

—COOK—

DINNER.
DONE.



Order a Home Delivery at [cookfood.net](https://www.cookfood.net) or call 01732 759000

A taste of the future?

This autumn we're tucking into a new project: **Recipes for Change**. It's all about **making our food better for you, nature and the farmers we work with**. We all want nutritious food that's produced sustainably. But it can be hard to find, more expensive and sometimes doesn't taste so good.

We believe change can be delicious and affordable. Our Recipes for Change Lasagne is an experiment aimed at proving it. It ticks all the classic lasagne boxes: a slow-cooked beef and pork ragu, Italian pasta, rich Cheddar cheese sauce... while serving up a lower environmental impact and one of your five a day. Alongside extra veg we've used nature-friendly beef from British farmers pioneering a regenerative approach to raising cattle.

We think it tastes just as good (possibly even better!) than our bestselling Lasagne al Forno. But would you make the change? It's available now for a limited time in portions for one and two. We'd love you to **try it and let us know what you think**.

Over to you,

J & Brie

CEOs (and siblings)

Better for nature. Better for farmers. Better for you.



TRY ME!

Our Recipes for Change Lasagne is available for a limited time. Try it and let us know what you think at change@cookfood.net



Scan the QR code and watch farmer Alastair explain how nature-friendly beef farming works.



RECIPES FOR CHANGE

Behind the lasagne there's a huge amount of work going on to figure out how we can make food better - for our health, for nature, and for the farmers we depend on. Including:

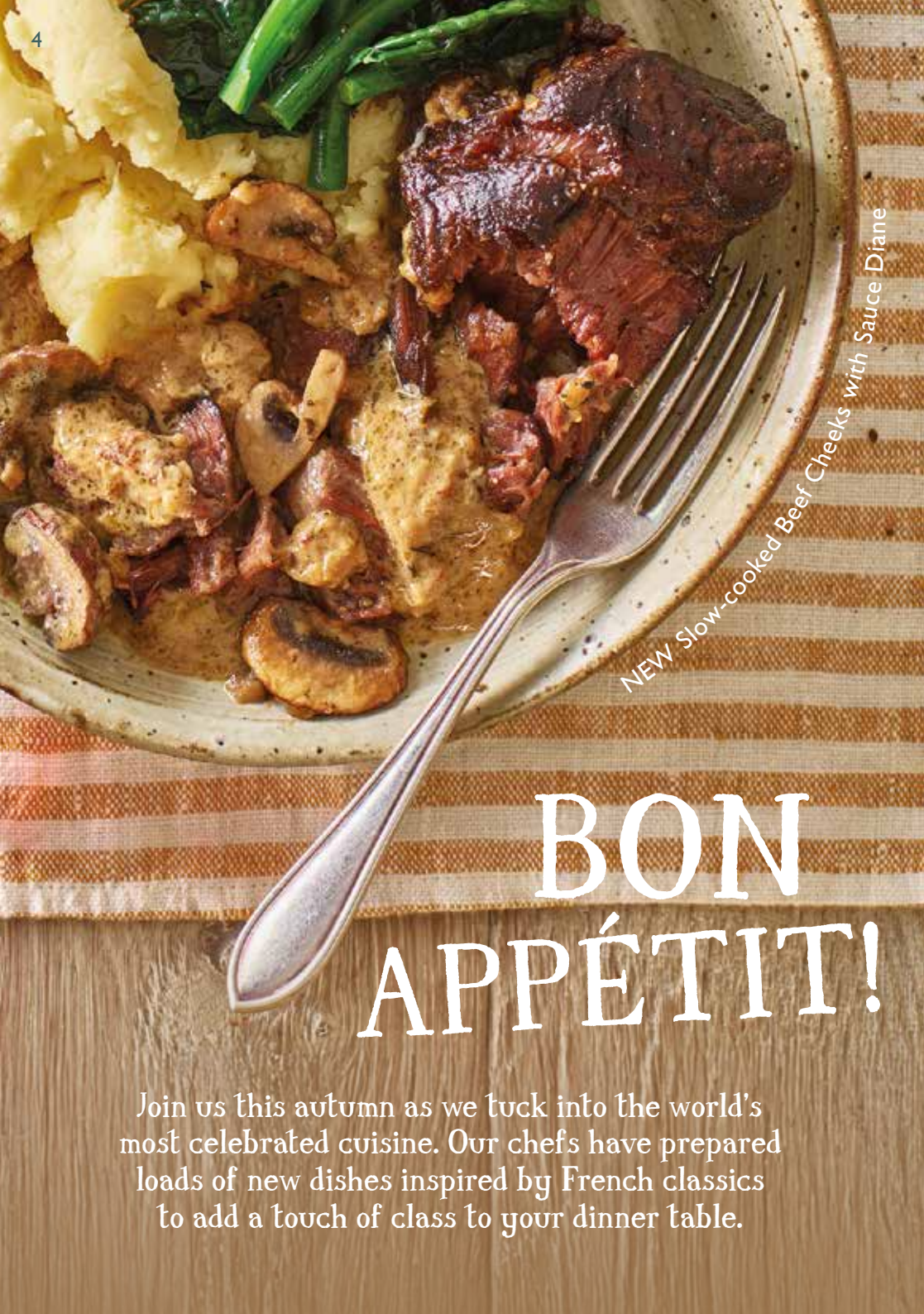
- Partnering with farmers and suppliers on nature-friendly ingredients
- Calculating recipe carbon footprints ("foodprints") when developing new dishes
- Working with top universities to figure out how we can change shopping habits

We don't claim to have all the answers but we're exploring what's possible, without losing what makes a COOK meal so special.

Find out more at:
cookfood.net/recipes-for-change

*Recipes for Change Lasagne (350g) has a 27% smaller carbon footprint, 8g less fat, 28% less salt and 75 fewer calories per portion than Lasagne al Forno (365g). See cookfood.net/recipes-for-change for more details.





Chicken Provençal



"Like eating out at a top restaurant without leaving home!"

Amelia ★★★★★

Shellfish with a Lemon & Caper Butter



All our new French dishes go straight from the freezer into the oven.

Duck Confit with Lentils



Bramley Apple Tarte Tatin



VEGETARIAN

NEW RECIPE



Nut Loaf

NEW RECIPE

Nut Loaf (V)

8.95 (2)

Our signature nut loaf made with almonds, cashews and madeira-soaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.

Butternut Squash, Spinach & Feta Tarts (V)

7.50 (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.



Halloumi & Arrabbiata Pasta Bake (V)

5.95 (1)

Roasted courgettes, aubergines and halloumi with cannolicchi pasta in a spicy tomato sauce, topped with crumbled feta.

Parmigiana di Melanzane (V) 5.95 (1) / 9.95 (2)

A classic Italian dish of garlic-roasted aubergines layered with a creamy tomato sauce, finished with mozzarella, rosemary and pine nuts.

Portobello Mushroom Wellington (V) 15.00 (2)

Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.



Red Lentil & Aubergine Moussaka (GF) (V) 5.95 (1) / 9.95 (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 (V) 7.50 (2x1)

Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

“I always come back for the amazing veggie lasagne.”

Jean ★★★★★

Roasted Vegetable Lasagne (V) 6.25 (1) / 10.75 (2) / 19.95 (4)

Layers of roasted peppers, mushrooms, courgettes and spinach between sheets of Italian pasta with a light crème fraîche and mascarpone sauce.



The Grand Roasted Vegetable Lasagne (V) 39.00 (8)

Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce.



Tomato, Basil & Mozzarella Risotto (GF) (V) 5.95 (1) / 9.95 (2)

Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and lemon and parsley butter.



Veggie Bolognese (V) 5.95 (1)

A rich, slow-cooked ragu of Quorn mince, red wine and tomato, served with wholewheat spaghetti and topped with cheese.

Veggie Cottage Pie (GF) (V) 5.95 (1) / 9.95 (2)

Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, grated cheese and parsley.



Portobello Mushroom Wellington

KEY

(V) Vegetarian • (VG) Vegan

(GF) Gluten Free • (DF) Dairy Free

(M) Microwaveable • (MNY) Must be microwaved

(S) 'Warm me up' spicy • (N) Nice and spicy

(L) Love Eating Well • () Portion sizes are in brackets

LOVE EATING WELL: Fewer than 400 kcals • 23g of fat
6g of saturated fat • 30g of sugars • 2g of salt

ONE OF THOSE DAYS?



Macaroni Cheese (V) 4.95 (1) / 8.50 (2)

Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.



Portobello Mushroom Risotto (GF) (V) 5.95 (1) / 9.95 (2)

Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of lemon and parsley butter.



Spanish Bean Stew with Peppers & Kale (GF) (DF) (VG) (L) 5.95 (1) / 9.95 (2)

Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale.

DINNER. DONE.

VEGAN

NEW

Butternut Squash, Leek & Beetroot Wellington (DF)(VG)

15.00 (2)

Roasted squash and balsamic beetroot layered with garlic spinach, slow-cooked leeks, and chickpeas, wrapped in crisp puff pastry.

Mexican Three Bean Chilli 5.95 (1)

(GF)(DF)(VG)(V)

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 5.95 (1)

(GF)(DF)(VG)(V)

Tender lentils, beans and fresh spinach with seasonal vegetables in a tomato and basil sauce.

Spanish Bean Stew with Peppers & Kale 5.95 (1) / 9.95 (2)

(GF)(DF)(VG)(V)

Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale.

Vegetable & Chickpea Tagine 5.95 (1) / 9.95 (2)

(GF)(DF)(VG)(V)

Sweet roasted peppers and aubergines with dates and a blend of Moroccan spices.

Wild Mushroom & Aubergine Lasagne (DF)(VG) 6.25 (1) / 10.75 (2)

Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce between Italian pasta sheets with a vegan-friendly bechamel sauce.



Vegetable & Chickpea Tagine

NEW



Butternut Squash, Leek & Beetroot Wellington

ALSO VEGAN...

Korean Vegetable Rice Pot for One (p21)

Sweet Potato & Aubergine
Sri Lankan Curry Pot for One (p21)

Butternut Squash & Red Onion Galette (p22)

Roasted Vegetable Tarte Tatins (p23)

Tomato & Pine Nut Tatins (p23)

Tofu in Black Bean Sauce (p24)

Roasted Vegetable & Chickpea Curry (p27)

Green Thai Vegetable Curry (p28)

Yellow Vegetable Curry (p28)

VEGAN SIDES

Aloo Gobi • Coconut & Lime Leaf Rice
Dhal Makhani • Edamame Beans
Garlic & Coriander Naan
Gunpowder Potatoes • Minted Couscous
Onion Bhajis • Peas Pilau • Plain Basmati Rice
Plain Naan • Roast Potatoes
Soy Garlic Broccoli & Greens • Trio of Greens
Vegetable Gyoza • Vegetable Spring Rolls
Thai Corn Fritters

VEGAN PUDDINGS

Apricot & Orange Almond Torte • Winter
Pudding • Farmhouse Flapjack • Mince Pies

*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.

SAUCES

Get inspired at
cookfood.net/sauces



Handmade from great ingredients and ready in minutes from frozen.
Perfect with pasta or get creative.

All £5.00

NEW

Four Cheese (GF)

A rich cheese sauce with Barber's Cheddar, Mascarpone and Provolone with a touch of roasted cauliflower.

Beef & Red Wine Bolognese (GF)(DF)

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

Pesto, Broccoli & Spinach (GF)(V)

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

Roasted Mediterranean Vegetable (GF)(DF)(V)

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



Tomato, Mascarpone & Basil (GF)(V)

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



"Impressed by them all"

BBC Good Food

CHICKEN

Always British
Higher Welfare



Chicken, Ham & Leek Pie

NEW

Chicken Provençal (GF) 6.25 (1) / 10.75 (2)

Roasted higher-welfare chicken leg cooked on the bone, in a classic Provençal sauce of shallots, white wine, tomatoes, olives and artichokes.

NEW SIZE

Parmesan Chicken 7.25 (1) / 13.25 (2) / 26.00 (4)

Parmesan-crusted, higher-welfare British chicken breast with roasted new potatoes and tomatoes in a creamy spinach and red pepper sauce.

Basil & Mascarpone Chicken (GF) 5.95 (1) / 9.95 (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 (GF) 5.95 (1) / 9.95 (2) / 19.50 (4)

Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

Chicken Dijon (GF) 5.95 (1) / 9.95 (2) / 19.50 (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 6.25 (1) / 10.75 (2) / 19.95 (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 30.00 (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 & Tomato Pasta Bake 6.25 (1)

Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Chicken & Mushroom Lasagne 6.25 (1) / 10.75 (2) / 19.95 (4)

Layers of higher-welfare British chicken in a rich tomato sauce, and mushrooms and spinach, with béchamel topped with mature Cheddar and basil.

Creamy Chicken with Mushrooms & Bacon (GF) 6.25 (1) / 10.75 (2)

Marinated higher-welfare British chicken breast in a creamy porcini and garlic sauce with bacon and roasted mushrooms.

NEW



Chicken Provençal

Hearty Chicken Casserole (GF) 6.25 (1)

Higher-welfare British chicken leg and thigh with roasted leeks, swede and carrots, in a tomato, chicken and herb sauce.

Roasted Chicken Breasts in a Port & Merlot Jus (GF) 15.00 (2)

Two higher-welfare British chicken breasts in a classic Port and Merlot wine jus with roasted shallots and chestnut mushrooms.

Tarragon & Lemon Chicken (GF) 5.95 (1) / 9.95 (2)

Higher-welfare British chicken and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

“Best ready-made
pie we’ve ever eaten,
demolished at the
one sitting.”

Brian ★★★★★

JUST NEED
A NIGHT OFF?

**Coq au Vin**

(GF) 6.25 (1) / 10.75 (2) / 19.95 (4)

Higher-welfare British chicken cooked on the bone with red wine, pearl onions, mushrooms and bacon.

**Chicken, Pea & Bacon Risotto**

(GF) 6.25 (1) / 10.75 (2)

Ribe risotto rice, shredded higher-welfare British chicken, bacon and peas with a mascarpone and crème fraîche sauce with white wine and garlic.

**Moroccan Spiced Harissa Chicken**

(GF) 6.25 (1) / 10.75 (2)

Higher-welfare British chicken breast, marinated in harissa, in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds.

DINNER. DONE.

FISH



NEW

Rainbow Trout with a Tarragon & Lemon Crumb ^{DF} 17.00 (2)
Sustainably-caught rainbow trout with a tarragon and lemon crumb, slow-cooked fennel, cherry tomatoes and roasted new potatoes.

NEW

Shellfish with a Lemon & Capser Butter ^{GF} 17.00 (2)
Shell-on crevettes, king scallops, whole langoustines and king prawns with a classic lemon, caper and parsley butter.

NEW

Shellfish Thermidor Pie 50.00 (6)
King and queen scallops, langoustine tails, king prawns and salmon with buttered leeks and sliced potatoes in a rich thermidor sauce, topped with crisp puff pastry.
Available in larger stores only.

BACK

Cornish Monkfish Wrapped in Dry-cured Ham ^{GF} 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 RECIPE

Salmon Wellington 20.00 (2)
A generous salmon fillet topped with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry.

NEW NAME

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



Classic Fish Pie 6.75 (1) / 11.75 (2) / 23.25 (4)
Salmon, smoked haddock and king prawns in our classic, creamy sauce with white wine, lemon and parsley, topped with a smooth, buttery mash.

Cod Mornay 6.75 (1) / 11.75 (2)
Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.

King Prawn Linguine ^{GF} 6.75 (1) / 11.75 (2)
Linguine with sustainably-sourced king prawns in a lobster, crème fraîche and white wine sauce with semi-dried tomatoes and a squeeze of lemon.

Salmon & Asparagus Gratin 7.25 (1) / 13.25 (2) / 26.00 (4)
Salmon fillet and asparagus in a white wine and lemon zest sauce, topped with sliced potatoes and a Cheddar cheese crumb.

Smoked Haddock & Prawn Risotto ^{GF} 6.75 (1) / 11.75 (2)
Smoked haddock, king prawns, spinach and peas in a creamy risotto with white wine and mature Cheddar.

The Grand Fish Pie 45.00 (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.

LAMB

BACK

Shoulder of Lamb with Cranberry & Pistachio Stuffing ^{GF} 50.00 (6)
Slow-roasted boneless British lamb shoulder with handmade stuffing and a port, orange and cranberry jus.
Available in larger stores only.

Lamb Casserole with New Potatoes ^{GF} 6.75 (1) / 11.75 (2)
Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

Lamb Hotpot ^{DF} 6.75 (1)
Slow-cooked leg of lamb with vegetables topped with sliced potatoes and rosemary.

Lamb Moussaka 6.25 (1) / 10.75 (2) / 19.95 (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 ^{GF} 5.25 (1)
Tender pieces of lamb's liver in red wine sauce garnished with onions and smoked back bacon.

Mediterranean Lamb Stew ^{GF} 6.75 (1) / 11.75 (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.

The Grand Moroccan Spiced Lamb Tagine ^{GF} 45.00 (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

Slow-Cooked Lamb Shanks ^{GF} 18.00 (2)
Slow-cooked lamb shanks with a red wine and rosemary jus.



CHASING YOUR TAIL?



Shepherd's Pie ^{GF} 6.25 (1) / 10.75 (2) / 19.95 (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.



Smoked Haddock & Bacon Gratin 6.75 (1) / 11.75 (2)
Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.



Moroccan Spiced Lamb Tagine ^{GF} 6.75 (1) / 11.75 (2) / 23.25 (4)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

DINNER. DONE.

BEEF

BACK



Beef Wellington

NEW

Recipes for Change Lasagne 5.95 (1) / 9.95 (2)
With nature-friendly British Beef.

NEW

Slow-cooked Beef Cheeks with Sauce Diane (GF) 23.50 (2)
Beef cheeks cooked 'sous vide' in a classic shallot, brandy, Madeira, cream and chestnut mushroom reduction.

BACK

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing (GF) 70.00 (6)
Beef sirloin, aged for 21 days, with a herby smoked back bacon stuffing and a porcini-infused red wine jus.
Available in larger stores only.

BACK

Beef Wellington 90.00 (6)
Seared fillet of beef topped with a porcini and Portobello mushroom duxelles and chicken liver pâté, wrapped in crisp puff pastry, and served with a velvety port and red wine jus.
Available in larger stores only.

Beef Stroganoff (GF) 6.75 (1) / 11.75 (2) / 23.25 (4)
Pieces of top rump beef and roasted mushrooms in a creamy sherry, brandy and paprika sauce.



Beef Wellington 30.00 (2)
Prime fillet of beef with a Portobello and porcini mushroom duxelle and chicken liver pate, wrapped in crisp golden puff pastry.

Cottage Pie (GF) 6.25 (1) / 10.75 (2) / 19.95 (4)
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

Lasagne al Forno 6.25 (1) / 10.75 (2) / 19.95 (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 (GF) 6.75 (1) / 11.75 (2)
Prime rump beef cooked slowly with chestnut mushrooms and a rich, brandy sauce.



Spaghetti Bolognese (GF) 6.25 (1)
A rich, slow-cooked Bolognese sauce with minced beef and pork, served with Italian spaghetti and topped with cheese.



Steak & Stout Stew with Cheese Scone Dumplings 6.75 (1)
A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings

The Grand Beef Bourguignon (GF) (DF) (V) 45.00 (8)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

The Grand Cottage Pie (GF) 39.00 (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 39.00 (8)
A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar topping.

RECIPES FOR CHANGE

A TASTE OF THE FUTURE?



Recipes for Change Lasagne

Better for nature, farmers & you.

Try it and let us know what you think!

MID-WEEK LIFESAVERS



Chilli con Carne (GF) (V) 6.25 (1) / 10.75 (2) / 19.95 (4)
A rich, slow-cooked chilli with minced beef, kidney beans and a bit of a kick.



Beef Bourguignon (GF) (V) 6.75 (1) / 11.75 (2) / 23.25 (4)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.




Steak & Red Wine Pie 6.75 (1) / 11.75 (2) / 23.25 (4)
Top rump beef braised in Merlot wine, with vegetables and thyme, topped with a shortcrust pastry lid.



DINNER. DONE.

PORK

NEW

Tartiflette  **5.95** (1) / **9.95** (2)
Caramelised bacon lardons and onions in a garlic, white wine and cream sauce with roasted sliced potatoes, topped with British Oglesfield cheese.

Mac Cheese with Smoky Bacon  **6.25** (1) / **10.75** (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    **6.25** (1) / **10.75** (2) / **19.95** (4)
Hand-rolled balls of minced beef and pork, seasoned with red pesto, chilli, basil and garlic, served in a rich tomato sauce.



Meatballs in a Rustic Tomato Sauce



NEW

Tartiflette

Pork Dijon  **6.25** (1) / **10.75** (2)
Tender higher-welfare strips of pork in a mustard, sherry and crème fraîche 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  **6.25** (1)
Sliced pork and leek sausages with new potatoes, bacon and leeks in an apple & mustard sauce.

Spaghetti Carbonara  **6.25** (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.




NEW

Whole Stuffed Duck with a Cherry & Marsala Jus

NEW

Duck Confit with Lentils  **7.25** (1) / **13.25** (2)
Roasted confit duck leg served with baby spinach, red wine-braised lentils and higher-welfare lardons, finished with lemon and parsley.

NEW


Whole Stuffed Duck with a Cherry & Marsala Jus   **40.00** (4)
Higher-welfare, part-boned duck from Silverhill farm, filled with an orange, cranberry, prune and sausagemeat stuffing. Available in larger stores only.

Roasted Confit of Duck with Juniper **7.25** (1) / **13.25** (2)
Confit duck leg in a juniper berry and orange zest sauce with cranberries.

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 Lasagne al Forno **39.00** (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  **39.00** (8)
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce.



The Grand Beef Bourguignon   **45.00** (8)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

The Grand Fish Pie **45.00** (8)
Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery and parsley mash and finished with a crispy crumb and lemon zest.

The Grand Moroccan Spiced Lamb Tagine     **45.00** (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.



The Grand Cottage Pie  **39.00** (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

SIDES



Dauphinoise Potatoes

Braised Red Cabbage	3.75 (2)
Trio of Greens	2.35 (1) / 3.50 (2)
Cauliflower Cheese	4.00 (2)
Creamy Mash	3.00 (1) / 4.00 (2)
Creamed Spinach	3.75 (2)
Dauphinoise Potatoes	3.25 (1) / 4.50 (2) / 10.00 (6)
Garlic Ciabatta	3.50 (4)
Minted Couscous	4.00 (2)
Plain Basmati Rice	1.75 (1) / 2.75 (2)
Peas & Leeks with a Lemon & Herb Butter	2.35 (1) / 3.50 (2)
Roast Potatoes	3.50 (2)

PIES FOR ONE All 5.50

2 FOR £9.50*

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

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

Spinach & Feta Pie

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.



Roasted Veg, Lentils & Kale Pie

* Promotion T&Cs apply. Valid until 22nd November.

KIDS MEALS All 3.75

5 FOR £16*

Beef Lasagne**Chicken Dinosaur Pie****Chicken Paella****Chicken Tikka & Rice****Chicken & Tomato Orzo Bake****Cottage Pie****Fish Pie****Macaroni Cheese****Meatballs & Spaghetti****Pasta Bolognese****Sausage Casserole****Tuna Pasta Bake**

We're Feeding Change

Working with One Feeds Two™, for every Kids Meal sold, we donate a school meal to a child living in poverty in Malawi. With your help, we've provided over 5 million meals so far.



"Now I stay in school for long hours without feeling hungry or weak ... I dream of becoming a nurse."
Patricia, 14

* Promotion T&Cs apply. Valid until 22nd November.



10% OFF FOR NEW PARENTS

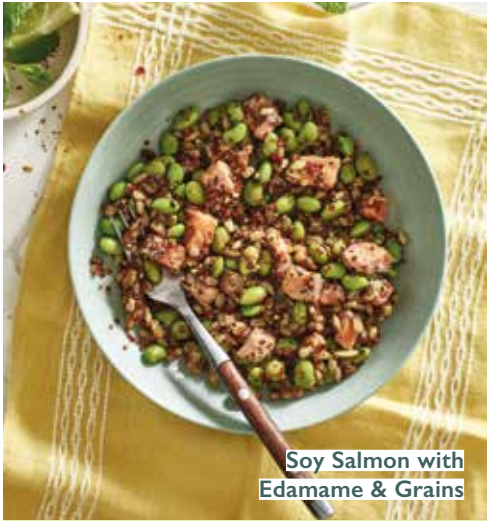
Sign up at your local COOK shop or online at cookfood.net/newparents

"A genuine life saver!"

Leanne ★★★★★

Healthy Meals in Minutes

Our Healthy Pots are complete, balanced meals under 400 calories that contain at least one of your 5-a-day and a source of protein. **All just £5.**



Soy Salmon with Edamame & Grains

397
KCAL

1/5
A DAY

HIGH
PROTEIN

SOURCE
OF
FIBRE



Slow-cooked Beef Ragu Pasta

390
KCAL

1/5
A DAY

HIGH
PROTEIN

LOW
SAT FAT

Soy Salmon with Edamame & Grains

Salmon with a lime, chilli, soy sauce and mint dressing, with pearl barley, red quinoa and edamame beans.

397 KCAL

1 OF 5 A DAY

HIGH PROTEIN

SOURCE OF FIBRE

Slow-cooked Beef Ragu Pasta

Italian Chifferi pasta with a beef & red wine ragu, finished with Parmesan, Barber's mature Cheddar and cherry tomatoes.

390 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Chicken Pad Thai

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

359 KCAL

1 OF 5 A DAY

SOURCE OF PROTEIN

LOW SAT FAT

Sticky Soy & Ginger Beef

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

367 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Lemon & Herb Chicken

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

302 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

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.

303 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Singapore Noodles

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

294 KCAL

1 OF 5 A DAY

SOURCE OF PROTEIN

LOW SAT FAT

“A quick and tasty lunch.”

Sue ★★★★★



Teriyaki Chicken Noodles

333
KCAL

1/5
A DAY

HIGH
PROTEIN

LOW
SAT FAT



Jerk Chicken with Pineapple Salsa

245
KCAL

1/5
A DAY

HIGH
PROTEIN

LOW
SAT FAT

Korean Vegetable Rice

Basmati rice with kimchi, shredded carrots, peas, sesame seeds and crispy onions.

347 KCAL

1 OF 5 A DAY

SOURCE OF PROTEIN

LOW SAT FAT

Green Thai Chicken Noodles

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

278 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Halloumi & Roasted Vegetable Pasta

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

317 KCAL

2 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Jerk Chicken with Pineapple Salsa

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

245 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

Mac Cheese with Ham & Cauliflower

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

332 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SUGAR

Prawn Noodles with Mango & Coconut

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

229 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SUGAR

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.

287 KCAL

2 OF 5 A DAY

SOURCE OF PROTEIN

LOW SAT FAT

Teriyaki Chicken Noodles

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

333 KCAL

1 OF 5 A DAY

HIGH PROTEIN

LOW SAT FAT

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.

GET TOGETHERS

NEW
Marmalade & Honey Glazed Gammon (GF)(DF) 25.00 (14-18 slices)
A ready-to-roast, Wiltshire-cured gammon from Dingley Dell farm, with a pure honey, marmalade and Dijon mustard glaze. *Available in larger stores only.*


NEW
Smoked Bacon, Broccoli and Cheddar Frittata (GF) 18.00 (8)
Free-range egg frittata with higher-welfare smoked bacon lardons, longstem broccoli, cherry tomatoes and West Country Cheddar.

BACK
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.

BACK
Caramelised Shallot, Celeriac & Stilton Tarte Tatin (V) 16.00 (4)
Puff pastry topped with red onion marmalade, roasted celeriac, with a ring of shallots, and a Stilton and Somerset Cheddar fondant centre. *Available in larger stores only.*

NEW NAME
Salmon Wellington 45.00 (6)
Salmon fillets filled with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry and glazed with dill and juniper.



French Onion Tart (V) 16.00 (4 main / 8 Buffet)
Caramelised onions in shortcrust pastry, topped with Swiss cheese and thyme. 


Honey Roast Ham (DF) 35.00 (15+)
A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve.*

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. 

Rosemary & Sage Porchetta (GF)(DF) 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.

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. *Available in larger stores only.*

Smoked Salmon Terrine (GF) 14.75 (6-8)
A terrine of Scottish smoked salmon prepared three ways – roast flakes surrounded by a delicate salmon and dill mousse, topped with smoked slices. *Thaw & Serve.*

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

LIGHT BITES

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. *Available in larger stores only.*

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

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. *Available in larger stores only.*

Butternut Squash, Spinach & Feta Tarts (V) 7.50 (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. 

Roasted Mediterranean Vegetable Tarts (V) 7.50 (2x1)
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil 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 Vegetable Tarte Tatins (DF)(VG) 7.00 (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.

“Great canapés – people thought they were homemade.”

Paul ★★★★★



CANAPÉS All 8.50 (12 per pack)

BACK Duck & Hoisin Puffs (DF)

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

BACK Mini Salmon Frittatas (GF)

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

Goat's Cheese & Pesto Whirls (V)

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


NEW Sensational Sausage Rolls 7.95 (12 rolls)

Pâtés 7.50 (220g tub)
Choose from: Chicken Liver (GF), Roast Salmon (GF), Wild Mushroom & Truffle (V)

NEW PAN ASIAN MAINS


Cashew Chicken  6.25 (1)
Higher-welfare British chicken breast in oyster sauce, with tamari, peppers, spring onion and cashews.


Chicken Chow Mein  6.25 (1) / 10.75 (2)
Egg noodles, higher-welfare British chicken breast with beansprouts, spring onion, tamari and oyster sauce.

Chicken in Black Bean Sauce  6.25 (1)
Higher-welfare British chicken breast, spring onions, and red and green peppers in a classic black bean sauce.

Tofu in Black Bean Sauce  5.95 (1)
Tofoo™ tofu, spring onions, and red and green peppers in a classic black bean sauce.

Hoisin Duck Noodles  6.75 (1)
Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Honey & Ginger Chicken 6.25 (1) / 10.75 (2)
Chicken 
Soy-marinated higher-welfare British chicken in a honey, ginger and garlic sauce with sesame-topped choi sum, yellow peppers and red onions.


Sweet & Sour Chicken 6.25 (1) / 10.75 (2)

A take on the Cantonese classic with higher-welfare British chicken breast, sliced onion, peppers and pineapple.


Chicken Ramen  6.25 (1)
Higher-welfare British chicken thigh, shiitake mushrooms, choi sum and egg noodles in a tamari, ginger and garlic broth.

Tofu & Shiitake Ramen  5.95 (1)
Tofoo™ tofu, egg noodles, shiitake mushrooms, edamame beans in a tamari, ginger and garlic broth.

Naked Chicken Katsu Curry 6.25 (1) / 10.75 (2)

Higher-welfare British chicken breast in a katsu sauce with pickled red onion and radish.


Sweet Potato Katsu Curry 5.95 (1)

Roasted sweet potato with julienne carrot, cabbage and edamame beans in a katsu curry sauce, served with rice and finished with pumpkin seeds.

Teriyaki Salmon Noodles  6.75 (1)
Salmon fillet with egg noodles, tenderstem broccoli, mangetout and baby corn in our teriyaki sauce topped with sesame seeds.



Korean Spiced Shredded Beef & Rice Bowl 11.75 (2)

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

Pulled Beef Rendang & Turmeric Rice 6.75 (1) / 11.75 (2)

Slow-cooked spiced beef in a fragrant coconut sauce, finished with coriander, chilli and desiccated coconut, with a portion of turmeric rice.

King Prawn Laksa  6.75 (1)
King prawns, choi sum, red pepper and rice noodles in a coconut laksa broth.

Turkey Laab  6.25 (1)
Our twist on the classic Laotian dish, with rice, mint, coriander, chilli, lime and minced turkey, finished with crispy onions and sesame seeds.


“My mum used to cook this in Malaysia and yours was a blast from the past.”

Hagen ★★★★★




NEW PAN ASIAN SIDES

NEW
Vegetable Gyoza  3.75 (2)
Japanese-style dumplings filled with water chestnut, cabbage, carrot, and shiitake mushroom.

Egg Fried Rice  2.00 (1) / 3.00 (2)
Fried basmati rice with egg and peas, finished with soy sauce and garlic.

Chinese-Style Vegetables  3.50 (2)
Carrots, water chestnuts, shiitake mushrooms and baby sweetcorn in a sesame, honey and garlic sauce.

Edamame Beans  3.50 (2)
The classic side dish of edamame beans in their pods, sprinkled with salt.

Chicken Katsu Bites  4.25 (2)
The taste of the iconic Japanese curry in a crispy panko-breaded bite, with higher-welfare British chicken breast, ginger, garlic, coconut, soy sauce and spices.

Korean-Style Chicken Wings  4.00 (2)
Higher-welfare British chicken wings in a gochujang, soy and coriander glaze, with a hint of lime.

Teriyaki Chicken Wings  4.00 (2)
Higher-welfare British chicken wings in a sticky teriyaki glaze, topped with sesame seeds.

INDIAN MAINS



Beef Madras    **6.75 (1) / 11.75 (2)**
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 **6.25 (1) / 10.75 (2)**
  
A Murgh Makhani with a bit of kick, made with traditional spices, tomatoes, cream, and marinated higher-welfare British chicken breast.




Chicken Balti   **6.25 (1)**
Higher-welfare British chicken breast, marinated in garlic and chilli, in a medium-spiced curry sauce with roasted green peppers and a squeeze of lime.

Chicken Jalfrezi    **6.25 (1) / 10.75 (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   **6.25 (1) / 10.75 (2)**
Marinated higher-welfare British chicken breast in a gently spiced and creamy coconut and almond sauce.

Chicken Tikka Masala **6.25 (1) / 10.75 (2)**
 
Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Garlic Chicken Curry    **6.25 (1)**
A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Keralan Prawn & Mango Curry **6.75 (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    **6.75 (1)**
Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot.

Lamb Biryani    **6.75 (1)**
Diced leg of lamb, slow cooked with garam masala and cumin, with basmati rice and caramelised onions.

Prawn Karahi   **6.75 (1) / 11.75 (2)**
A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Roasted Vegetable & Chickpea Curry **5.95 (1) / 9.95 (2)**
   
Oven roasted peppers with cauliflower and spinach in a gently spiced chickpea and lentil sauce.

Vegetable Korma    **5.95 (1)**
A mild, sweet curry of cauliflower florets, chickpeas and baby spinach cooked in a coconut, almond and yoghurt sauce.

INDIAN SIDES

Lamb Samosas  **3.75 (2)**

Aloo Gobi     **3.50 (2)**

Dhal Makhani     **3.50 (2)**

Gunpowder Potatoes    **3.50 (2)**

Onion Bhajis    **3.50 (2)**

Saag Paneer     **3.50 (2)**

Garlic & Coriander Naan   **2.75 (2)**

Plain Naan   **2.75 (2)**

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

Peas Pilau     **2.00 (1) / 3.00 (2)**





Chicken Korma



THAI MAINS


Beef Massaman Curry  6.75 (1)
Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry 6.25 (1) / 10.75 (2)

A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay  6.25 (1) / 10.75 (2) / 19.95 (4)
A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.


Crispy Roast Half Duck  13.00 (2)
With 10 pancakes & a rich Hoisin sauce.

Drunken Noodles with King Prawns  6.75 (1)
King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.

Green Thai Chicken Curry 6.25 (1) / 10.75 (2) / 19.95 (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 5.95 (1)

An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Lime & Coconut Chicken  6.25 (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 6.25 (1) / 10.75 (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 7.25 (1)

Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Yellow Thai Prawn Curry 6.75 (1) / 11.75 (2)

King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 5.95 (1) / 9.95 (2) / 19.50 (4)

Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.



THAI SIDES

NEW
Red Thai Chicken Wings  4.00 (2)

NEW
Soy Garlic Broccoli & Greens 3.50 (2)


NEW
Thai Corn Fritters  3.50 (2)

NEW
Thai Salmon Fishcakes  4.75 (2)

Coconut & Lime Leaf Rice 2.00 (1) / 3.00 (2)


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


Duck Spring Rolls  4.75 (2)

Vegetable Spring Rolls  3.50 (2)



SAVING THE BEST 'TIL LAST



NEW

Pistachio, Passion Fruit & Raspberry Pavlova

GF V 16.75 (8-10)

Handmade pistachio meringue rolled with a passion fruit cream and raspberries, finished with white chocolate, nibbed pistachios and dried raspberries.

LARGE PUDDINGS 8+ people



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.



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.



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.



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.



Sicilian Lemon Cheesecake

19.00 (10-12)
A light cheesecake made with Sicilian lemon juice and curd, on a crushed digestive biscuit base.



Chocolate Ganache Tart

V 20.00 (10-12)
Handmade, all-butter shortcrust pastry filled with a silky, dark chocolate ganache, finished with a touch of sea salt and dusted with cocoa powder.



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 & 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.



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.

MEDIUM PUDDINGS 6+ people

NEW
Mixed Berry & Vanilla Cheesecake (V) 9.95 (6-8)
Clotted cream and vanilla cheesecake on a biscuit base, with mixed berry compote and fruit coulis swirls.

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) 9.95 (6-8)
A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.

Chocolate & Almond Torte (GF)(V) 9.95 (6-8)
A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.



Classic Lemon Tart (V) 9.95 (6-8)
A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.

Mango & Passion Fruit Cheesecake 9.95 (6-8)
A light mango and passion fruit cheesecake on a thin buttery biscuit base.

Pear & Ginger Tart (V) 9.95 (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.

Tiramisu (V) 9.95 (6-8)
Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate.



“Dangerously good”

Robyn ★★★★★

HOT PUDS

WHAT AUTUMN WAS MADE FOR

One of the best feelings in the world is watching the rain pouring down outside as you wrap your hands around a big bowl of hot pudding, straight out of the oven, with a splash of cold cream.

A large portion of sticky toffee pudding on a white plate, topped with a dollop of cream. A metal tray with more pudding is in the background. A 'great taste' award star is visible in the bottom right corner.

Sticky Toffee Pudding

NEW
Bramley Apple Tarte Tatin (V) 9.95 (4)
Crisp puff pastry topped with British Bramley apples roasted in a caramel sauce.

BACK
Apple Strudel (V) 9.95 (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 with 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.



INDIVIDUAL PUDDINGS



Chocolate & Salted
Caramel Mousse

NEW

Blackberry & Sloe Gin Panna Cotta (GF) 4.25 (2)
Two individual cinnamon and vanilla panna cottas, topped with a blackberry and sloe gin compote.

NEW RECIPE

Sicilian Lemon Cheesecakes 4.25 (2)
Two individual light cheesecakes made with Sicilian lemon juice and curd, on a crushed digestive biscuit base.

BACK

Chocolate & Hazelnut Meringue Parfait (GF)(V) 5.00 (2)
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.

BACK

Winter Puddings (DF)(VG) 5.00 (2)
A seasonal twist on summer pudding, bursting with blackberries, apple, raspberries, cranberries and blueberries enriched with cinnamon.



Sicilian Lemon Cheesecake

Chocolate & Salted Caramel Mousse (V) 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)



Blackberry & Sloe Gin
Panna Cotta

CAKES & TRAYBAKES

NEW

Chocolate Celebration Cake (V) 25.00 (16-20)
Three layers of rich, moist chocolate sponge, filled and iced with a chocolate buttercream.

NEW

Carrot Celebration Cake (V) 22.00 (16-20)
Three layers of deliciously moist carrot cake, topped and filled with cream cheese and orange zest icing.

Belgian Chocolate Brownie (V) 6.75 (6) / 16.50 (20)

Billionaire's Shortbread (V) 6.75 (6)

Classic Chocolate Cake (V) 17.50 (14-16)

Gluten-Free Chocolate Brownie (GF)(V) 6.75 (6)

Farmhouse Flapjack (DF)(VG) 6.75 (6)

Lemon Drizzle Slice (V) 6.75 (6)



Belgian Chocolate Brownie

FEELING FESTIVE?

BACK **Mince Pies** (DF)(VG)  4.50 (6)

BACK **Mini Mince Pies** (DF)(VG)  5.75 (12)



Carrot Celebration Cake

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.

6.00 (500ml tub) / all (GF)(V)

Blackcurrant
Gooseberry & Elderflower
Pear & Vanilla
Raspberry
Stem Ginger & Rhubarb
Vanilla

2.50 (125ml tub) / all (GF)(V)

Raspberry
Stem Ginger & Rhubarb
Strawberries & Cream
Vanilla



Gluten Free & Dairy Free

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 2025.

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

VEGAN	
Butternut Squash, Leek & Beetroot Wellington	DF
Mexican Three Bean Chilli	GF DF
Red Lentil & Mixed Bean Casserole	GF DF
Spanish Bean Stew with Peppers & Kale	GF DF
Vegetable & Chickpea Tagine	GF DF
Wild Mushroom & Aubergine Lasagne	DF

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 Stuffing	GF
Slow-Cooked Lamb Shanks	GF DF

DUCK	
Duck Confit with Lentils	GF
Whole Stuffed Duck with a Cherry & Marsala Jus	GF DF

PORK	
Tartiflette	GF

FISH	
Shellfish with a Lemon & Caper Butter	GF
Cornish Monkfish Wrapped in Dry-cured Ham	GF
Rainbow Trout with a Tarragon & Lemon Crumb	DF
Smoked Haddock & Prawn Risotto	GF

BEEF	
Beef Bourguignon	GF DF
British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing	GF
Chilli con Carne	GF
Cottage Pie	GF
Slow-cooked Beef Cheeks with Sauce Diane	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

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

CHICKEN	
Basil & Mascarpone Chicken	GF
Chicken Dijon	GF
Chicken, Pea & Bacon Risotto	GF
Chicken Provençal	GF
Coq au Vin	GF
Creamy Chicken with Mushrooms & Bacon	GF
Hearty Chicken Casserole	GF
Moroccan Spiced Harissa Chicken	GF
Roasted Chicken Breasts in a Port & Merlot Jus	GF DF

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

INDIAN MAINS	
Beef Madras	GF
Butter Chicken Curry	GF
Chicken Balti	GF
Chicken Jalfrezi	GF
Chicken Korma	GF
Chicken Tikka Masala	GF
Garlic Chicken Curry	GF
Keralan Prawn & Mango Curry	GF DF
Lamb Biryani	GF DF
Lamb Dupiaza	GF
Prawn Karahi	GF
Roasted Vegetable & Chickpea Curry	GF DF
Vegetable Korma	GF

INDIAN SIDES	
Aloo Gobi	GF DF
Dhal Makhani	GF DF
Garlic & Coriander Naan	DF
Gunpowder Potatoes	GF DF
Lamb Samosas	DF
Onion Bhajis	GF DF
Plain Naan	DF
Peas Pilau	GF DF
Plain Basmati Rice	GF DF
Saag Paneer	GF

POTS FOR ONE	
Chicken Pad Thai	GF DF
Green Thai Chicken Noodles	GF DF
Jerk Chicken with Pineapple Salsa	DF
Keralan Chicken Curry	GF DF
Korean Vegetable Rice	DF
Lemon & Herb Chicken	GF DF
Prawn Noodles with Mango & Coconut	DF
Singapore Noodles	GF DF
Soy Salmon with Edamame & Grains	DF
Sticky Soy & Ginger Beef	GF DF
Sweet Potato & Aubergine Sri Lankan Curry	GF DF
Teriyaki Chicken Noodles	DF

PAN ASIAN MAINS	
Cashew Chicken	DF
Chicken Chow Mein	DF
Chicken in Black Bean	GF DF
Chicken Ramen	DF
Hoisin Duck Noodles	DF
Honey & Ginger Chicken	GF DF
King Prawn Laksa	GF DF
Korean Spiced Shredded Beef & Rice Bowl	GF DF
Naked Chicken Katsu Curry	GF DF
Pulled Beef Rendang & Turmeric Rice	GF DF
Sweet & Sour Chicken	GF DF
Sweet Potato Katsu Curry	GF DF
Teriyaki Salmon Noodles	DF
Tofu in Black Bean Sauce	DF
Tofu & Shitake Mushroom	DF
Turkey Laab	DF

PAN ASIAN SIDES	
Chinese-Style Vegetables	GF DF
Chicken Katsu Bites	DF
Edamame Bites	GF DF
Egg Fried Rice	DF
Korean-Style Chicken Wings	DF
Teriyaki Chicken Wings	DF
Vegetable Gyoza	DF

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

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
Lime & Coconut Chicken	GF DF
Red Thai Chicken Curry	GF DF
Red Thai Duck Curry	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
Red Thai Chicken Wings	DF
Soy Garlic Broccoli & Greens	GF DF
Thai Corn Fritters	DF
Thai Salmon Fishcakes	GF DF
Vegetable Spring Rolls	DF

PUDDINGS	
Apricot & Orange Almond Torte	GF DF
Blackberry & Sloe Gin Panna Cotta	GF
Chocolate & Almond Torte	GF
Chocolate & Raspberry Roulade	GF
Chocolate Roulade	GF
Chocolate & Hazelnut Meringue Parfait	GF
Chocolate & Salted Caramel Pavlova	GF
Fruit Vacherin	GF
Pistachio, Passion Fruit & Raspberry Pavlova	GF
Raspberry Pavlova	GF
Red Berry Mousse	GF
Winter Pudding	DF
Farmhouse Flapjack	DF
Gluten-Free Chocolate Brownie	GF
Ice Creams p37	GF
Mince Pies (all versions)	DF



"Isn't it your turn?"

Has anyone asked who's
hosting this year?

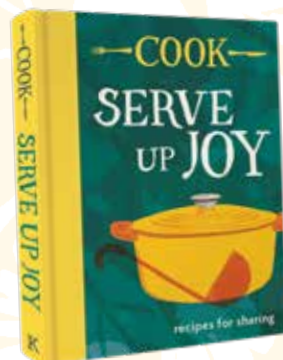
If not, it's coming...

If it is your turn, let us help you serve
the perfect Christmas without the chaos.
Scan the code to preview our best-ever
festive menu and find out how you could
get Christmas dinner for free.



#WeCOOKYouChristmas

Browse and pre-order online now or available to buy in-store from Wed 29th October



Secret Recipes? Not anymore.

Our first ever cookbook, packed with
more than 80 recipes for sharing

Available in-store & online now!

HOW TO SHOP

Home Delivery

We deliver (almost) nationwide!
Order online at cookfood.net
or call us on 01732 759000

Click & Collect

Order online and collect for free -
same day when you order 2 hours ahead

Local COOK Shop

Find your nearest shop at cookfood.net/shops

Local Stockist

You'll also find us in 1000+ independent
retailers nationwide with a limited range
of our bestsellers at cookfood.net/shops



GIFT CARDS

Give someone you love
time out of the kitchen

Find out more at cookfood.net/giftcards



Subscribe & Save

Get **FREE DELIVERY** on all
your orders when you subscribe
for a regular delivery

- Enjoy a constant supply of your favourite meals & puddings.
- Simple online editing.
- Pause or cancel at any time.



Scan to find out more or visit
cookfood.net/subscription

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 2025). 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.cookfood.net or phone 01732 759000 for more details).

Photography: Carolyn Barber Styling: Pip Spence and Christina Mackenzie



DINNER. DONE.



NEW

Duck Confit with Lentils



EXCELLENT, based on 37,000+ reviews

Your local COOK shop:

Our founding statement from 1997:
"To COOK using the same ingredients and
techniques you would at home, so everything
looks and tastes homemade."

A stylized signature of the founders, Ed & Dale, in black ink.

Ed & Dale, founders

The COOK Kitchen • Sittingbourne • Kent • ME10 3HH
01732 759000 • edwardanddale@cookfood.net



Planet Positive printing by certified B Corp, Seacourt, using waterless and chemical-free processes,
100% renewable energy, zero waste to landfill and net positive carbon emissions.