

Section	Dish Name	Allergen	Ingredients	Serving Instructions	Microwave	Storage instruction
WC 30/01/23	PLEASE PREHEAT YOUR OVEN TO 180C. 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	Bisque de homard et langoustine	GF without croûtons	Crustacean, molluscs, fish, carrots, garlic, tomato, tarragon, curry powder, celery, onion, wine, wheat flour gluten free flour, milk, Brandy, saffron ,olive oil,herbs	Warm the bisque gently in a saucepan until piping hot.	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. Defrost overnight in the fridge before reheating as per instructions
	Gratin de coquilles St Jacques		Molluscs, milk, wheat flour gluten, wheat flour 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
	Parfait de foie de canard truffée	GF w/o bread	Duck , shallots, juniper berries, thyme, garlic, milk, egg , Brandy, apple, chilli, sugar, salt, onions, vinegar, wheat flour gluten, yeast.	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 might be detrimental to the texture and flavour.
	Salade de patates douce	GF DF V	Sweet potatoes, cauliflower, cumin, chilli, fennel, smoked paprika, sesame , lemon, oile oil, baby spinach	Take out of the fridge 10 mins before eating.	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
M A I N  C O U R S E S	Curry de poisson a la thaïlandaise	Gf DF	Fish, crustacean, coconut milk, coriander, ginger, garlic, shallots, lime, lemon grass, sugar, rice, celery	Remove lid, heat for 18 minutes	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
	Escalope de veau sauce gribbiche		Veal, egg, wheat flour, wheat flour gluten, potatoes, vegetable oil, tarragon, milk, gherkins, vinegar, lemon, mustard, capers, shallots, salt, pepper	Place the shnitzel on a wire rack and heat for 15 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Lapin a la moutarde	GF	Rabbit, pork, garlic, wine, milk, celery, carrots, onion, mustard, herbs, potatoes, salt, pepper	Remove lid, heat for 18 minutes.	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
	Rouille de seiche a la Setoise.		Fish, crustacean, mollusc, garlic, onion, celery, carrots, tomatoes, saffron, white wine, potatoes,brandy, chilli , olive oil	Remove lid, heat for 18 minutes.	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
	The Funghi Bun		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
	Côtes de boeuf rotie sauce raifort		Beef, red wine, celery, onion, carrots, tomato, horseraddish, egg, mustard, oil, salt, pepper, star anis	Remove from the fridge 20 mins before cooking. Heat for 20 mins . Rest for 10 mins under foil for MR . heat the sauce seperatly	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
	Chartreuse de faisan au chou	GF DF	Cabbage, celery, pork, garlic, chicken, game, onions, carrots, leeks, clove, thyme, bay	Remove lid and heat for 20 min	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
	Lasagne de boeuf au vin rouge		wheat flour gluten, beef, pork, garlic, onions, tomatoes, celery, herbs, milk, mustard, red wine,	Remove lid, heat for 24 minutes	3 minutes at 100% 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

	Quenelle de saumon et crevettes aux fine herbes, sauce aurore	GF	<b>Fish, crustacean, eggs, milk</b> , herbs, tomato, olives, mushrooms, brandy, wine, <b>celery</b>	Remove lid and heat for 20 mins	2 minutes 3 times 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
	Moules marinière	GF (without bread)	<b>Mollusc, butter</b> , shallots, wine, bay leaf, thyme, <b>flour</b> , 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
S I D E S	Gratin dauphinois	GF	Potato, <b>milk</b> , 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
	Legumes roties	GF DF V	Peppers, onions, fennel, butternut squash, olive oil, garlic, salt, pepper	Remove lid and heat for 18 mins	2 minutes on full power	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Petit pois a la Francaise	GF	Peas, pork, <b>milk</b> , carrots, onions, lettuce, salt, pepper	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.
	Roasted pommes frites	GF, DF, V	Potatoes, vegetable oil	Remove lid <b>heat at 200C</b> for 45 mins	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
D E S S E R T	Assiette de petits four		<b>Wheat flour gluten</b> , lemon, <b>milk</b> , sugar, chocolate, coffee, gelatine, fruit, <b>egg</b>	Take out of the fridge 10 mins before eating.	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Chausson aux pommes et noisettes	V	<b>wheat flour gluten</b> , sugar, <b>milk</b> , vanilla, <b>eggs, nuts</b>	Remove from packaging and place on a baking tray for 8 minutes	N/A	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
	Moelleux au chocolat, compote d'orange et Grand Marnier	V	Chocolate, <b>eggs</b> , sugar, cocoa powder, <b>wheat flour gluten, milk</b> , oranges, corn flour, brandy	Remove from the fridge 20 mins before cooking. Heat for 10/12 mins . Rest for 4 mins and turn out onto a plate.	N/A	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight in the fridge
Q U I C H E	Provencale Vegetable Quiche		<b>Wheat flour gluten</b> , tomato, aubergine, courgettes, onions, garlic, <b>nuts, milk, eggs</b> , 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 champignons et Parmesan	V	<b>Milk, egg, wheat flour gluten</b> , 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.
	Quiche de saumon fumé et poireaux		<b>Milk, egg, wheat flour gluten</b> , leek, <b>fish</b> , dill, <b>mollusc, crustacean</b> , 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 lorraine		<b>Milk, egg, wheat flour gluten</b> , 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.
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						