

WC 12/05/25	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 tourteau Thermidor		Crustacean, MOLLUSC, MILK, cheddar cheese, MUSTARD , Worcestershire sauce, WHEAT FLOUR GLUTEN , cayenne pepper, Brandy, spices	Remove from packaging and heat for 18 minutes	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 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.
	Tandoori de crevettes et yaourt	GF	Crustacean, MILK, garlic, chilli, turmeric, onion, tomato paste, cayenne pepper, coriander, salt pepper, vegetable oil	Remove lid and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing might be detrimental to the texture and flavour.
	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
M A I N C O U R S E S	Filet de cabillaud vert pré	DF	FISH , garlic, parsley, MUSTARD , EGG, tomatoes, olive oil, potatoes	Remove lid and heat in the oven for 18 mins. leave to rest under foil for 5 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Filet de barbue, barigoule et asperges		Fish, MILK, wheat flour gluten, tomato, pork, artichokes, asparagus, shallots, new potatoes	Remove the lid and heat for 16 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
	Gigot de lotte au jambon, sauce Basquaise	GF DF	FISH , pork, tomato, saffron, paprika, garlic, chilli, peppers, onions, CELERY , rice,	Remove lid and heat for 16 minutes, leave to rest for 5 minutes	Full power for one minute, wait one minute then repeat	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	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
	Joue de porc à la Bourguignonne	GF	pork, wine, mushrooms, onions, carrots, leeks, CELERY , tomato, salt, pepper	Remove lid and heat for 20 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 before cooking as per instructions

	Poulet a l'estragon	GF	Chicken, pork, mushrooms, CELERY , meat stock, tarragon, MILK , rice	Remove lid and heat for 20 mins		Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
	Tournedos de filet de boeuf, sauce Roquefort		Beef, shallots, wine, MILK , CELERY , meat stock, potato, garlic	Remove from packaging and for rare, place on a preheated tray for 17 minutes, rest under foil for 5 minutes For medium up to well done, add 5minutes to the cooking time		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
S I D E S	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
	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
	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.
	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
	Tomate provencal	V	Tomatoes, chives, garlic, MILK , nutmeg	Remove lid and heat for 15 minutes		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T S	Cheesecake aux fraises		MILK cheese, double MILK , vanilla essence, gelatine, digestive biscuit, butter, caster sugar, EGGS , grand marnier, orange zest, strawberries	Remove from the fridge 10 minutes before serving		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Gateau foret noir	V	WHEAT FLOUR GLUTEN , chocolate, MILK , cherries, EGGS , sugar, brandy	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
	Petit gateau st honoré, praline	V	WHEAT FLOUR GLUTEN , EGGS , sugar, MILK , vanilla	Take out of the fridge 10 mins before eating	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
<p style="text-align: center; color: red; font-weight: bold;">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</p>						