

WC 17/03/25	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						
S T A R T E R	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
	Rognons d'agneau sauce diable	GF DF (w/o toast)	Lamb kidneys, vinegar, shallots, chillies, MUSTARD , tomato, CELERY	Heat in a saucepan and for 5 mins. Toast the sourdough and place the kidneys on top	2 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
	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
	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
	Tartelet d'aiglefin au vieux comté		FISH, spinach, MILK, EGGS, WHEAT FLOUR GLUTEN,	Remove from packaging and heat for 12 mins	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
M A I N C O U R S E S	Civet de chevreuil,sauce grand veneur	GF DF	Venison, pork, wine, CELERY , carrots, onions, bay, juniper, tomato, cocoa powder,	Remove lid and heat at 180C 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, freeze on day of delivery. Defrost overnight in the fridge before cooking 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
	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
	Gratin thermidor de poissons au crabe		FISH, CRUSTACEAN, MOLLUSCS, vegetables, wine, tomatoes, WHEAT FLOUR GLUTEN, MILK, spices, salt, pepper	Remove lid and heat for 20 mins	3 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.
	Sautée d'agneau aux aubergines	GF	Lamb, garlic, CELERY , carrots, onions, tomatoes, olive oil, flageolet beans, wine, meat stock,	Remove the lid and heat for 20 mins	4 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.
	Tranche d'espado, sauce Nicoise	GF DF	FISH, tomatoes, olive oil, peppers, capers, wine vinegar, shallots, garlic	Remove lid and heat for 16 mins, leave to rest under foil for 5 mins. serve the salsa at room temperature	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
	Demi canard roti aux cerises	GF DF	Duck, lemon, blackcurrant, red wine, CELERY , meat stock, new potatoes, sugar, vinegar, onions	Remove lid, cover with a loose foil and heat for 20 minutes. Heat the sauce separately		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Filets de truite de rivière farcies, beurre noisette	GF	FISH, NUTS, leeks, butter, lemon	Remove lid heat at 180C for 18 mins.	2 minute twice on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Ragu de courgettes et petit pois	GF V	peas, onion, courgette, MILK , salt, pepper, spring onion	Remove lid and heat for 15 mins	2 minutes 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.
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.	

S I D E S	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
	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
	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
D E S S E R T	Framboisier	V	WHEAT FLOUR GLUTEN, sugar, EGGS, MILK, NUTS, vanilla, strawberries	Take out of the fridge 10 minutes before eating	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Panacotta au caramel et poire pochée	GF	Pears, sugar, gelatine, MILK , lemon, vanilla extract.	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	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						