

wc 20/07/26	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	Carpaccio de filet de boeuf	Beef, EGG,MUSTARD,CELERY, SULPHITES, wine,pears, mushroom,cinnamon, clove,	Remove from the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Croquette d'aiglefin et epinards	WHEAT FLOUR GLUTEN, FISH, MILK, spinach, EGGS, nutmeg,	Remove from packaging and heat for 14 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
	Figues fraîche farcie et Jambon de Bayonne	Fig, NUTS, honey, MILK, pork, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Mousse de crabe et saumon fumé	Crustacean, MILK, chives, gelatine, tomatoes, olive oil, yeast, WHEAT FLOUR GLUTEN, garlic	Eat straight from the fridge		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
M A I N C O U R S E S	Aileron de raie Grenobloise	FISH, capers, vinegar, MILK, parsley, garlic, lemon, salt, pepper	Remove the lid and heat for 18 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
	Ballotine de pintade aux pistaches	GUinea fowl, muhsroom, MILK, NUTS, SULPHITES, wine , tarragon,	Remove lid, heat for 18 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
	Confit de canard et pommes sarladaise	Duck, garlic, bay, clove, peppercorn, garlic, red cabbage, apples, vinegar, MILK, sugar	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 reheating as per instructions
	Epaule d'agneau Arlésienne	Lamb, tomatoes, garlic, onions, garlic, olive oil, basil, pine NUTS, CELERY, meat stock, herbs	Remove lid and heat for 30 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.
	Filet de fletan aux légumes d'été	FISH, CELERY, peas, broad beans, WHEAT FLOUR GLUTEN, NUTS, basil, garlic, green beans, SULPHITES, wine	Remove lid and heat for 16 mins, rest for 5 minutes under cover	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 reheating as per instructions
	Filet de rouget et loup a l'Italienne	FISH, peppers, onions, garlic, capers, olives, tomatoes, courgettes, peas	Remove lid and heat at 180C for 16 minutes	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. Defrost overnight in the fridge before reheating as per instructions
S	Basmati rice	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	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
	Haricot vert	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.

J I D E S	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 écrasées	New potatoes, shallots, parsley, MILK	Remove the lid heat for 12 mins	2 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
	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
	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
	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
D E S S E R T S	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
	Mousse au cassis	Blackcurrant, EGGS, sugar, MILK, WHEAT FLOUR GLUTEN, lemon, gelatine,	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Tarte Tatin	Wheat flour gluten, sugar, MILK, apple, rum, raisins	Heat for 8 minutes and turn over on a plate		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 OR GLUTEN. FREE. INSTRUCTIONS ARE GIVEN FOR A FAN OVEN, PLEASE ADD AN EXTRA 8-10 MINUTES COOKING TIME FOR A CONVENTIONAL OVEN					