

Vrai & Bon<sup>®</sup>  
by VAL DE LUCE

**COOKED MEALS IN A JAR  
(INDIVIDUAL PORTION)  
STARTERS - MAIN COURSES - DESSERTS**



Made in France

# Vrai & Bon<sup>®</sup>

## Summary



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Maitre Artisan - Maison fondée en 1981

Foie Gras - Entrées - Plats cuisinés - Desserts  
12 rue Jacques Hôdin 80110 Thennes

[www.vraietbon.com](http://www.vraietbon.com)

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## Our Starters



**Saffron Mussel Cream & Julienne of Vegetables 180g :**

Creamy and elegantly sophisticated, a high-end soup, mussels and small vegetables with a touch of saffron



**Andalusian-style Gazpacho 180g :**

The traditional chilled soup from Andalusia, based on tomatoes, sweet peppers and onions, to enjoy as a starter or for a cocktail



**Chestnut & Foie Gras Delight 90g :**

Succulent foie gras and chestnut terrine, meltingly soft and subtle on the palate



**Whole Duck Foie Gras - 50g :**

An essential element in traditional French gastronomy, with all the artisanal expertise of the Val de Luce craftsmen



**Terrine of Duck with Green Pepper 90g :**

A terrine delicately spiced and lifted by the green pepper, a recipe that is as tender as it is generous



**Duck and Smoked Fatted Duck Breast Terrine 90g :**

A light and tender pork and duck terrine enhanced with savoury beech-smoked fatted duck breast.



**Pure duck rillettes 90g :**

Pure duck rillettes with no pork, lightly and simply seasoned with thyme, bay leaf, salt and pepper.



**Terrine of Rabbit with Rosemary 90g :**

A traditional country terrine, a delicious combination of rabbit with white wine and rosemary

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## Our Starters



### **Terrine of Venison with Cranberries 90g:**

The superb alliance of game with a North American berry for a subtly sweet and savoury terrine that is low in fat



### **Seafood Terrine with Salmon 90g :**

Light in texture and delicate in flavour, salmon and Alaska pollock combine to create a wonderfully fresh recipe



### **Country Terrine with Espelette pepper 90g :**

Take the delicious Farmer's Lunch recipe and spice it up with Espelette pepper for a terrine that will delicately tickle your taste buds.



### **Farmer's Lunch 90g :**

A tasty pure pork pâté with shallots, garlic, nutmeg and bay leaves. A flavourful and delicate recipe.



### **Picard Pâté 90g :**

A pure pork pâté based on the traditional recipe of the Picardy region: a simple, country pâté seasoned with nutmeg and bay leaves.



All our starters can be eaten slightly chilled, with the exception of the Saffron Mussels Cream to be reheated

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## Our Slow-cooked Dishes

### ◇ Our traditional recipes



#### **Poultry Blanquette with Camargue**

##### **Rice 380g :**

A French culinary classic with turkey and Camargue rice: a deliciously tasty stew.



#### **Beef Bourguignon and Pompadour baby potatoes 380g :**

A great classic from the traditional gastronomy of Burgundy, beef in a rich red wine sauce and small round Pompadour baby potatoes



#### **Cassoulet with Duck wing confit -**

##### **380g :**

One of the great classic dishes from the south-west of France, duck gently simmered with mogette beans from the Vendée



#### **Sauerkraut with Duck confit**

##### **380g :**

The soft, sweetness of cabbage with just a hint of acidity form the base of this iconic dish from Alsace, accompanied by duck wing confit and pork sausage



#### **Mouclade 380g :**

A traditional dish from the French department of CharenteMaritime for all lovers of mussels, cream and white wine, and melt-in-the-mouth leeks



#### **Navarin of Turkey with Spring Vegetables 380g :**

A deliciously rich recipe for a slow-cooked dish that is both light and fresh with spring vegetables including carrots, peas and turnips



#### **Duck confit 'cottage' pie 350g :**

An elegant and savoury duck émincé cooked with onions and parsley over a bed of mashed Ratte du Touquet potatoes.



#### **Traditional Picardy Hotpot**

##### **380g :**

A popular and traditional dish dating back to the Middle Ages, with meat and vegetables gently simmered in their stock



#### **Quenelles Lyonnaise style with**

##### **Rice 380g :**

Quenelles, a culinary specialty from Lyon with a flour base, tomato seafood sauce and accompanying rice



#### **Morteau Sausage & Lentils**

##### **380g :**

Traditional Morteau smoked sausage gently simmered with lentils, carrots and onions, a rich-flavoured recipe from Franche-Comté

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## Les Plats



### **Reblochon Tartiflette 380g :**

A delicious potato gratin with onions and PDO Reblochon cheese, a recipe that is truly emblematic of traditional Savoy gastronomy



### **Salmon fillet and Ratte du Touquet mashed potatoes 380g :**

Salmon fillet and Ratte du Touquet mashed potatoes are united with fresh cream, garlic and parsley.

## ◇ Our worldwide recipes



### **Chili Con Carne 380g :**

The original American recipe for chili con carne, given a new twist by the chef Michel Grobon (former chef to Ronald Reagan at the White House)



### **Poultry curry with a medley of grains 380g :**

The perfect balance of turkey cooked in a coconut milk curry sauce and served with a mix of different grains. Comfort food your taste buds will love for its exotic taste.



### **Paella, Shellfish and Merguez sausage (spicy) 380g :**

What dish could be more emblematic of Spanish cuisine? A rice base with shellfish, meat and lightly spiced flavourings



### **Provence-style gnocchi with wild garlic - 380g :**

This 100% veggie recipe is heightened with a touch of southern French cooking. Gnocchi's round flavour is combined with dried tomatoes' smooth taste and the power of wild garlic.



### **Red lentil Dahl with pumpkin seeds - 380g :**

Explore culinary delights with a veggie recipe inspired by traditional Indian cooking. High in flavours and colour with a blend of red lentils, pumpkin seeds and coconut milk.



### **Vegetable Tajine 380g :**

A complete vegetarian dish, adapted from the classic North African recipe where vegetables, spices and herbs accompany the delicious bite-sized pieces of textured soya



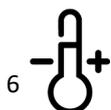
### **Pasta with ricotta and spinach stuffing, tomato sauce 380g :**

Ravioles specialty from the Drôme region with ricotta cheese and spinach stuffing thickened with a light fresh cream and tomato sauce. 100% Veggie



### **Waterzoi with vegetables - 380g**

A Belgian specialty made with poultry, this comforting dish will delight your taste buds with its creamy combination of vegetables and turkey.



Our slow-cooked dishes are to be consumed hot directly in the jar

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## Our Salads



### **Niçoise Salad 350g :**

One of the most famous French salads! A great Provençal speciality appreciated worldwide: a salad based on tuna, anchovy and small vegetables



### **Lentil Salad with smoked Duck Breast 350g :**

A lentil salad rich in country flavour, with traditionally smoked duck breast; to be enjoyed warm or cold



### **Sea-shore Salad 350g :**

A maritime blend of coastal flavours with lightly crunchy wheat and spelt, enhanced by the Mediterranean notes of chickpeas, tomatoes and peppers



### **Hawaiian Salad 350g :**

Exotic, light and fruity, a salad of small vegetables that is subtly sweet and savoury, fresh pineapple, tomatoes, peas, carrots and sweetcorn



### **Gourmet Quinoa Salad with small Vegetables - 350g :**

A light salad with grains and vegetables seasoned with fruity olive accents



Our salads are consumed slightly fresh directly in the jar

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## Our Soups



### **Venetian Soup 380g :**

An exquisite carrot soup, with mascarpone for an Italian accent combined with the oriental charms of curry



### **Cream of Cauliflower & Smoked Duck Breast Soup 380g :**

The cauliflower brings all the freshness of the vegetable garden, for a delicious soup with the smoky undertones of the duck



### **Creamy Comté Cheese Soup 380g :**

A creamy soup that combines the delicate, slightly sweet flavour of leeks, rich mellow Comté cheese and smooth potatoes



### **Cream of Turkey, Mushroom and Carrot Soup 380g :**

A tasty, velvety soup that is thick and creamy like a vol-au-vent sauce seasoned with chunks of turkey, mushrooms and carrots



### **Vegetable Garden Soup 380g :**

A thick and creamy vegetable soup in the best tradition with leeks, carrots, turnips and potatoes



Our soups are to be consumed hot directly in the jar

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## Our Vegan meals



### **Andalusian-style Gazpacho** **180g :**

The traditional chilled soup from Andalusia, based on tomatoes, sweet peppers and onions, to enjoy as a starter or for a cocktail



### **Provence-style gnocchi with wild garlic** - 380g :

This 100% veggie recipe is heightened with a touch of southern French cooking. Gnocchi's round flavour is combined with dried tomatoes' smooth taste and the power of wild garlic



### **Vegetable Tajine** 380g :

A complete vegetarian dish, adapted from the classic North African recipe where vegetables, spices and herbs accompany the delicious bite-sized



### **Red lentil Dahl with pumpkin seeds** - 380g :

Explore culinary delights with a veggie recipe inspired by traditional Indian cooking. High in flavours and colour with a blend of red lentils, pumpkin seeds and coconut milk.



### **Gourmet Quinoa Salad with small Vegetables** - 350g :

A light salad with grains and vegetables seasoned with fruity olive accents



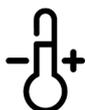
### **Hawaiian Salad (ex Eden)** 350g

Exotic, light and fruity, a salad of small vegetables that is subtly sweet and savoury, fresh pineapple, tomatoes, peas, carrots and sweetcorn



### **Vegetable Garden Soup** 380g :

A thick and creamy vegetable soup in the best tradition with leeks, carrots, turnips and potatoes



Our veggie meals, except salads, are to be consumed hot directly in the jar



Vegetable formula, adapted to a vegan diet, without meat or material of animal origin



Veggie formula, adapted to a vegetarian diet, without meat or fish

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## La gamme Veggie



### **Pasta with ricotta and spinach stuffing, tomato sauce 380g :**



Ravioles specialty from the Drôme region with ricotta cheese and spinach stuffing thickened with a light fresh cream and tomato sauce. 100% Veggie



### **Venetian Soup 380g :**



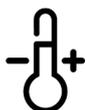
An exquisite carrot soup, with mascarpone for an Italian accent combined with the oriental charms of curry



### **Creamy Comté Cheese Soup 380g :**



A creamy soup that combines the delicate, slightly sweet flavour of leeks, rich mellow Comté cheese and smooth potatoes



Our veggie meals, except salads, are to be consumed hot directly in the jar

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Vegetable formula, adapted to a vegan diet, without meat or material of animal origin



Veggie formula, adapted to a vegetarian diet, without meat or fish

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## Les Desserts



### **Rum Baba 120g :**

The famous rum-soaked French dessert renowned the world over



### **Bordeaux Canelés with syrup 120g :**

Traditional little Bordeaux pastries soaked with a vanilla and cinnamon syrup when you want a sweet and moist dessert.



### **Chicory Cream 90g :**

A rich and creamy dessert, with a flavour that lies somewhere between coffee and chicory caramel



### **Vanilla Cream 90g :**

Vanilla-flavoured milk-based dessert, all the charm and quality of home-made simplicity



### **Soft Chocolate Cake 90g:**

Between cake and dessert, moist and gorgeously rich in chocolate, to enjoy warm (heat for approximately 30')



### **Prunes in Armagnac 90g :**

Soaked prunes, sweet and alcoholic, to be enjoyed chilled



### **Chocolate Velvet 90g :**

The bitterness of real cacao and the opulence of a smooth cream: an indulgently mellow dessert!



### **Vanilla Milk Rice - 90g :**

A creamy rice with a light vanilla taste, a return to childhood guarantees.



### **Caramelized Apple Crumble - 90g :**

The sweetness of the caramelized apple associated with the crumble to guarantee you a moment of intense greediness.



Our desserts can be eaten slightly chilled, with the exception of the Soft Chocolate cake that need to be heated approximately 30'

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## CONTACT US



Les Canards du Val de Luce  
12 rue Jacques Hodin  
80110 Thennes



+33 3 22 42 20 31



[contact@vraietbon.com](mailto:contact@vraietbon.com)

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