

wc 12/01/26		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					
STARTERS	Assiette de poissons fumé	GF	FISH, MILK, capers, CELERY, beetroot, EGG, MUSTARD, oil, salt, pepper	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Soufflé aux champignons	GF	EGG,MILK,WHEAT FLOUR GLUTEN, mushroom, shallot, gluten free flour	Remove lid and heat at 180C for 18minutes	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
	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
	Terrine de lapin aux pistaches	GF	Rabbit, NUTS, EGG, olives, shallots, thyme, garlic, gelatine, wine, salt, pepper, MUSTARD, onion, coriander,vinegar, sugar	Eat straight from the fridge.	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
MAIN COURSES	Epaule de chevreuil au vin	GF DF	Venison, red wine, carrots, onions, thyme, juniper, garlic, CELERY, cocoa powder, bay	Remove the lid heat, cover with loose foil and heat for 25 mins, heat the sauce separatly	4 minutes of full power 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
	Escalope de veau schnitzel, sauce Gribiche		Veal, EGG, WHEAT FLOUR GLUTEN, MILK, shallots, MUSTARD, tarragon,gherkins, capers, veg oil, potatoes,	Remove from packaging and place on a wire rack in the oven for about 14 mins.	N/A	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
	Filet de loup au crabe	GF	FISH, CRUSTACEAN, MOLLUSCS, EGG, MILK, wine, spinach, MUSTARD, EGG, oil, saffron, garlic	Remove lid and heat in the oven for 17 mins leave to rest under foil for 5 mins	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 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.
SIDES	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
	Pommes nouvelle	GF	Potatoes, salt	Remove lid, heat for 15 minutes.	2 minutes twice	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.
	Pommes crique	GF	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	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
	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
DESSERTS	Millefeuille aux framboises	V	WHEAT FLOUR GLUTEN, MILK, vanilla, sugar, EGGS, strawberries, gelatine	Eat straight from the fridge		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Mini kougelhophf au chocolat		WHEAT FLOUR GLUTEN, EGGS, MILK,vanilla, chocolate, sugar,	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Chausson aux poires et myrtille	V	Pear, wild blue berries, EGG, sugar, MILK, WHEAT FLOUR GLUTEN	Remove from packaging and heat for 10 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte tatin et creme au calvados	V	Apples, MILK, sugar, wheat flour WHEAT FLOUR GLUTEN, Calvados	Remove from the box and heat the tart in the foil container for 8 minutes turn out on to a warm plate. serve with the crème fraîche	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
	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					