

WC 02/09/24	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						
S T A R T E R	Pâté de crabe	GF w/o baguette	Crustacean, MOLLUSC, carrots, MILK, shallots, spices, salt, pepper, wheat flour WHEAT FLOUR GLUTEN, yeast	Remove from the fridge 10 minutes before eating. Heat the bread for 5 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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
	Coquille St Jacques feuilleté		MOLLUSCS, leeks, wine, MILK, WHEAT FLOUR GLUTEN, EGG, shallots, bay, CELERY	Remove from packaging and bake for 20 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
	Quiche lorraine		WHEAT FLOUR GLUTEN, pork, garlic, EGG, MILK, nutmeg, salt, pepper	Remove from packaging and heat for 15 minutes	Heat for 1 minute 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.
M A I N C O U R S E S	Rognons de veau à la moutarde	GF	Veal kidneys, onions, meat stock, CELERY, MILK, WHEAT FLOUR GLUTEN free flour, white wine, MUSTARD, rosemary, onions	Remove lid, cover loosely with foil and heat for 15-20 minutes. Alternatively, place in a saucepan, add a splash of water and heat gently until piping hot	3 minute twice on fullpower	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Filet de sole bonne femme	GF	FISH, CRUSTACEAN, MILK, CELERY, wine, spinach, nutmeg, garlic	Remove lid and heat for 16 minutes. Leave to rest for 5 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze for up to 2 months but freezing might deteriorate flavour and texture. Defrost overnight in the fridge before cooking as per instructions
	Bourride de lotte	GF DF	FISH, EGGS, MUSTARD, saffron, MOLLUSCS, CRUSTACEAN, tomato, CELERY, wine, carrots, onions	Remove lid and heat for 20 minutes	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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
	The Funghi Bun	V	Flour, butter, EGGS, parsley, garlic, shallots, cheese, mushrooms, yeast	Heat the mushrooms in a saucepan. Heat the brioche for 8 minutes. put the hot mushrooms on the brioche base and sprinkle with the cheese, top with the other brioche half	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Joue de Boeuf a la Gardianne	GF	Beef, CELERY, wine, carrots, garlic, orange, pork, FISH, bay, origano spices, slat, pepperepotato, MILK, nutmeg	Remove lid and heat for 18 mins	4 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.
	Ballotine de pintade, sauce estragon et ragout de champignons	GF	Chicken, MILK, mushroom, CELERY, shallot, tarragon, asparagus, broad beans, peas	Remove lid and heat for 25 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
	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
	Filet de porc normande	GF	Pork, cider, apples, meat stock, MILK, CELERY, potatoes	Remove lid and heat for 18 minutes	3 minutes at 100% twice	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge

	Rotie de canard au cassis	GF DF	Duck, pork, onions, sugar, vinegar, blackcurrant, CELERY, apple, meat stock	Remove lid and heat for 24 mins. heat the sauce separately		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	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
	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.
	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, sautee potatoes with red onions and rosemary	GF DF	Potatoes, duck fat, onions, garlic, rosemary	Remove lid, heat for 14 minutes		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
D E S S E R T	Profiterole sauce chocolat	V	WHEAT FLOUR GLUTEN, MILK, EGGS, sugar, coffee, vanilla extract, NUTS	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Apple strudel sauce vanille	V	Apples, WHEAT FLOUR GLUTEN , sugar, MILK , cinnamon, EGGS.	Remove from packaging and bake for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Tarte au poire bourdaloue, sauce vanille	V	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
Q U I C H E	Provencale Vegetable Quiche		WHEAT FLOUR GLUTEN, tomato, aubergine, courgettes, onions, garlic, NUTS, MILK, EGGS, salt, pepper	Remove from packaging and heat for 14 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quiche de champignons et Parmesan	V	MILK, EGG, WHEAT FLOUR GLUTEN, mushroom, cep powder, garlic, parsely, shallots, salt, pepper	Remove from packaging and heat for 15 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.
	Quiche de saumon fumé et poireau		MILK, EGG, WHEAT FLOUR GLUTEN, leek, FISH, dill, MOLLUSC, CRUSTACEAN, tomato, salt, pepper	Remove from packaging and heat for 15 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.
	Quiche lorraine		MILK, EGG, WHEAT FLOUR GLUTEN, pork, garlic, salt, pepper	Remove from packaging and heat for 15 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.
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						