	Spinach, samphire, peas, MILK	Remove the lid heat for 14 mins	2 minutes 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.
	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
	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
	Riz basmati	GF	Rice, onions, garlic, CELERY, bay leaves,	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	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
DESSERTS	Assiette de petits four		WHEAT FLOUR GLUTEN, lemon, MILK, sugar, NUTS, chocolate, coffee, gelatine, fruit, EGG	Take out of the fridge 10 mins before eating.	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Carmelo sicilian lemon mousse	V	Lemon, sugar, MILK, wheatflour gluten, NUTS, EGG	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Macarons aux framboises		Nuts, EGG, sugar, MILK, chocolate, raspberries	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						