

17/06/24	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	Gateau de saumon fumé		FISH, MILK, chives, ginger, WHEAT FLOUR GLUTEN, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Quenelle de crabe et crevettes, sauce champagne	DF	Crustacean, moluscs, FISH, EGG, MILK, chives, wine, shallots	Remove lid and heat for 18 minutes	4 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
	Salade de canard et légumes grillés a l'huile de noix	GF DF	Duck, vegetables, NUTS, spices, sugar, olive oil, salt, pepper	Remove from the fridge 10 minutes before eating. Sprinkle on the dressing	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Crêpes farcies aux champignons et asperges	V	WHEAT FLOUR GLUTEN, EGGS, chives, mushrooms, MILK, asparagus.	Remove the lid heat for 20 mins	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
M A I N C O U R S E S	Daube d'agneau a la provencale aux olives	GF	Lamb, tomato, wine, garlic, fennel, olives, artichokes, herbs, salt, pepper	Remove lid and heat for 18 minutes, after 9 minutes give it a stir	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
	Filet de rouget et Loup a l'Italienne	GF DF	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
	Marmite du Dieppoise	GF	MOLLUSCS, FISH, CRUSTACEAN, MILK, white wine, bay leaf, CELERY, shallots, mushrooms, gluten free flour, chives	Remove the lid heat for 20 mins	4 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.
	Osso bucco et riz a la Milanaise, gremolata	GF	Veal, paprika, garlic, orange, tomato, wine, rice, pork, parsley, garlic, lemon, MILK, salt, pepper, CELERY	Remove lid and heat for 20 minutes, serve the gremolata on the side	3 minutes 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.
	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
	Paella aux fruits de mers	GF DF	Rice, chicken, chorizo, smoked paprika, CRUSTACEAN, Mollusc, saffron, garlic, onions, peppers, broad beans, peas, CELERY, herbs, cayenne pepper, lemon, olive oil, salt, pepper	Remove lid, add 40 ml of water, cover with a loose foil and heat for about 20 mins.	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 cooking as per instructions
	Poulet sauté chasseur	GF	Chicken, mushrooms, smoked pork, tomatoes, CELERY, MILK, meat stock, tarragon, wine, potatoes, EGG, onions	Remove lid and heat for 22 mins	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
	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
Selle d'agneau farcie, pressé de légumes et jus au basilic		Lamb, olives, thyme, garlic, parsley, wine, peppers, courgettes, aubergine, onions, tomato, basil, wine, CELERY, carrots	Remove the lid and heat for 18 mins. heat the sauce separately	4 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.	

S I D E S	Pommes nouvelle	DF GF V	Potatoes, salt	Remove lid and heat for 15 mins	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.
	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.
	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
	Riz au saffran	GF V	Rice, saffron, CELERY, vegetable stock,	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. Safe to freeze but freezing may be detrimental to the texture and flavour.
	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 S	Entremet Framboise et chocolat blanc		Wheat flour WHEAT FLOUR GLUTEN, EGGS, MILK, sugar, gelatine,	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight
	Mousse au chocolat et biscuits nantais	v GF w/o biscuits	Chocolate, suagr, EGGS, MILK,	Eat straight from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte aux pruneaux a l'Armagnac		Prunes, sugar, EGGS, WHEAT FLOUR GLUTEN, MILK,NUTS, brandy, salt	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
Q U I C H E	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.
	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 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 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.
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						