

wc 11/5/26	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					
STARTERS	Crabe frais, rémoulade de pommes verte	Crustacean, salt, dill, pepper, EGG, CELERY, apples, MILK, herbs, MUSTARD, honey, lemon,	Eat 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 cooking as per instructions
	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
	Quiche aux champignons	Wheat flour gluten, MILK,EGG, shallots, parsley, garlic,	Remove from packaging and heat for 8 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
	Talmouse au fruits de mer	WHEAT FLOUR GLUTEN, FISH, CRUSTACEAN, MOLLUSCS, MILK, EGG, shallots, wine, tomato, curry powder	Remove from packaging and cook for 24 mins on a preheated 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	Aubergine farcie a l'agneau et feta	Aubergine, lamb, tomato, onion, garlic, MILK, rice, CELERY, salt, pepper	Remove lid and heat for 20 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 before cooking as per instructions
	Chateaubriand sauce poivre vert	Fillet steak, meat stock, CELERY, Brandy, green peppercorn, black pepper, shallots, MILK	For rare to medium rare remove all packing, place on a baking tray , heat for 17 mins and leave to rest under loose foil or 5 mins before slicing (add another 8 mins for medium to 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 before reheating as per instructions
	Gratin de poissons à la Florentine	FISH, EGG, MILK< shallot, onion,potatoes, spinach, wine	Remove lid and heat for 18 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 reheating as per instructions
	Escalope de volaille	Chicken, MILK, EGG, Wheat flour gluten, tomato, garlic, olive oil, potatoes,	Remove lid and heat for 18 minutes, heat the sauce seperatly in a saucepan or microwave		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
	Saumon froid, salade de pommes de terre et mayonnaise	FISH, CRUSTACEAN, potatoes, capers, onions, shallots, vinegar, oil, EGGS, MUSTARD, lemon juice, salt, pepper	Remove from the fridge 10 minutes before serving	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Filet de loup et ratatouille Niçoise	FISH, MILK, aubergine, courgettes, onions, peppers, tomatoes, fennel seeds,herbs, garlic, olive oil, lemon	Remove lid and heat for 16 mins. leave to rest under foil	2 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.
SIDES	Gratin Dauphinois	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
	Jardinière de légumes	Petit pois, leeks, carrots, onions, beans	Remove lid and heat for 18 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 reheating as per instructions
	Petit pois	Peas, MILK,	Remove lid and heat for 15 minutes	2 minutes at 75% twice	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	pomme Lyonnaise	Potatoes, garlic, onions, oil, salt, pepper	Remove lid and heat in the oven for 15 mins	2 minutes at 75% twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Pommes crique	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

	Ratatouille Nicoise	Aubergine, courgettes, onions, peppers, tomatoes, fennel seeds, herbs, garlic, olive oil	Remove lid and heat for 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
	Roasted pommes frites	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	Entremet café et noisette	Nuts, WHEAT FLOUR GLUTEN, coffee, EGGS, sugar, MILK, chocolate, gelatine	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
	Gateau au fromage blanc citron vert et framboises	MILK, WHEAT FLOUR GLUTEN, sugar, gelatine, lime, raspberries	Remove from 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
	Tarte au poire bourdaloue,	WHEAT FLOUR GLUTEN, NUTS, sugar, MILK, EGGS, pear, gelatine, vanilla	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 & GLUTEN 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					