

WC 29/04/24	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	Feuillete de fromage de chèvre et onion confit		<b>Wheat flour GLUTEN, MILK, onion, honey, thyme, MUSTARD,</b>	Remove from packaging and heat for 12 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Pâté de crabe	GF w/o baguette	<b>Crustacean, MOLLUSC, carrots, MILK, shallots, spices, salt, pepper, wheat flour WHEAT FLOUR GLUTEN, yeast</b>	Remove from the fridge 10 minutes before eating. Heat the bread for 5 minutes	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Salade de canard aux artichauts		<b>Duck, soya, pepper, artichokes, vinegar, NUTS,</b>	Remove from the fridge 15 minutes before eating.	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Tarte au asperge et truite fumée		<b>Wheat flour GLUTEN, FISH, EGG, MILK, MUSTARD, asparagus, lemon, nutmeg</b>	Remove from packaging and heat for 18/20 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
M A I N  C O U R S E S	Curry de lotte et crevettes	GF DF	<b>FISH, CRUSTACEAN, cocoNUT MILK, kaffir lime leaves, ginger, garlic, galangal, shallots, lemon grass, chilli, sugar</b>	Remove lid, cover with loose foil and heat for 20 minutes	2 minutes on full power twice	Keep refrigerated after delivery and consume within 2 days. Not suitable for freezing
	Fillet de sole et St jacques		<b>FISH, MOLLUSCS, NUTS, ginger, tomato, wine, shallots, onion, rice, celery</b>	Remove lid and heat for 15 mins.	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 cooking as per instructions
	Paleron de 6 h sauce vigneronne		<b>Beef, tomato, red wine, CELERY, carrots, garlic, onions, MILK, potato</b>	Remove lid and heat for 18-20 mins	4 minutes twice on 75% 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	V	<b>Flour, butter, EGGS, parsley, garlic, shallots, cheese, mushrooms, yeast</b>	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
	Moules marinière	GF (without bread)	<b>Mollusc, butter, shallots, wine, bay leaf, thyme, flour, yeast</b>	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
	supreme de volaille et pithivier de homard, sauce armoricaine.		<b>Veal, CRUSTACEAN, MOLLUSC, MILK, WHEAT FLOUR GLUTEN, EGGS, tomato, brandy, CELERY, chilli, curry, fennel seeds</b>	Remove the pithivier and place on a preheated baking sheet for 18 mins. heat the fillet of veal for 15 mins and leave to rest for 5 mins, heat the sauce separately	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
	Demi canard roti aux cerises	GF DF	<b>Duck, lemon, blackcurrant, red wine, CELERY, meat stock, new potatoes, sugar, vinegar, onions</b>	Remove lid, cover with a loose foil and heat for 20 minutes. Heat the sauce separately		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Mijoté de porc a la sauge	GF DF	<b>pork, onions, wine, tomato, herbs, CELERY, meat stock, potato, MILK, EGG, salt, pepper</b>	Remove lid and heat for 20 minutes		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.
	Quenelle de saumon et crevettes aux fines herbes, sauce aurore	GF	<b>FISH, CRUSTACEAN, EGGS, MILK, herbs, tomato, olives, mushrooms, brandy, wine, CELERY,</b>	Remove lid and heat for 20 mins	3 minutes 2 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
Blanquette de poulet a la moutarde et romarin		<b>Chicken, MUSTARD, CELERY, MILK, wine, carrots, rosemary, potatoes</b>	Remove lid and heat for 18-20 mins		Keep refrigerated after delivery and consume within 3 days. Safe to freeze but freezing may be detrimental to the texture and flavour.	

S I D E S	Gratin dauphinois	GF V	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
	Haricot vert	V GF	Green bean, <b>MILK</b> , 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.
	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 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.
	Pommes crique	GF	Potatoes, onions, <b>EGG</b> , <b>MILK</b> , olive oil, salt, pepper	Remove the lid heat for 15 mins	Heat on full power for 2	Keep refrigerated after delivery and consume within 3 days. Can be frozen for up to 2 months. Defrost overnight
D E S S E R T S	Mini kougloff aux fruits		<b>WHEAT FLOUR GLUTEN, EGGS, MILK, vanilla, fruit, mist</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Paris Brest Praliné	V	<b>WHEAT FLOUR GLUTEN, MILK, EGGS, sugar, chocolate, cocoa powder, NUTS</b>	Eat from the fridge	N/A	Keep refrigerated after delivery and consume within 3 days. not suitable for freezing
	Sablé bretons aux framboises	V	<b>WHEAT FLOUR GLUTEN, MILK, sugar, EGGS, salt, vanilla, raspberries</b>	Take out of the fridge 10 mins before eating		Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
Q U I C H E	Quiche lorraine		<b>MILK, EGG, WHEAT FLOUR GLUTEN, pork, garlic, salt, pepper</b>	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		<b>WHEAT FLOUR GLUTEN, tomato, aubergine, courgettes, onions, garlic, NUTS, MILK, EGGS, salt, pepper</b>	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		<b>MILK, EGG, WHEAT FLOUR GLUTEN, leek, FISH, dill, MOLLUSC, CRUSTACEAN, tomato, salt, pepper</b>	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	<b>MILK, EGG, WHEAT FLOUR GLUTEN, mushroom, cep powder, garlic, parsely, shallots, salt, pepper</b>	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						