

— COOK —

MAKE IT A
COOK
NIGHT



Order a Home Delivery at cookfood.net or call 01732 759000

Hello,

This autumn we're celebrating 10 years of our RAW Talent scheme. Over the past decade we've supported approaching 250 people into work at COOK who were previously facing big obstacles to employment. We've seen first-hand how the dignity of work changes lives. But for people who've spent time in prison, homeless, battling mental ill-health, suffering from addiction or social isolation, the barriers to employment can seem unassailable.

We believe businesses can and must do more to create job opportunities for people who feel they have none. Our dream is for every sizeable company in the UK to be running a structured programme helping those facing barriers back into sustainable work. RAW Talent has shown us it's possible and we'd love the government to help incentivise more businesses to play their part.

RAW Talent is a big cost to COOK - both financially and emotionally. We do it because when a seemingly broken life is put back together, the benefits to individuals, families, our team and our communities are priceless. Whenever you shop with us, some of your money is helping support RAW Talent. Thank you.

 brother & sister (and COOK CEOs)

KEY

- Ⓥ Vegetarian • ⓋG Vegan • ⓖF Gluten Free • ⓓF Dairy Free
- 🔌 Microwaveable • 📺 Must be microwaved
- 🔥 'Warm me up' spicy • 🌶️ Nice and spicy
- 🧡 Love Eating Well • () Portion sizes are in brackets
- LOVE EATING WELL: Fewer than 600 cal • 23g of fat
6g of saturated fat • 30g of sugars • 2g of salt

Very occasionally we might have to change prices, ingredients or symbols before our next edition of the COOK Menu, for which we apologise. But all prices, ingredients and symbols were correct at the time of going to print (July 2024). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops or online. Not all products are available for home delivery (please go to www.cookfoodnet or phone 01732 759000 for more details).

Photography: Carolyn Barber Styling: Pip Spence

Certified



Corporation
Since 2013

COOK
RAW
TALENT

COOK
COMMUNITY
KITCHEN



Founding UK
B Corp, certified
since 2013 as using
our business as
a force for good.

Supporting people
into sustainable
work after prison,
homelessness
or mental health
challenges.


Feeding community
by using our meals
to support local
get togethers and
people in need.

Partnering with
great British
farmers to improve
animal welfare, with
five awards from
Compassion In
World Farming.

Nature's
Preservative 

Freezing locks in flavour and
cuts down waste.

Nearly all our dishes cook
straight from frozen.

 So you've always got time for
a home-COOKED meal.



What's **NEW?**



Teriyaki Salmon Noodles p12



Mediterranean Lamb Stew p13



Korean Spiced Shredded
Beef & Rice Bowl p14



Roasted Butternut Squash, Leek &
Pearl Barley Filo Parcels p9



British Sirloin Topped with Bacon,
Chestnut & Shallot Stuffing p14



Winter Pudding p28

MAKE IT A COOK NIGHT

Healthy nights, family nights, curry nights, special nights... we've got them all covered. When you need an evening off from the kitchen, or just some time to relax, let us COOK.



Share a tasty tagine, whether veggie (as pictured) or lamb. Hand-prepared in our kitchen to save you time in yours.



Time to relax

★★★★★ Jane

MAKE IT A BEEF BOURG NIGHT

Four hours of cooking goes into making our award-winning Beef Bourguignon, so you can relax at home.



MAKE IT A LASAGNE NIGHT



"Delicious and time saving" ★★★★★ Jane

Every week through the autumn, we'll be saving you time and money with 20% off one of our bestselling recipes in one, two or four portions. We'll announce the dish every Wednesday and it'll be on offer until the following Tuesday, when the next great deal arrives.



Don't miss out – scan or visit cookfood.net/cooknights to sign up to our e-newsletter.

20% OFF a bestseller each week



NEW SAUCES

Handmade from great ingredients
Ready in minutes from frozen
Perfect with pasta or get creative

All 5.00 (400g)

NEW

Beef & Red Wine Bolognese  

British beef and Italian red wine ragu with garlic, tomato, rosemary and thyme. 1 of 5 a day.

NEW

Pesto, Broccoli & Spinach   

A creamy basil pesto-based sauce with broccoli, spinach and a little lemon zest.

NEW

Roasted Mediterranean Vegetable   

A wholesome, chunky tomato sauce with balsamic roasted courgettes, peppers and aubergines. 2 of 5 a day.



NEW

Tomato, Mascarpone & Basil  

A family-friendly tomato sauce blended with mascarpone and basil for a creamy smooth finish.



Tomato, Mascarpone & Basil
served with gnocchi



Pesto, Broccoli & Spinach
served with roasted chicken,
tomatoes & mozzarella

Get inspired at cookfood.net/sauces



*T&Cs apply. Valid until 31st October

BBC Good Food...


“Impressed by them all”




Dinner is saved!

VEGETARIAN



NEW BIGGER PORTION


Linguine with Balsamic Roasted Vegetables  **5.50 (1) / 8.95 (2)**
Italian linguine in a crème fraiche and lemon sauce, with balsamic roasted vegetables, semi-dried tomatoes, oregano and feta.


Parmigiana di Melanzane  **5.50 (1) / 8.95 (2)**
A classic Italian dish of garlic-roasted aubergines layered with a creamy tomato sauce, finished with mozzarella, rosemary and pine nuts.



Butternut Squash, Spinach & Feta Tarts  **5.95 (2x1)**
Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.


Chilli con Veggie      **5.50 (1)**
A classic, rich chilli made with **Quorn** mince, kidney beans and sweetcorn, garnished with spring onions.


Halloumi & Arrabbiata Pasta Bake   **5.50 (1)**
Roasted courgettes, aubergines and halloumi with cannolicchi pasta in a spicy tomato sauce, topped with crumbled feta.

Macaroni Cheese  **4.95 (1) / 8.50 (2)**
Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Nut Loaf  **7.95 (540g)**
An amazing blend of flavours and textures with toasted nuts, apricots, mushrooms and herbs, and a layer of red onion marmalade on top.


Red Lentil & Aubergine Moussaka   **5.50 (1) / 8.95 (2)**
Layers of roasted aubergine and potatoes with a rich tomato sauce, lentils and a nutmeg bechamel, all topped with roasted cherry tomatoes.

Roasted Mediterranean Vegetable Tarts  **5.95 (2x1)**
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

Roasted Vegetable Lasagne  **5.95 (1) / 9.75 (2) / 19.50 (4)**
Layers of roasted peppers, mushrooms, courgettes and spinach between sheets of Italian pasta with a light crème fraiche and mascarpone sauce.


Portobello Mushroom Risotto   **5.50 (1) / 8.95 (2)**
Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of lemon and parsley butter.

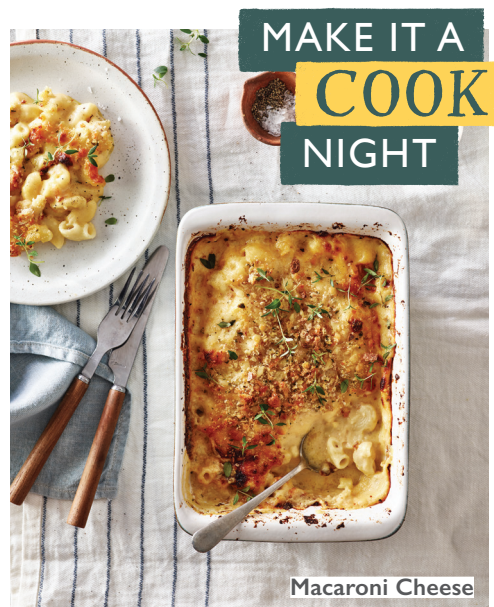
Portobello Mushroom Wellington  **14.00 (2)**
Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.

The Grand Roasted Vegetable Lasagne  **37.00 (8)**
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraiche and mascarpone sauce.

Tomato, Basil & Mozzarella Risotto   **5.50 (1) / 8.95 (2)**
Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and lemon and parsley butter.

Veggie Bolognese   **5.50 (1)**
A rich, slow-cooked ragu of **Quorn** mince, red wine and tomato, served with wholewheat spaghetti and topped with cheese.

Veggie Cottage Pie   **5.50 (1) / 8.95 (2)**
Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, grated cheese and parsley.



Macaroni Cheese

MAKE IT A
COOK
NIGHT



Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels

ALSO VEGAN...

Kimchi Rice Pot for One (p18)

Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p19)

Roasted Vegetable & Chickpea Curry (p21)

Green Thai Vegetable Curry (p22)

Yellow Vegetable Curry (p22)

Tomato & Pine Nut Tarte Tatins (p24)

Roasted Vegetable Tarte Tatins (p24)

Butternut Squash & Red Onion Galette (p24)

VEGAN SIDES

Bombay Potatoes • Coconut & Lime Leaf Rice
Garlic & Coriander Naan • Minted Couscous
Onion Bhajis • Peas Pilau • Plain Basmati Rice
Plain Naan • Tarka Dhal • Trio of Greens
Vegetable Spring Rolls



VEGAN PUDDINGS

Apricot & Orange Almond Torte
Farmhouse Flapjack • Winter Pudding




*Please be aware that our kitchens don't have a separate area for preparing and cooking vegan food though we clean thoroughly before making vegan dishes.






VEGAN




NEW


Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels   **12.00 (2)**
Speckled lentils slow cooked with lightly spiced leeks and pearl barley, topped with red onion chutney, thyme-roasted squash and sunflower seeds.




Roasted Cauliflower & Aubergine Dhal    **5.50 (1)**
Spiced cauliflower and aubergine in a creamy tarka dhal, with lemon-soaked sultanas and pickled red onions.




Teriyaki Rice with Aubergine & Mushrooms    **5.50 (1) / 8.95 (2)**
Roasted mushrooms, aubergine and broccoli in a teriyaki sauce with jasmine rice and pickled cabbage slaw.

Mexican Three Bean Chilli **5.50 (1)**
    
A warming chilli with cannellini, red kidney and black turtle beans in a smoky tomato sauce, topped with sweetcorn, sweet potato and coriander.

Red Lentil & Mixed Bean Casserole **5.50 (1)**
  
Tender lentils, beans and fresh spinach with seasonal vegetables in a tomato and basil sauce.

Spanish Bean Stew with Peppers & Kale    **5.50 (1) / 8.95 (2)**
Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale.

Sweet Potato Katsu Curry **5.50 (1) / 8.95 (2)**
  
Roasted sweet potato with julienne carrot, cabbage and edamame beans in a katsu curry sauce, served with rice and finished with pumpkin seeds.

Vegetable & Chickpea Tagine **5.50 (1) / 8.95 (2)**
  
Sweet roasted peppers and aubergines with dates and a blend of Moroccan spices.

Wild Mushroom & Aubergine Lasagne   **5.95 (1) / 9.75 (2)**
Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce between Italian pasta sheets with a vegan-friendly bechamel sauce.



“ Good food when I feel too tired to cook

★★★★★ Christine ”

CHICKEN




Always British
Higher Welfare

NEW

Chicken & Pistachio Pappardelle   9.50 (2)
Bronze-die Italian pappardelle, shredded higher-welfare British chicken thigh and baby spinach, tossed in basil and garlic, Italian cheese and chopped pistachios.


NEW

Parmesan Chicken 13.00 (2)
Parmesan-crust, higher-welfare British chicken breast with roasted new potatoes and tomatoes in a creamy spinach and red pepper sauce.


Basil & Mascarpone Chicken   5.75 (1) / 9.50 (2)
Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with semi-dried cherry tomatoes. 

Chicken Alexander  5.75 (1) / 9.50 (2) / 18.95 (4)
Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.


Chicken Dijon   5.75 (1) / 9.50 (2) / 18.95 (4)
Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions. 

Chicken, Ham & Leek Pie 5.75 (1) / 9.50 (2) / 18.95 (4)
Higher-welfare British chicken and ham with sliced leeks in a cream and white wine sauce, topped with melt-in-the-mouth shortcrust pastry. 

Chicken, Ham & Leek Pie 27.00 (6)
Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

Chicken & Mushroom Lasagne 5.95 (1) / 9.75 (2) / 19.50 (4)
Layers of higher-welfare British chicken in a rich tomato sauce, and mushrooms and spinach, with béchamel topped with mature Cheddar and basil. 

Chicken, Pea & Bacon Risotto   5.75 (1) / 9.50 (2)
Ribe risotto rice, shredded higher-welfare British chicken, bacon and peas with a mascarpone and crème fraîche sauce with white wine and garlic. 

Chicken & Tomato Pasta Bake  5.75 (1)
Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

MAKE IT A
**CHICKEN, HAM
& LEEK PIE**
NIGHT



Chicken, Ham & Leek Pie







Parmesan Chicken








Chicken & Mushroom Lasagne


Coq au Vin   5.75 (1) / 9.50 (2) / 18.95 (4)
Higher-welfare British chicken cooked on the bone with red wine, pearl onions, mushrooms and streaky bacon.


Creamy Chicken with Mushrooms & Bacon   5.75 (1) / 9.50 (2)
Marinated higher-welfare British chicken breast in a creamy porcini and garlic sauce with bacon and roasted mushrooms.



Hearty Chicken Casserole   5.75 (1)
Higher-welfare British chicken leg and thigh with roasted leeks, swede and carrots, in a tomato, chicken and herb sauce.

Honey & Ginger Chicken   5.75 (1) / 9.50 (2)
Soy-marinated higher-welfare British chicken in a honey, ginger and garlic sauce with sesame-topped choi sum, yellow peppers and red onions.

Moroccan Spiced Harissa Chicken     5.75 (1) / 9.50 (2) / 18.95 (4)
Higher-welfare British chicken breast, marinated in harissa, in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds.

Stuffed Chicken Cushion with English Sparkling Wine 15.00 (2)
A higher-welfare British chicken crown with a handmade sausage meat, bacon and herb stuffing, and an English sparkling wine and orange sauce. 

Tarragon & Lemon Chicken  5.75 (1) / 9.50 (2)
Higher-welfare British chicken and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

Tomato & Mascarpone Chicken   5.75 (1)
Higher-welfare British chicken pieces, marinated in basil, in a creamy mascarpone and tomato sauce, with baby spinach and semi-dried tomatoes.

“
Soul warming food
”

★★★★★ Peta

FISH

100% Sustainable Seafood

NEW

Cornish Monkfish Wrapped in Dry-cured Ham 25.00 (2)
Responsibly-caught monkfish fillets rolled in dry-cured ham from Dingley Dell Farm, with a tarragon, lemon and chilli butter sauce.

NEW

King Prawn, Chorizo & Artichoke Cassoulet 12.00 (2)
A Spanish-inspired cassoulet of king prawns, chargrilled artichoke hearts, green olives and cannellini beans in a chorizo, tomato and chilli sauce.

NEW

Smoked Haddock & Prawn Risotto 5.95 (1) / 10.95 (2)
Smoked haddock, king prawns, spinach and peas in a creamy risotto with white wine and mature Cheddar.

NEW

Teriyaki Salmon Noodles 5.95 (1) / 10.95 (2)
Salmon fillet with egg noodles, tenderstem broccoli, mangetout and baby corn in our teriyaki sauce topped with sesame seeds.

NEW RECIPE

Cod Mornay 5.95 (1) / 10.95 (2)
Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.

NEW RECIPE

Salmon & Asparagus Gratin 6.25 (1) / 11.50 (2) / 23.00 (4)
Salmon fillet and asparagus in a white wine and lemon zest sauce, topped with sliced potatoes and a Cheddar cheese crumb.

Garlic Butter Prawns with Lemon & Dill 15.00 (4)
Sixteen big, sweet prawns with our handmade lemon and parsley butter, ready to cook from frozen. A perfect starter for four.

Salmon en Croute 45.00 (6)
Salmon fillets filled with spinach, caper, lemon, crème fraiche and dill, wrapped in all-butter puff pastry and glazed with dill and juniper.

Smoked Haddock & Bacon Gratin 5.95 (1) / 10.95 (2)
Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.



Cornish Monkfish Wrapped in Dry-cured Ham

Classic Fish Pie 5.95 (1) / 10.95 (2) / 21.90 (4)
Salmon, smoked haddock and king prawns in our classic, creamy sauce with white wine, lemon and parsley, topped with a smooth, buttery mash.

Crab & Fennel Linguine 6.25 (1) / 11.50 (2)
Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives.

King Prawn Linguine 5.95 (1) / 9.95 (2)
Linguine with sustainably-sourced king prawns in a lobster, crème fraiche and white wine sauce with semi-dried tomatoes and a squeeze of lemon.

Salmon Rarebit with a Lemon & Herb Crumb 40.00 (4)
A generous fillet of salmon with a rarebit-style topping of kiln-roasted salmon, mature Cheddar, semi-dried tomatoes and chives.

Salmon Wellington 17.00 (2)
A generous salmon fillet topped with a beetroot, dill and horseradish cream, wrapped in all-butter puff pastry.

Scottish Salmon with Crab & Lemon 15.00 (2)
A fillet of higher-welfare Scottish salmon topped with an indulgent crab, lemon and tarragon cream cheese, finished with a white crabmeat crumb.

The Grand Fish Pie 39.00 (8)
Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery parsley mash and finished with a crispy crumb and lemon zest.



Smoked Haddock & Prawn Risotto

LAMB

NEW

Mediterranean Lamb Stew 5.95 (1) / 10.95 (2)
Slow-cooked leg of lamb in a rich tomato sauce with kale, cannellini beans, roasted red onions, cherry tomatoes and finely chopped preserved lemon.

NEW

Shoulder of Lamb with Cranberry & Pistachio Stuffing 50.00 (6)
Slow-roasted boneless British lamb shoulder with handmade stuffing and a port, orange and cranberry jus.

Lamb Casserole with New Potatoes 5.95 (1) / 10.95 (2)
Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

Lamb Hotpot 5.95 (1)
Slow-cooked leg of lamb with vegetables topped with sliced potatoes and rosemary.

Lamb Moussaka 5.95 (1) / 9.95 (2) / 19.90 (4)
Grass-fed minced lamb seasoned with cinnamon and mint, with layers of roasted aubergine, topped with potato slices and a creamy béchamel sauce.

Liver, Bacon & Onions 4.95 (1)
Tender pieces of lamb's liver in a red wine sauce garnished with onions and smoked back bacon.



Mediterranean Lamb Stew

Moroccan Spiced Lamb Tagine 5.95 (1) / 10.95 (2) / 21.90 (4)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.



Shepherd's Pie 5.75 (1) / 9.50 (2) / 18.95 (4)
Grass-fed minced lamb, slow-cooked with red wine, rosemary, carrots and a touch of redcurrant jelly, topped with buttery mash and a herb crumb.

Slow-Cooked Lamb Shanks 15.00 (2)
Slow-cooked lamb shanks with a red wine and rosemary jus.

The Grand Moroccan Spiced Lamb Tagine 39.00 (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.



Better than home cooking

★★★★★ Jenny

BEEF

NEW

Korean Spiced Shredded Beef & Rice Bowl 9.95 (2)

Spiced beef tossed with stir-fried choy sum and Jasmine rice in a tamari, chilli and ginger sauce, topped with pickled red onions.

ONLY GF DF

NEW

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing 70.00 (6)

Beef sirloin, aged for 21 days, with a herby smoked back bacon stuffing and a porcini-infused red wine jus.

I'M BACK

Beef Wellington 90.00 (6)

Seared fillet of beef topped with a porcini and Portobello mushroom duxelles and chicken liver paté, wrapped in crisp puff pastry, and served with a velvety port and red wine jus.

Beef Bourguignon 5.95 (1) / 9.95 (2) / 19.90 (4)

Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

Beef Stroganoff 5.95 (1) / 9.95 (2) / 19.90 (4)

Pieces of top rump beef and roasted mushrooms in a creamy sherry, brandy and paprika sauce.

Beef Wellington 28.00 (2)

Prime fillet of beef with a Portobello and porcini mushroom duxelle and chicken liver pate, wrapped in crisp golden puff pastry.

Cottage Pie 5.75 (1) / 9.50 (2) / 18.95 (4)

Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

Chilli con Carne 5.50 (1) / 8.95 (2) / 17.90 (4)

A rich, slow-cooked chilli with minced beef, kidney beans and a bit of a kick.

Lasagne al Forno 5.95 (1) / 9.75 (2) / 19.50 (4)

A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar topping.

Slow-Cooked Rump Beef with Brandy 5.95 (1) / 9.95 (2)

Prime rump beef cooked slowly with chestnut mushrooms and a rich, brandy sauce.



British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing

Spaghetti Bolognese 5.50 (1)

A rich, slow-cooked Bolognese sauce with minced beef and pork, served with Italian spaghetti and topped with cheese.

Steak, Mushroom & Merlot Pie 29.00 (6)

Tender top rump beef, with Portobello mushrooms and shallots, cooked slowly with Merlot wine and wrapped in all-butter, shortcrust pastry.

Steak & Stout Stew with Cheese Scone Dumplings 5.95 (1)

A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings.

Steak & Red Wine Pie 5.95 (1) / 9.95 (2) / 19.90 (4)

Top rump beef braised in Merlot wine, with vegetables and thyme, topped with a shortcrust pastry lid.

The Grand Beef Bourguignon 39.00 (8)

Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

The Grand Cottage Pie 37.00 (8)

Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

The Grand Lasagne al Forno 37.00 (8)

A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar topping.

PORK

Mac Cheese with Smoky Bacon 5.50 (1) / 8.95 (2)

An indulgent macaroni cheese with vintage West Country Cheddar and smoked bacon, topped with a crispy garlic and parsley crumb.

**Meatballs in a Rustic Tomato Sauce** 5.75 (1) / 9.50 (2) / 18.95 (4)

Hand-rolled balls of minced beef and pork, seasoned with red pesto, chilli, basil and garlic, served in a rich tomato sauce.

**Pork Dijon** 5.95 (1) / 9.95 (2)

Tender higher-welfare strips of pork in a mustard, sherry and crème fraiche sauce with chestnut mushrooms and pickled red onions.

Rosemary & Sage Porchetta 40.00 (6)

A boneless, rolled belly of pork from Dingley Dell Farm in Suffolk with a garlic, rosemary, sage and fennel stuffing and golden crackling.

Sausage Casserole 5.50 (1)

Sliced pork and leek sausages with new potatoes, bacon and leeks in an apple & mustard sauce.

Slow-Roasted Belly of Pork 14.00 (2)

Two succulent pieces of pork belly from Dingley Dell Farm with Bramley apples and roasted new potatoes, topped with a sage and parsley crumb.

Spaghetti Carbonara 5.50 (1)

Italian spaghetti in an authentic, indulgent and creamy sauce made with egg yolk and Grana Padano, with smoked back bacon and a touch of parsley.



Meatballs in a Rustic Tomato Sauce



Korean Spiced Shredded Beef & Rice Bowl

DUCK & GAME

I'M BACK

Roast Duck With Apple & Wild Boar Stuffing 25.00 (4)

Boneless higher-welfare duck with a handmade stuffing of wild boar, smoked bacon, Bramley apples and pistachios, finished with orange slices.

Roasted Confit of Duck with Juniper 6.95 (1) / 13.50 (2)

Confit duck leg in a juniper berry and orange zest sauce with cranberries.



Roast Duck With Apple & Wild Boar Stuffing

PIES FOR ONE All 5.25

3 FOR £14*

I'M BACK

Turkey, Ham & Cranberry Pie

In a creamy white wine sauce topped with a chestnut, sage and onion stuffing.

Chicken & Portobello Mushroom Pie

Cooked with white wine, thyme and cream.

Classic Steak & Ale Pie

With caramelised red onions.

Ham Hock & Leek Pie

In a cream sauce topped with wholegrain mustard mash.

Roasted Veg, Lentils & Kale Pie (V)

With sweet potatoes and parsnips in a tomato and red wine sauce.

Spinach & Feta Pie (V)

With roasted red pepper, semi-dried tomato, pine kernels and ricotta.

Spring Chicken & Asparagus Pie

With tarragon and peas in a white wine sauce.

Steak & Kidney Pie

With a rich ale sauce and suet pastry lid.

Steak & Stilton Pie

With roasted parsnips and red wine.



I'M BACK

Turkey, Ham & Cranberry Pie

* Promotion T&Cs apply. Valid until 31* October

SIDES

Braised Red Cabbage (GF) (V) 3.50 (2)

Cauliflower Cheese (GF) (V) 3.75 (2)

Creamy Mash (GF) (V) 2.75 (1) / 3.95 (2)

Creamed Spinach (GF) (V) 3.50 (2)

Dauphinoise Potatoes (GF) (V) 2.75 (1) / 3.95 (2) / 9.00 (6)

Garlic Ciabatta (V) 3.25 (4)

Minted Couscous (GF) (DF) (VG) 3.50 (2)

Plain Basmati Rice (GF) (DF) (VG) 1.75 (1) / 2.75 (2)

Peas & Leeks with a Lemon & Herb Butter (GF) (V) 2.35 (1) / 3.50 (2)

Roast Potatoes (GF) (DF) (VG) 3.50 (2)

Trio of Greens (GF) (DF) (VG) 2.35 (1) / 3.50 (2)



MAKE IT A COTTAGE PIE NIGHT

KIDS MEALS

5 FOR £15*

All 3.50

Beef Lasagne (V)

Chicken Dinosaur Pie (DF)

Chicken Paella (ONLY) (GF) (DF)

Chicken Tikka & Rice (ONLY) (GF)

Chicken & Tomato Orzo Bake (V)

Cottage Pie (V) (GF)

Fish Pie (V) (GF)

Macaroni Cheese (V) (V)

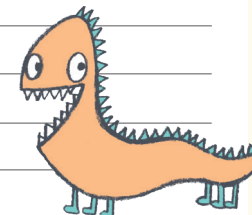
Meatballs & Spaghetti (V)

Pasta Bolognese (V) (DF)

Sausage Casserole (V) (DF)

Tuna Pasta Bake (V)

SOURCE OF Protein
MADE LIKE YOU WOULD AT HOME
At Least 1 OF YOUR 5 a DAY



4 Million Life-Changing School Meals and counting



For every COOK Kids Meal you buy, we donate a school meal to children in Malawi, through our charity partners One Feeds Two. Free school meals encourage attendance, aid concentration, and help empower a generation with the education they need to lift their communities out of poverty. Thank you.

* Promotion T&Cs apply. Valid until 31* October



10% OFF FOR NEW PARENTS

“I can't imagine having a baby and not having COOK on hand for nourishing meals without any of the hassle”

★★★★★ Bethan

Sign up at your local COOK shop or online at cookfood.net/newparents

Healthy Meals in Minutes



Chicken Biryani

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 364 CALORIES

Chicken Biryani

Spiced turmeric rice with higher-welfare British chicken, sweet potatoes, green beans and pickled red onions.

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 364 CALORIES

Chicken Noodle Laksa

Higher-welfare British chicken with red and yellow peppers, edamame beans, water chestnuts and rice noodles in a fragrant coconut sauce.

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 291 CALORIES

Chicken Pad Thai

Rice noodles, higher-welfare British chicken, spring onions and green beans in a sweet and salty cashew dressing with tamari soy sauce.

SOURCE OF PROTEIN LOW SAT FAT LOW SUGAR 396 CALORIES

Green Thai Chicken Noodles

A mild Thai curry sauce with higher-welfare British chicken breast, rice noodles, edamame beans, spring onions and courgettes.

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 278 CALORIES

Our Pots for One are complete, balanced, healthy meals that go from freezer to fork in a flash. **All just £5.**

3 FOR £13

* Promotion T&Cs apply.
Valid until 31st October



Sweet Potato & Aubergine
Sri Lankan Curry

2 OF 5 A DAY SOURCE OF PROTEIN SOURCE OF FIBRE 287 CALORIES

Halloumi & Roasted Vegetable Pasta

Halloumi cheese with roasted courgettes, yellow peppers and cherry tomatoes with cannolicchi pasta and a tomato and basil pesto sauce.

2 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 317 CALORIES

Jerk Chicken with Pineapple Salsa

Jerk-spiced, higher-welfare chicken thigh in a 'rundown' coconut sauce with rice, peas and pineapple salsa.

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 245 CALORIES

Keralan Chicken Curry

Tender higher-welfare British chicken with cauliflower and red pepper in a mild coconut sauce with pilau rice and toasted flaked almonds.

HIGH PROTEIN LOW SAT FAT LOW SUGAR 330 CALORIES

Kimchi Rice

Kimchi and basmati rice with shredded carrots, peas, sesame seeds and crispy onions.

1 OF 5 A DAY SOURCE OF PROTEIN LOW SAT FAT 347 CALORIES



Green Thai Chicken Noodles

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 278 CALORIES

Lemon & Herb Chicken

Higher-welfare British chicken breast in a gently spiced lemon, oregano and thyme-infused sauce with rice, chickpeas and baby spinach.

HIGH PROTEIN LOW SAT FAT LOW SUGAR 274 CALORIES

Mac Cheese with Ham & Cauliflower

Ultimate comfort food: macaroni, cauliflower florets, leeks, chives and Chiltern ham in a light, vintage Cheddar cheese sauce.

1 OF 5 A DAY HIGH PROTEIN LOW SUGAR 332 CALORIES

Prawn Noodles with Mango & Coconut

King prawns, coconut and mango noodles with green beans, finished with chilli and a squeeze of lime.

1 OF 5 A DAY HIGH PROTEIN LOW SUGAR 229 CALORIES

Singapore Noodles

The traditional street food of mild, curry-spiced vermicelli noodles with king prawns, pork mince, diced red peppers, carrots and green beans.

1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 275 CALORIES



Halloumi & Roasted
Vegetable Pasta

2 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 317 CALORIES

Sticky Soy & Ginger Beef

Slow-cooked, shredded beef in a sticky soy and ginger sauce with rice noodles and tenderstem broccoli, topped with sesame seeds.

HIGH PROTEIN LOW SAT FAT LOW SUGAR 313 CALORIES

Sweet Potato & Aubergine Sri Lankan Curry

Roasted aubergine and sweet potato in a mild, fragrant curry leaf and coconut sauce with brown rice and red lentils, topped with toasted cashew nuts.

2 OF 5 A DAY SOURCE OF PROTEIN SOURCE OF FIBRE 287 CALORIES

Teriyaki Chicken Noodles

Higher-welfare British chicken with edamame beans, julienne carrot, sweetheart cabbage and egg noodles, in a ginger and tamari soy sauce.

1 OF 5 A DAY HIGH PROTEIN SOURCE OF FIBRE 333 CALORIES

Our Pots contain a source of protein. Protein contributes to the maintenance of muscle mass. Enjoy as part of a varied and balanced diet, and a healthy lifestyle.

“Delicious healthy meals
with no preparation”

★★★★★ Sue

MAKE IT A CURRY NIGHT

Chicken Tikka
Masala


Saag Paneer

Vegetable
Korma

INDIAN MAINS




Aubergine, Spinach & Paneer Curry    5.75 (1) / 9.95 (2)
Cubes of paneer cheese marinated in turmeric with roasted diced aubergine and spinach in a coconut curry sauce with coriander.



Beef Madras    5.95 (1)
Tender beef in an intense Madras curry sauce made with garam masala, turmeric and coriander cooked slowly with sliced onions, ginger and ground almonds.

Butter Chicken Curry    5.75 (1) / 9.95 (2)
A Murgh Makhani with a bit of kick, made with traditional spices, tomatoes, cream, and marinated higher-welfare British chicken breast. 

Chicken Jalfrezi   5.75 (1) / 9.95 (2)
Higher-welfare British chicken breast marinated in yoghurt, garlic and paprika in a spicy onion, tomato and red and green pepper sauce.




Chicken Korma   5.75 (1) / 9.95 (2)
Marinated higher-welfare British chicken breast in a gently spiced and creamy coconut and almond sauce.





Chicken Tikka Masala    5.75 (1) / 9.95 (2)
Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Garlic Chicken Curry   5.75 (1)
A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Keralan Prawn & Mango Curry    5.95 (1)
Plump, sustainably-sourced king prawns in a light, fragrant turmeric and coconut sauce with spinach and curry leaves, topped with sweet mango and chilli. 

Lamb Dupiaza   5.95 (1)
Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot. 

Lamb Kofta & Dhal Curry    5.95 (1)
Handmade lamb and ginger meatballs in a spiced red lentil dhal made with tomato, coconut, spinach and coriander.

Roasted Vegetable & Chickpea Curry    5.75 (1) / 9.95 (2)
Oven roasted peppers with cauliflower and spinach in a gently spiced chickpea and lentil sauce. 

Prawn Karahi   5.95 (1) / 10.95 (2)
A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Vegetable Korma   5.75 (1)
A mild, sweet curry of cauliflower florets, chickpeas and baby spinach cooked in a coconut, almond and yoghurt sauce. 

INDIAN SIDES

Bombay Potatoes     3.25 (2)

Chana Masala    3.25 (2)

Chicken Samosas  3.50 (2)

Onion Bhajis    2.95 (2)

Saag Paneer    3.25 (2)

Tarka Dhal     3.25 (2)

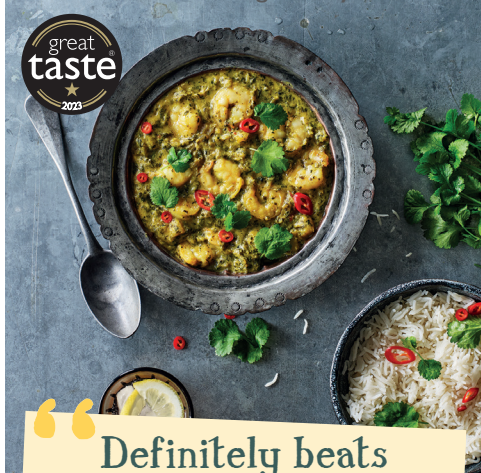
Garlic & Coriander Naan  1.95 (2)

Plain Naan   1.95 (2)

Plain Basmati Rice    1.75 (1) / 2.75 (2)

Peas Pilau     1.95 (1) / 2.95 (2)

Keralan Prawn & Mango Curry







“ Definitely beats
getting a takeaway! ”

★★★★★ Yvonne


THAI MAINS


Beef Massaman Curry  5.95 (1)
Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry  5.75 (1) / 9.95 (2) 
A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay  5.75 (1) / 9.95 (2) / 18.95 (4) 
A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.


Crispy Roast Half Duck  12.00 (2)
With 10 pancakes & a rich Hoisin sauce.

Drunken Noodles with King Prawns  5.95 (1)
King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.


Green Thai Chicken Curry 5.75 (1) / 9.95 (2) / 18.95 (4) 
A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.

Green Thai Vegetable Curry 5.75 (1) / 9.95 (2) 
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.


Hoisin Duck Noodles  6.50 (1)
Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Lime & Coconut Chicken  5.75 (1)
Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.


Red Thai Chicken Curry 5.75 (1) / 9.95 (2) 
A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.

Red Thai Duck Curry  6.95 (1)
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Thai Basil Chicken  5.75 (1)
Higher-welfare British chicken thigh in a Thai basil, lime and tamari soy sauce with shiitake mushrooms, red peppers and Tenderstem broccoli, topped with cashew nuts.

Thai Steamed Sea Bass  6.95 (1)
A fillet of sea bass gently steamed on a bed of choy sum, spring onions and julienne carrots in a mild and fragrant red curry sauce.

Yellow Thai Prawn Curry  5.95 (1)
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 5.75 (1) / 9.95 (2) / 18.95 (4) 
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.

THAI SIDES

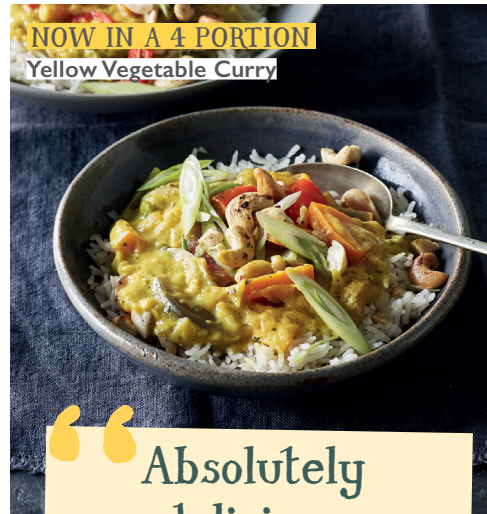
Duck Spring Rolls  4.50 (2)

Vegetable Spring Rolls  3.25 (2)

Coconut & Lime Leaf Rice  1.95 (1) / 2.95 (2)

Plain Basmati Rice  1.75 (1) / 2.75 (2)

NOW IN A 4 PORTION
Yellow Vegetable Curry



Absolutely delicious

★★★★★ Andrea



STARTERS AND LIGHT BITES

I'M BACK

Lobster Thermidor Fondant Soufflés 20.00 (4)
Light and airy soufflés with a melt-in-the-middle lobster thermidor sauce, topped with lobster and a dill crumb.

I'M BACK

Three Cheese Fondant Soufflés (V) 6.50 (2)
A vintage Cheddar and thyme soufflé with a mature Cheddar and Italian-style hard cheese fondant centre.

I'M BACK

Baked Camembert with Port & Red Onion Chutney (V) 12.50 (4)
A whole French camembert wrapped in golden puff pastry and topped with garlic, rosemary and honey. Perfect for sharing with crusty bread. Includes a handmade port and red onion chutney.

Butternut Squash, Spinach & Feta Tarts (V) 5.95 (2x1)
Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.

Duck & Plum Filo Parcels (DF) 7.50 (2x1)
Chinese five spice roasted duck from Silver Hill, with shredded carrot and spring onion in a ginger, plum and orange sauce.

Roasted Mediterranean Vegetable Tarts (V) 5.95 (2x1)
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

Roasted Vegetable Tarte Tatins (DF)(VG) 6.50 (2x1)
Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks (GF) 7.50 (2x1)
Flaked kiln-roasted salmon on a base of spinach, crème fraîche and cornichons, topped with a horseradish and mascarpone cream.

“ Takes the stress out of entertaining guests

★★★★★ Jacquie

”


PARTY FOOD


NEW

Ham Hock, Broccoli & Cheddar Frittata (GF) 22.00 (8)
Free-range egg frittata with shredded ham hock from Dingley Dell Farm, longstem broccoli, Dijon mustard and West Country mature Cheddar.

NEW RECIPE

Butternut Squash & Red Onion Galette (DF)(VG) 18.00 (6)
Pearl barley, quinoa, tahini and roasted butternut squash wrapped in puff pastry, topped with pickled red onions and pumpkin seeds.

Roasted Pepper & Goat's Cheese Quiche (V) 22.00 (10-12)
Sweet roasted peppers and slices of goat's cheese in a deep, free-range egg quiche. 

Quiche Lorraine 22.00 (10-12)
A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes. 

French Onion Tart (V) 16.00 (4 main / 9 buffet)

Side of Scottish Salmon with Lemon & Dill (GF)(DF) 30.00 (4 main / 8 buffet)
Scottish salmon glazed with wholegrain mustard, lemon and dill, topped with lemon slices.

Honey Roast Ham (DF) 35.00 (15+)

Smoked Salmon Terrine (GF) 12.95 (6-8)

CANAPÉS All 8.50 (12 per pack)

Chicken, Ginger & Lemongrass Bites (GF)(DF)

Duck & Hoisin Puffs (DF)

Goat's Cheese & Pesto Whirls (V)

Mini Salmon Frittatas (GF)

Mini Thai Salmon Fishcakes (GF)(DF)(V)

Tomato & Pine Nut Tarte Tatins (DF)(VG)

Sensational Sausage Rolls 6.95 (12 rolls)


Sensational Veggie Rolls (V) 6.95 (12 rolls)

Pâtés 6.75 (220g pot)
Choose from: Chicken Liver (GF), Roast Salmon (GF), Wild Mushroom & Truffle (V)


GRAND MEALS FOR 8

The simple solution for any big gathering. Pop a meal for 8 into the oven; slice a couple of baguettes; and fill a few bowls with salad or seasonal veg. Done. Like hiring a caterer but at a fraction of the price.


The Grand Cottage Pie (GF) 37.00 (8)
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

The Grand Moroccan Spiced Lamb Tagine (GF)(DF)(V) 39.00 (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds. 

The Grand Fish Pie 39.00 (8)
Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery parsley mash and finished with a crispy crumb and lemon zest.

The Grand Beef Bourguignon (GF)(DF)(V) 39.00 (8)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine. 

The Grand Lasagne al Forno 37.00 (8)
A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar topping.

The Grand Roasted Vegetable Lasagne (V) 37.00 (8)
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce. 



great taste 2023

The Grand Roasted Vegetable Lasagne

You Deserve Pudding!

Handmade, award-winning puddings from the heart of Somerset. The perfect end to any meal. Fruity, chocolatey, boozy... we've got something to fit the bill. Make it a COOK night.



Chocolate & Raspberry Roulade

LARGE PUDDINGS 8+ people

I'M BACK

Chocolate & Hazelnut Meringue Parfait (GF) (V) 20.00 (10-12)

Hazelnut meringue swirled together with cream, dark chocolate and hazelnut sauce, topped with chunks of hazelnut meringue, a drizzle of chocolate sauce and hazelnut pieces.

Chocolate Mousse Torte (V) 18.00 (10-12)

An indulgent dark chocolate mousse on our signature digestive biscuit base, topped with a layer of whipped cream.

Chocolate & Raspberry Roulade (GF) (V) 16.75 (8-10)

A rich chocolate sponge, generously filled with whipped cream and raspberries and rolled by hand.



Chocolate Roulade (GF) (V) 16.75 (8-10)

A rich chocolate sponge, generously filled with whipped cream and rolled by hand.



Chocolate & Salted Caramel Pavlova (GF) (V) 16.75 (8-10)

A chocolate-chip meringue roll filled with salted caramel cream and indulgent dark chocolate.



Espresso Martini Pavlova (GF) (V) 16.75 (8-10)

Light chocolate meringue rolled with whipped cream laced with coffee syrup, vodka and cocoa nibs and drizzled with dark chocolate.

Fruit Vacherin (GF) (V) 20.00 (10-12)

Three tiers of classic and hazelnut meringue, layered with cherries, strawberries, redcurrants, fruit coulis and fresh whipped cream, all topped with pistachios, hazelnuts and raspberries.



Salted Caramel, Chocolate & Honeycomb Cheesecake



Glazed Apple Tart (V) 18.00 (10-12)

Slices of Bramley apple tossed in cinnamon and brown sugar, with a layer of apple purée and spiced frangipane, topped with almonds. *Can also be served warm.*



Lemon Cheesecake 19.00 (10-12)

A light, zesty lemon cheesecake on a crushed digestive biscuit base.



Lemon Meringue Pavlova (V) 16.75 (8-10)

Soft meringue layered with lemon curd and cream, rolled and coated with crumbled shortbread.

Raspberry Pavlova (GF) (V) 16.75 (8-10)

A light pavlova packed with fresh cream and raspberries. A firm favourite since day one at COOK.



Salted Caramel, Chocolate & Honeycomb Cheesecake 19.00 (10-12)

A salted caramel cheesecake with honeycomb pieces on a chocolate biscuit base, topped with more caramel, chocolate and chocolate coated honeycomb.



White Chocolate & Raspberry Cheesecake 19.00 (10-12)

A light white chocolate cheesecake with raspberries on a dark chocolate biscuit base.



Glazed Apple Tart



“The puddings make entertaining a breeze”

★★★★★ Sue

MEDIUM PUDDINGS 6+ people

I'M BACK

Tiramisu (V) 8.95 (6-8)
Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate.

I'M BACK

Winter Pudding (DF)(VG) 10.95 (6)
Seasonal twist on a traditionally summer recipe bursting with blackberries, apple, raspberries, cranberries & blueberries enriched with cinnamon.

Apricot & Orange Almond Torte (GF)(DF)(VG) 9.75 (6-8)
A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.

Chocolate & Almond Torte (GF)(V) 9.75 (6-8)
A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.

Chocolate Brownie Cheesecake (V) 9.75 (6-8)
A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.

Classic Lemon Tart (V) 9.75 (6-8)
A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.

Gin & Tonic Semifreddo (GF)(V) 9.75 (6-8)
Frozen lemon gin parfait, topped with lemon curd made with gin and Fever-Tree Indian tonic water. *Serve straight from freezer.*

Mango & Passion Fruit Cheesecake 9.75 (6-8)
A light mango and passion fruit cheesecake on a thin buttery biscuit base.

Pear & Ginger Tart (V) 9.75 (6-8)
Soft pears and ginger in a classic frangipane tart, finished with flaked almonds. *Can also be served warm.*

Rhubarb & Custard Pudding (V) 8.95 (6)
A handmade sponge, layered with a deliciously tangy rhubarb compote and vanilla custard, topped with roasted flaked almonds.

Delicious puddings
you just can't resist

★★★★★ Stephanie



Rhubarb & Custard Pudding



Tiramisu

HOT PUDDS

I'M BACK

Apple Strudel (V) 8.95 (6-8)
A classic strudel made with crisp filo pastry, spiced Bramley apples, pecans, sultanas and a pecan crumble topping.

Bramley Apple & Blackberry Crumble (V) 4.25 (2) / 8.95 (6)
Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty vanilla ice cream.

Cherry Bakewell (V) 4.25 (2)
Perfectly fluffy almond frangipane sponge with sour cherries and two spoonfuls of handmade sweet cherry jam.

Hot Chocolate Pudding (V) 4.25 (2)
An intense and gooey chocolate sponge, dark chocolate chips, and spoonfuls of hot chocolate fondant sauce, finished with a speculoos biscuit crumb.

Sticky Toffee Pudding (V) 4.25 (2) / 8.95 (6)
The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.

Crème de la Crème

We believe in buying local wherever we can. Our cream comes from one of the local dairies - so it's fresh, cuts down on food miles and supports local farmers.



Apple Strudel



Bramley Apple & Blackberry Crumble




Sticky Toffee Pudding

INDIVIDUAL PUDDINGS

I'M BACK
Chocolate & Hazelnut Meringue Parfait (GF) (V) 5.00 (2x1)

I'M BACK
Winter Puddings (DF) (VG) 5.00 (2x1)

Chocolate & Salted Caramel Mousse (V) 4.25 (2x1)

Gin & Tonic Semifreddos (GF) (V)  4.25 (2x1)


Lemon Cheesecakes  4.25 (2x1)

Lemon Tarts (V) 4.25 (2x1)

Lemon Possets (V) 4.25 (2x1)

Mango & Passion Fruit Cheesecakes  4.25 (2x1)

Red Berry Mousse (GF) 4.25 (2x1)

Salted Caramel, Chocolate & Honeycomb Cheesecakes  4.25 (2x1)



CAKES & TRAYBAKES

NEW RECIPE
Classic Chocolate Cake (V) 16.00 (14-16)
 Two layers of rich, moist chocolate sponge, sandwiched and topped with chocolate buttercream.

NEW RECIPE
Chocolate Celebration Cake (V) 23.00 (16-20)
 Two layers of rich, moist chocolate sponge, filled and iced with a chocolate buttercream.

NEW RECIPE
Gluten-Free Chocolate Brownie (GF) (V) 6.50 (6)

Belgian Chocolate Brownie (V) 6.50 (6) / 16.00 (20)

Billionaire's Shortbread (V) 6.50 (6)

Farmhouse Flapjack (DF) (VG) 6.50 (6)


Lemon Drizzle Slice (V) 6.50 (6)

Triple Layered Carrot Cake (V) 17.00 (14-16)



ICE CREAM by Alder Tree

We've found Britain's best ice cream. From Stephany's family-run fruit farm in Suffolk, Alder Tree marries intense fruit flavours and creamy deliciousness. Over 60 Great Taste Awards don't lie.

2.35 (125ml tub) all (GF) (V) 
Gooseberry & Elderflower
Raspberry
Stem Ginger & Rhubarb
Vanilla

5.85 (500ml tub) / all (GF) (V)
Blackcurrant
Chocolate Raspberry
Gooseberry & Elderflower
Vanilla



FEELING FESTIVE?

I'M BACK
Mince Pies (DF) (VG) 3.95 (6)

I'M BACK
Mini Mince Pies (DF) (VG) 4.95 (12)

Gluten Free & Dairy Free

BEEF

Beef Bourguignon	GF	DF
British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing	GF	
Chilli con Carne	GF	
Cottage Pie	GF	
Korean Spiced Shredded Beef & Rice Bowl	GF	DF

DUCK

Roast Duck with Apple & Wild Boar Stuffing		DF
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FISH

Cornish Monkfish Wrapped in Dry-cured Ham	GF	
Garlic Butter Prawns with Lemon & Dill	GF	
King-Prawn, Chorizo & Artichoke Cassoulet	GF	DF
Smoked Haddock & Prawn Risotto	GF	
Teriyaki Salmon Noodles		DF

CHICKEN

Basil & Mascarpone Chicken	GF	
Chicken Dijon	GF	
Chicken, Pea & Bacon Risotto	GF	
Coq au Vin	GF	
Creamy Chicken with Mushrooms & Bacon	GF	
Hearty Chicken Casserole	GF	
Honey & Ginger Chicken	GF	DF
Moroccan Spiced Harissa Chicken	GF	
Tomato & Mascarpone Chicken	GF	

LAMB

Lamb Casserole with New Potatoes		DF
Lamb Hotpot		DF
Mediterranean Lamb Stew	GF	DF
Moroccan Spiced Lamb Tagine	GF	DF
Shepherd's Pie	GF	
Shoulder of Lamb with Cranberry & Pistachio Suffing	GF	
Slow-Cooked Lamb Shanks	GF	DF

PORK

Rosemary & Sage Porchetta	GF	DF
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VEGGIE

Chilli con Veggie	GF	
Portobello Mushroom Risotto	GF	
Red Lentil & Aubergine Moussaka	GF	
Tomato, Basil & Mozzarella Risotto	GF	
Veggie Cottage Pie	GF	

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of July 2024.

VEGAN

Mexican Three Bean Chilli	GF	DF
Red Lentil & Mixed Bean Casserole	GF	DF
Roasted Cauliflower & Aubergine Dhal	GF	DF
Roasted Vegetable Tarte Tatins		DF
Spanish Bean Stew with Peppers & Kale	GF	DF
Sweet Potato Katsu Curry	GF	DF
Teriyaki Rice with Aubergine & Mushrooms	GF	DF
Vegetable & Chickpea Tagine	GF	DF
Wild Mushroom & Aubergine Lasagne		DF

ENTERTAINING

Butternut Squash & Red Onion Galette		DF
Chicken Liver Pâté / Roast Salmon Pâté	GF	
Duck & Plum Filo Parcels		DF
Ham Hock, Broccoli & Cheddar Frittata	GF	
Honey Roast Ham		DF
Roasted Vegetable Tarte Tatins		DF
Salmon, Horseradish & Spinach Stacks	GF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Chicken, Ginger & Lemongrass Bites Canapé	GF	DF
Duck & Hoisin Puffs Canapé		DF
Mini Salmon Frittatas Canapé	GF	
Mini Thai Salmon Fishcakes Canapé	GF	DF
Tomato & Pine Nut Tarte Tatins Canapé		DF

SAUCES

Beef & Red Wine Bolognese	GF	DF
Pesto, Broccoli & Spinach	GF	
Roasted Mediterranean Vegetable	GF	DF
Tomato, Mascarpone & Basil	GF	

SIDES

Braised Red Cabbage	GF	
Cauliflower Cheese	GF	
Creamy Mash	GF	
Creamed Spinach	GF	
Dauphinoise Potatoes	GF	
Minted Couscous		DF
Peas & Leeks with a Lemon Herb Butter	GF	
Roast Potatoes	GF	DF
Trio of Greens	GF	DF

INDIAN MAINS

Aubergine, Spinach & Paneer Curry	GF	
Beef Madras	GF	
Butter Chicken Curry	GF	
Chicken Jalfrezi	GF	
Chicken Korma	GF	
Chicken Tikka Masala	GF	
Garlic Chicken Curry	GF	
Keralan Prawn & Mango Curry	GF	DF
Lamb Dupizza	GF	
Lamb Kofta Dhal Curry	GF	DF
Prawn Karahi	GF	
Roasted Vegetable & Chickpea Curry	GF	DF
Vegetable Korma	GF	

INDIAN SIDES

Bombay Potatoes	GF	DF
Chana Masala	GF	
Chicken Samosas		DF
Onion Bhajis	GF	DF
Saag Paneer	GF	
Tarka Dhal	GF	DF
Garlic & Coriander Naan		DF
Plain Naan		DF
Peas Pilau	GF	DF
Plain Basmati Rice	GF	DF

THAI MAINS

Beef Massaman Curry	GF	DF
Chicken Panang Curry	GF	DF
Chicken Satay		DF
Crispy Roast Half Duck		DF
Drunken Noodles with King Prawns		DF
Green Thai Chicken Curry	GF	DF
Green Thai Vegetable Curry	GF	DF
Hoisin Duck Noodles		DF
Lime & Coconut Chicken	GF	DF
Red Thai Chicken Curry	GF	DF
Red Thai Duck Curry	GF	DF
Thai Basil Chicken	GF	DF
Thai Steamed Sea Bass	GF	DF
Yellow Thai Prawn Curry	GF	DF
Yellow Vegetable Curry		DF

THAI SIDES

Coconut & Lime Leaf Rice	GF	DF
Plain Basmati Rice	GF	DF
Vegetable Spring Rolls		DF

POTS FOR ONE

Chicken Biryani	GF	DF
Chicken Noodle Laksa	GF	DF
Chicken Pad Thai	GF	DF
Green Thai Chicken Noodles	GF	DF
Jerk Chicken with Pineapple Salsa		DF
Keralan Chicken Curry	GF	DF
Kimchi Rice		DF
Lemon & Herb Chicken	GF	DF
Prawn Noodles with Mango & Coconut		DF
Singapore Noodles	GF	DF
Sticky Soy & Ginger Beef	GF	DF
Sweet Potato & Aubergine		DF
Sri Lankan Curry	GF	DF
Teriyaki Chicken Noodles		DF

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KIDS MEALS

Chicken Dinosaur Pie		DF
Chicken Paella	GF	DF
Chicken Tikka & Rice	GF	
Cottage Pie	GF	
Fish Pie	GF	
Pasta Bolognese		DF
Sausage Casserole		DF

PUDDINGS

Apricot & Orange Almond Torte	GF	DF
Chocolate & Almond Torte	GF	
Chocolate & Hazelnut Meringue Parfait	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Espresso Martini Pavlova	GF	
Fruit Vacherin	GF	
Gin & Tonic Semifreddo	GF	
Raspberry Pavlova	GF	
Red Berry Mousse	GF	
Winter Pudding		DF
Farmhouse Flapjack		DF
Gluten-Free Chocolate Brownie	GF	
Mince Pie / Mini Mince Pies		DF
Ice Creams p31		GF

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★★★

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Ed & Dale, founders

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