

WC 22/04/24	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	Terrine de jambona la Beaujolaise	DF GF	Pork, EGG, MUSTARD, lemon, gerkhins, CELERY, sugar, vinegar, parsley, shallots	Eat at room temperature	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
	Gratin de pétoncles au beurre d'ail		MOLLUSCS, garlic, parsley, WHEAT FLOUR GLUTEN, shallots, MILK	Remove from packaging and heat for 18 minutes	3 mins 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
	Rognons d'agneau sauce moutarde		Lamb, CELERY, MUSTARD, onions, MILK, WHEAT FLOUR GLUTEN	Heat the kidneys in a saucepan. toast the slice of sourdough and pour the kidneyes on top	3 mins 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
	Quenelle de crabe et crevettes, sauce champagne	DF	Crustacean, moluscs, FISH, EGG, MILK, chives, wine, shallots	Remove lid and heat for 18 minutes	4 mniutes 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
M A I N C O U R S E S	Filet d'agneau vert près, jus au thym	DF	Lamb, MUSTARD, WHEAT FLOUR GLUTEN, parsley, garlic, wine, CELERY, meat stock, wine,	Remove lid and heat for 15 minutes, rest for 8 minutes for rare. For medium to medium well heat for a further 10 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 reheating as per instructions
	Lapin aux pruneaux	GF DF w/o gratin	Rabbit, garlic, pork, wine, onions, CELERY, meat stock, prunes, lupin, potatoe, MILK	Remove lid, heat for 20-22 minutes	4 mniutes 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
	Fillet de loup au crabe, sauce Newburg	GF	FISH, CRUSTACEAN, shallots, samphire, spinach, mushroom, wine, MILK, salt, pepper	Remove lid and heat for 18 minutes, rest under foil for 5 minutes	4 mniutes 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.
	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
	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
	Bourride de lotte	GF DF	FISH, EGGS, MUSTARD, saffron, MOLLUSCS, CRUSTACEAN, tomato, CELERY, wine, carrots, onions	Remove lid and heat for 20 minutes	Heat on full power for 2 minutes. twice	Keep refrigerated after delivery and consume within 3 days. Not suitable for freezing
	Chateaubriand sauce poivre vert	GF	Fillet steak, meat stock, CELERY, Brandy, green peppercorn, black pepper, shallots, MILK	For rare to medium rare remove all packing, place on a baking tray , heat for 17 mins and leave to rest under loose foil or 5 mins before slicing (add another 8 mins for medium to medium well). Heat the sauce separately	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
	Confit de canard et pommes sarladaise	GF	Duck, garlic, bay, clove, peppercorn, garlic, red cabbage, apples, vinegar, MILK, sugar	Remove lid and heat for 20 minutes	3 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 reheating as per instructions
	Filet de saumon farci		FISH, mushroom, MILK, shallots, wine, chives, potatoes,	Remove lid and heat for 20 minutes	3 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 reheating as per instructions

	Curry de volaille à l'indienne	GF	Chicken, onions, garlic, chilli, coriander, garam masala, tomato, cumin, fennel, CELERY, rice, ginger, MILK	Remove lid, heat for 18 minutes	3 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 reheating 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
	Jardiniere de légumes	GF DF V	Peas, green beans, carrots, asparagus, tender stem brocoli	Remove lid and heat for 15 minutes	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 before cooking as per instructions
	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 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
D E S S E R T S	Petite tarte Tropezienne	V	WHEAT FLOUR GLUTEN, sugar, MILK, yeast, EGGS, vanilla extract,	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
	Charlotte poire belle Helene		Pear, sugar, wheat flour gluten, vanilla, MILK, NUTS, chocolate, lemon, cinamon	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
	Gateau au fromage blanc et feta		MILK, NUTS, WHEAT FLOUR GLUTEN, blueberries, sugar, EGGS, gelatine	Eat from the fridge	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, parsley, 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						