

—COOK—
THE NEW WAY TO
takeaway



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THE NEW WAY TO takeaway

A few years back I read a piece of research that says the average British household eats nine meals on rotation. Surely not, I thought. Are we really that dull? And then I started counting through my own household repertoire and realised it's there or thereabouts. Sure, new recipes come in and out, but the absolute number stays about the same. One habit that we'll never change, though, is takeaway night.

If you want to shake up your takeaway order this Autumn, below are a few of my personal favourites.

Whether it's shaking up your takeaway or finding some new dishes for weeknight eating, we've got it covered. Hope to see you in the Autumn.



COOK Founder

Ed's go-to order:

Garlic Chicken Curry

My favourite for many years.

Chicken Satay

The whole family love this one.

**Pulled Beef Rendang with
Turmeric Rice**

A little gem. Try it once and it
will be part of your repertoire.



EATING IN THAT TASTES LIKE EATING OUT

Date Night for two
Beef Wellington served
with Dauphinoise Potatoes
and Peas & Leeks with
a Lemon & Herb Butter

Price per head £21.50

"Like going out to
a nice restaurant
but much cheaper"

Linda ★★★★★

For birthdays, anniversaries, or just because it's Wednesday, we can help you mark the occasion in style. Our chefs have done the cooking, so you can settle in for a special evening without lifting a finger.

FOR TWO...

NEW

Pulled Beef in Sauce Diane with Truffle Mash 18.00 (2)

Slow-cooked beef in a classic cream, brandy and shallot sauce, with chestnut mushrooms and a Gruyère crumb. Served with a buttery truffle mash.

NEW

Salmon, Prawn & Lobster Thermidor Pies 20.00 (2x1)

Two puff pastry Pithivier pies filled with salmon, lobster and prawns in a rich, creamy Thermidor sauce with Gruyère, layered with sliced new potatoes.

INVITE FRIENDS OVER...

Beef Bourguignon Pie 35.00 (6)

Chicken, Ham & Leek Pie 32.00 (6)

Rosemary & Sage Porchetta (GF) (DF) 40.00 (6)

Salmon Wellington 50.00 (6)

Shoulder of Lamb with Cranberry & Pistachio Stuffing (GF) 55.00 (6)

ADD SIDES

Cauliflower Cheese (GF) (V) 4.00 (2)

Creamed Spinach (GF) (V) 3.75 (2)

Creamy Mash (GF) (V) 3.00 (1) / 4.00 (2)

Dauphinoise Potatoes (GF) (V) 3.25 (1) / 4.50 (2) / 10.00 (6)

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

Roast Potatoes (GF) (DF) (VG) 4.50 (2)

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

NEW RECIPE

Beef Wellington 35.00 (2)

Butternut Squash, Leek & Beetroot Wellington (DF) (VG) 15.00 (2)

Portobello Mushroom Wellington (V) 15.00 (2)

Rainbow Trout with a Tarragon & Lemon Crumb (DF) 20.00 (2)

Salmon Wellington 20.00 (2)

Slow-Cooked Lamb Shanks (GF) (DF) 20.00 (2)

Menu for six

Salmon Wellington served
with Roast Potatoes and
Trio of Greens

Price per head £12.33



**GREAT MEALS
END WITH
PUDDING** p30



DINNER IS SAVED

Ready in under 15 minutes

Children are back at school, the days are getting shorter, and the old routine is back with a vengeance. With a freezer drawer full of your favourites, you can look forward to a great dinner, even when time is against you.

REAL FOOD, REAL FAST

When you're really pushed for time, here's a choice of meals that are ready in 15 minutes or less.

King Prawn Linguine	7.00 (1) / 12.00 (2)
Portobello Mushroom Risotto	10.25 (2)
Spaghetti Bolognese	6.50 (1)
Vegetable & Chickpea Tagine	6.25 (1) / 10.25 (2)



"Ready to cook easily while running an after-school 'taxi-service'" Matt

NEW FOR AUTUMN

These new dishes come with everything included on two trays – doubly good news if you're in a hurry.

Fajita Chicken with Mexican Rice	12.00 (2)
Halloumi & Chickpea Stew with Paprika-Roasted Potatoes	11.00 (2)
Moroccan-Spiced Chicken Tagine with Fruity Couscous	12.00 (2)
Pulled BBQ Beef with Mac & Cheese	13.00 (2)



The taste of Italian home cooking. Inspired by deliciously messy spaghetti dinners and bunches of fresh basil.



Chefs' Favourites

Top picks from our kitchen

NEW RECIPE

Lasagne al Forno 6.50 (1) / 11.00 (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 crumb topping.

NEW RECIPE

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 crumb topping.

Macaroni Cheese 5.25 (1) / 9.00 (2)

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



Meatballs in a Rustic Tomato Sauce 6.50 (1) / 11.00 (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.



Portobello Mushroom Risotto 6.25 (1) / 10.25 (2)

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



Roasted Vegetable Lasagne 6.50 (1) / 11.00 (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 39.00 (8)

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



NEW RECIPE
Lasagne al Forno

NEW

Slow-Cooked Turkey & Winter Vegetable Lasagne 11.00 (2)

Slow-cooked shredded turkey thigh in a rich thyme and winter vegetable gravy, sheets of Italian pasta, sage and onion béchamel, and a crisp Cheddar crumb.

NEW

Three-Cheese Macaroni with Caramelised Red Onion 11.00 (2)

Made with Barber's mature Cheddar, Camembert and kale, topped with a caramelised red onion chutney, slices of Brie and finished with a chestnut, sage and onion crumb.

Basil & Mascarpone Chicken 6.50 (1) / 11.00 (2)

Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with semi-dried cherry tomatoes.

Chicken & Tomato Pasta Bake 6.50 (1)

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

Chicken & Mushroom Lasagne 6.50 (1) / 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.



NEW RECIPE
Three-Cheese Macaroni with Caramelised Red Onion

Chicken, Pea & Bacon Risotto 6.50 (1) / 11.00 (2)

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



Halloumi & Arrabbiata Pasta Bake 6.25 (1)

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

King Prawn Linguine 7.00 (1) / 12.00 (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.

Mac Cheese with Smoky Bacon 6.50 (1) / 11.00 (2)

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



Parmesan Chicken 7.50 (1) / 13.50 (2) / 26.75 (4)

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



Parmigiana di Melanzane 10.25 (2)

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



Meatballs in a Rustic Tomato Sauce

Recipes for Change Lasagne 6.50 (1) / 11.00 (2)

With nature-friendly British Beef.

Smoked Haddock & Prawn Risotto 7.00 (1) / 12.00 (2)

Smoked haddock, king prawns, spinach and peas in a creamy risotto with white wine and mature Cheddar.

Spaghetti Bolognese 6.50 (1)

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

Spaghetti Carbonara 6.50 (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.

Tomato, Basil & Mozzarella Risotto 6.25 (1)

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



Veggie Bolognese 6.25 (1)

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

Wild Mushroom & Aubergine Lasagne 6.50 (1) / 11.00 (2)

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

KEY V Vegetarian • VG Vegan • GF Gluten Free • DF Dairy Free

☑️ Microwavable • ☑️ Must be microwaved • 🔥 'Warm me up' spicy • 🌶️ Nice and spicy • () Portion sizes are in brackets

French & Mediterranean cuisine. Inspired by olive groves and pots slowly simmering in farmhouse kitchens.



Chefs' Favourites

Top picks from our kitchen

Beef 7.00 (1) / 12.00 (2) / 23.75 (4)

Bourguignon [GF] [DF] [great taste 2025]

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

The Grand 46.00 (8)

Beef Bourguignon [GF] [DF] [great taste 2025]

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

Coq au Vin 6.50 (1) / 11.00 (2) / 19.95 (4)

[GF]

Higher-welfare British chicken cooked on the bone with red wine, pearl onions, mushrooms and bacon. [great taste 2025]

Duck Confit with Lentils [GF] 13.50 (2) / 26.75 (4)

Roasted confit duck leg served with baby spinach, red wine-braised lentils and higher-welfare lardons, finished with lemon and parsley.

Moroccan Spiced 6.50 (1) / 11.00 (2)

Harissa Chicken [GF] [DF] [V]

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

Moroccan 7.00 (1) / 12.00 (2) / 23.75 (4)

Spiced Lamb Tagine [GF] [DF] [V] [great taste 2025]

Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

The Grand Moroccan Spiced 46.00 (8)

Lamb Tagine [GF] [DF] [V] [great taste 2025]

Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.



Halloumi & Chickpea Stew with Paprika-Roasted Potatoes

NEW

Halloumi & Chickpea Stew 11.00 (2)

[GF] [DF] [V]

Halloumi baked in a smoky tomato, chickpea and cumin sauce, served with garlic and paprika-roasted potatoes.

NEW

Moroccan-Spiced Chicken 12.00 (2)

Tagine with Fruity Couscous [GF] [DF]

Higher-welfare British chicken breast in an aromatic Moroccan-spiced sauce, served with a preserved lemon and sultana couscous.

Beef Bourguignon Pie 35.00 (6)

Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry.

Chicken Dijon [GF] 6.50 (1) / 11.00 (2) / 19.95 (4)

Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.

Chicken Provençal [GF] 6.50 (1) / 11.00 (2)

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

Lamb Moussaka 6.50 (1) / 11.00 (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.

Mediterranean 7.00 (1) / 12.00 (2)

Lamb Stew [GF] [DF]

Slow-cooked leg of lamb in a rich tomato sauce with kale, cannellini beans, roasted red onions, cherry tomatoes and finely chopped preserved lemon.

Pork Dijon [GF] 6.50 (1) / 11.00 (2)

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

Red Lentil & Aubergine Moussaka [GF] [V] 6.25 (1) / 10.25 (2)

Layers of roasted aubergine and potatoes with a rich tomato sauce, lentils and a nutmeg bechamel, all topped with roasted cherry tomatoes.



Moroccan Spiced Lamb Tagine

Roasted Confit of Duck with Juniper 7.50 (1) / 13.50 (2)

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

Spanish Bean Stew 6.25 (1) / 10.25 (2)

with Peppers & Kale [GF] [DF] [VG]

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

Tartiflette [GF] 11.00 (2)

Caramelised bacon lardons and onions in a garlic, white wine and cream sauce with roasted sliced potatoes, topped with British Oglefield cheese.

Vegetable & Chickpea Tagine [GF] [DF] [VG] 6.25 (1) / 10.25 (2)

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



Duck Confit with Lentils



Beef Bourguignon

Classic meals from around the world. Inspired by handwritten recipes and the comforting chaos of family dinners.



Chefs' Favourites

Top picks from our kitchen

Beef Stroganoff 7.00 (1) / 12.00 (2) / 23.75 (4)

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



Chilli con Carne 6.50 (1) / 11.00 (2) / 19.95 (4)

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

Chicken Alexander 6.50 (1) / 11.00 (2) / 19.95 (4)

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

Classic Fish Pie 7.00 (1) / 12.00 (2) / 23.75 (4)

Salmon, smoked haddock and king prawns in our classic, creamy sauce with white wine, lemon and parsley, topped with a smooth, buttery mash.

The Grand Fish Pie 46.00 (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.

Smoked Haddock & Bacon Gratin 7.00 (1) / 12.00 (2)

Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.



NEW
Fajita Chicken
with Mexican Rice

NEW Fajita Chicken with Mexican Rice 12.00 (2)

Higher welfare British chicken thigh in a lightly spiced tomato sauce with peppers and onions, served with black bean and jalapeño rice.

NEW Pulled BBQ Beef with Mac & Cheese 13.00 (2)

Slow-cooked beef with beans in a sweet BBQ sauce, alongside a rich Barber's mature Cheddar mac and cheese.

NEW RECIPE Beef Wellington 35.00 (2)

Fillet of British beef rolled in a shallot, thyme and mushroom duxelles, wrapped in bresaola and encased in puff pastry.

NEW RECIPE Beef Wellington 100.00 (6)

Fillet of British beef rolled in a shallot, thyme and mushroom duxelles, wrapped in bresaola and encased in all-butter puff pastry. Served with a rich port and red wine jus. Available in larger stores only.

Butternut Squash, Leek & Beetroot Wellington 15.00 (2)

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

Butternut Squash, Spinach & Feta Tarts 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.



Chicken, Ham & Leek Pie 6.50 (1) / 11.00 (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 32.00 (6)

Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

Cod Mornay 7.00 (1) / 12.00 (2)

Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.



Cottage Pie 6.50 (1) / 11.00 (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.



**Butternut Squash,
Leek & Beetroot Wellington**

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.

Creamy Chicken with Mushrooms & Bacon 6.50 (1) / 11.00 (2)

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



Hearty Chicken Casserole 6.50 (1)

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

Lamb Casserole with New Potatoes 7.00 (1) / 12.00 (2)

Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

Lamb Hotpot 7.00 (1)

Slow-cooked leg of lamb with vegetables topped with sliced potatoes and rosemary.

Liver, Bacon & Onions 5.25 (1)

Tender pieces of lamb's liver in red wine sauce garnished with onions and smoked back bacon.

Mexican Three Bean Chilli 6.25 (1)

A warming chilli with cannellini, red kidney and black turtle beans in a smoky tomato sauce, topped with sweetcorn, sweet potato and coriander.

Nut Loaf 9.00 (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.



Classic Fish Pie

"My go to for everyday meals,
dinner with friends
or special occasions."

Anne ★★★★★

Portobello Mushroom Wellington 15.00 (2)

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

**Rainbow Trout with a Tarragon & Lemon Crumb** 20.00 (2)

Sustainably-caught rainbow trout with a tarragon and lemon crumb, slow-cooked fennel, cherry tomatoes and roasted new potatoes.

Red Lentil & Mixed Bean Casserole 6.25 (1)

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

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

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

**Roasted Mediterranean Vegetable Tarts** 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.

Salmon & Asparagus Gratin 7.50 (1) / 13.50 (2) / 26.75 (4)

Salmon fillet and asparagus in a white wine and lemon zest sauce, topped with sliced potatoes and a Cheddar cheese crumb.

Salmon Wellington 20.00 (2)

A generous salmon fillet topped with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry.

Salmon Wellington 50.00 (6)

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

Sausage Casserole 6.50 (1)

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

Shepherd's Pie 6.50 (1) / 11.00 (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.

**Slow-Cooked Lamb Shanks** 20.00 (2)

With a red wine and rosemary jus.

**Slow-Cooked Rump Beef with Brandy** 7.00 (1) / 12.00 (2)

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

Steak & Red Wine Pie 7.00 (1) / 12.00 (2) / 23.75 (4)

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

**Steak & Stout Stew with Cheese Scone Dumplings** 7.00 (1)

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

Tarragon & Lemon Chicken 6.50 (1) / 11.00 (2)

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

**Veggie Cottage Pie** 6.25 (1) / 10.25 (2)

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

"Excellent meals made with good ingredients." Meg ★★★★★

SAUCES All 5.00

Handmade by our chefs from great ingredients, and microwaves from frozen in a jiffy. Perfect with pasta or get creative!

Beef & Red Wine Bolognese

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

Roasted Mediterranean Vegetable

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



NEW
Pulled BBQ Beef
with Mac & Cheese

VEGETARIAN

“Always guaranteed
quality and value
for money”

Jain ★★★★★



Chefs' Favourites

Top picks from our kitchen

Macaroni Cheese 5.25 (1) / 9.00 (2)

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



Portobello Mushroom Risotto 6.25 (1) / 10.25 (2)

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



Roasted Vegetable Lasagne 6.50 (1) / 11.00 (2) / 19.95 (4)

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



The Grand Roasted Vegetable Lasagne 39.00 (8)

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



Veggie Bolognese 6.25 (1)

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

Butternut Squash, Spinach & Feta Tarts 7.50 (2x1)

Halloumi & Arrabbiata Pasta Bake 6.25 (1)

Nut Loaf 9.00 (2)

Parmigiana di Melanzane 10.25 (2)

Portobello Mushroom Wellington 15.00 (2)

Red Lentil & Aubergine Moussaka 6.25 (1) / 10.25 (2)

Roasted Mediterranean Vegetable Tarts 7.50 (2x1)

Tomato, Basil & Mozzarella Risotto 6.25 (1)

Veggie Cottage Pie 6.25 (1) / 10.25 (2)



Mexican Three Bean Chili

VEGAN



Chefs' Favourites

Top picks from our kitchen

Mexican Three Bean Chili 6.25 (1)

A warming chili 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 6.25 (1)

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

Vegetable & Chickpea Tagine 6.25 (1) / 10.25 (2)

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

Butternut Squash, Leek & Beetroot Wellington 15.00 (2)

Spanish Bean Stew with Peppers & Kale 6.25 (1) / 10.25 (2)

Wild Mushroom & Aubergine Lasagne 6.50 (1) / 11.00 (2)

*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.

ALSO VEGAN

Korean Vegetable Rice Pot for One (p18)

Sweet Potato & Aubergine
Sri Lankan Curry Pot for One (p18)

Roasted Vegetable Tarte Tatins (p23)

Tomato & Pine Nut Tarte Tatins (p23)

Roasted Vegetable & Chickpea Curry (p25)

Tofu in Black Bean Sauce (p26)

Green Thai Vegetable Curry (p28)

Yellow Vegetable Curry (p28)

VEGAN SIDES

Aloo Gobi • Coconut & Lime Leaf Rice
Dhal Makhani • 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 Spring Rolls • Thai Corn Fritters

VEGAN PUDDINGS

Apricot & Orange Almond Torte
Winter Pudding • Farmhouse Flapjack

Veggie Bolognese

PIES. Britain's greatest culinary achievement.

Individual Pies for One

All 6.00

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

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.

For one, two, four & six

NEW

Festive Turkey Pie

32.00 ⁽⁶⁾

An open-topped pie filled with British turkey, carrots and parsnips in a rich gravy, wrapped in all-butter shortcrust pastry, and finished with a crispy sage and onion crumb. Available in larger stores only.

Beef Bourguignon Pie

35.00 ⁽⁶⁾

Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry.

Chicken, Ham & Leek Pie

6.50 ⁽¹⁾ / 11.00 ⁽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

32.00 ⁽⁶⁾

Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

Steak & Red Wine Pie

7.00 ⁽¹⁾ / 12.00 ⁽²⁾ / 23.75 ⁽⁴⁾

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



GOLD WINNER 2025



Beef Bourguignon Pie

SUNDAY ROASTS. The highlight of your week.

I'M BACK

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. Available in larger stores only.

I'M BACK

Shoulder of Lamb with Cranberry & Pistachio Stuffing

55.00 ⁽⁶⁾

Slow-roasted boneless British lamb shoulder with handmade stuffing and a port, orange and cranberry jus. Available in larger stores only.

I'M BACK

Whole Stuffed Duck with a Cherry & Marsala Jus

40.00 ⁽⁴⁾

Part-boned, higher-welfare duck from Silverhill Farm, filled with an orange, cranberry, prune and sausagemeat stuffing. Available in larger stores only.

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.



Shoulder of Lamb with Cranberry & Pistachio Stuffing

SIDES



Cauliflower Cheese

Braised Red Cabbage   4.00 ⁽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    4.50 ⁽²⁾

HEALTHY MEALS IN MINUTES

SOURCE OF
PROTEIN

AT LEAST
1/5
A DAY

UNDER
400
KCAL

Perfect for a quick and tasty
lunch or a light supper.

All 5.00 each

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

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

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

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

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

Green Thai Chicken Noodles

278 KCAL Pictured left.

Jerk Chicken with Pineapple Salsa

245 KCAL

Keralan Chicken Curry

303 KCAL

Korean Vegetable Rice

347 KCAL

Lemon & Herb Chicken

302 KCAL

Mac Cheese with Ham & Cauliflower

332 KCAL

Prawn Noodles with Mango & Coconut

229 KCAL

Singapore Noodles

294 KCAL

Soy Salmon with Edamame & Grains

397 KCAL

Sweet Potato & Aubergine Sri Lankan Curry

287 KCAL

LITTLE MONSTERS TO FEED?

No Artificial
Ingredients

At Least
2 of Your
5 a Day



When your little angels are being a little less than angelic, head for the freezer. Most of our Kids' Meals microwave from frozen in minutes and are the perfect complete meal for pre-schoolers. All 3.75.

NEW

Honey-Roasted Duck Noodles

Shredded duck from Silver Hill farm and stir-fried veg, tossed with egg noodles in our hoisin sauce.

Chicken Tikka & Rice

A mild and creamy higher-welfare chicken curry with basmati rice, peas and cauliflower florets.

Macaroni Cheese

Macaroni, peas and cauliflower in a cheesy sauce, topped with veg and grated Cheddar.

Meatballs & Spaghetti

Italian spaghetti with handmade beef, pork and lentil meatballs with a hidden veg tomato sauce.

Pasta Bolognese

Italian pasta with beef mince cooked in a tomato sauce made with carrots, courgettes and red peppers.

NEW Broccoli & Pea Pesto Pasta

NEW Chicken & Vegetable Rice

NEW Sausage & Mash

Beef Lasagne

Chicken Dinosaur Pie

Cottage Pie

Fish Pie

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.



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The Grand Roasted Vegetable Lasagne

GRAND MEALS FOR 8. Friends and family, gather round.

Cooking for a crowd doesn't have to mean hours of work. Just pop one of our crowd-pleasing Grand Meals for 8 in the oven, slice a couple of baguettes and fill a few bowls with salad or seasonal veg. So easy. So delicious.

NEW RECIPE

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 crumb topping.

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 Beef Bourguignon (GF) (DF) 46.00 (8)

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

The Grand Fish Pie 46.00 (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 (GF) (DF) (V) 46.00 (8)

Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

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.

GREAT FOR GET TOGETHERS



NEW RECIPE
Ham Hock, Broccoli & Cheddar Frittata

NEW
Brie, Portobello Mushroom & Caramelised Onion Wreath **V** 20.00 (4-6)
Garlic and thyme sauteed wild and portobello mushrooms, kale, Brie and caramelised red onion chutney, wrapped in puff pastry.

NEW RECIPE
Ham Hock, Broccoli & Cheddar Frittata **GF** 18.00 (8)
Free-range egg frittata with shredded ham hock from Dingley Dell Farm, longstem broccoli, Dijon mustard and West Country mature Cheddar.

I'M BACK
Butternut Squash & Red Onion Galette **DF VG** 20.00 (6)
Pearl barley, quinoa, tahini and roasted butternut squash wrapped in puff pastry, topped with pickled red onions and pumpkin seeds.

I'M BACK
Marmalade & Honey Glazed Gammon **GF DF** 25.00 (14-18 slices)
A ready-to-roast, Wiltshire-cured gammon from Dingley Dell farm, with a honey, marmalade and Dijon mustard glaze.

NEW RECIPE
Roasted Pepper & Goat's Cheese Quiche **V** 22.00 (10-12)
Roasted red peppers with sliced and crumbled goat's cheese in a deep, free range egg quiche.



NEW
Brie, Portobello Mushroom & Caramelised Onion Wreath

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** 37.50 (15+)
A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve*

Salmon Wellington 50.00 (6)
Salmon fillets filled with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry and glazed with dill and juniper.

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

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.



Three Cheese Fondant Soufflés



NEW
Smoked Salmon Pinwheels

CANAPÉS All 8.50 (12 per pack)

NEW **Smoked Salmon Pinwheels** **GF**
Thaw & Serve.

Duck & Hoisin Puffs **DF**

Tomato & Pine Nut Tarte Tatins **DF VG**

Chicken, Ginger & Lemongrass Bites **DF**

Goat's Cheese & Pesto Whirls **V**

Mini Thai Salmon Fishcakes **GF DF**

Sensational Sausage Rolls **DF** 7.95 (12 rolls)

Sensational Veggie Rolls **DF VG** 7.95 (12 rolls)

Pâtés 7.50 (220g tub)

Choose from: Chicken Liver **GF**, Roast Salmon **GF**, Wild Mushroom & Truffle **V**

SMALL PLATES

I'M BACK
Lobster Thermidor Fondant Soufflés 20.00 (4x1)
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.*

I'M BACK
Three Cheese Fondant Soufflés **V** 7.00 (2x1)
A vintage Cheddar and thyme souffle with a mature Cheddar and Italian-style hard cheese fondant centre.

I'M BACK
Baked Camembert with Port & Red Onion Chutney **V** 13.50 (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** 7.75 (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** 7.50 (2x1)
Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks 7.75 (2x1)
Flaked kiln-roasted salmon on a base of spinach, crème fraîche and cornichons, topped with a horseradish and mascarpone cream.

“Best way to have
a dinner party”

Robert ★★★★★

INDIAN MAINS



NEW

Chicken Tikka Masala with Pilau Rice

7.00 (1) / 12.00 (2)

Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika, in a creamy tomato and coconut sauce, served with fragrant pilau rice.

Beef Madras

7.00 (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

6.50 (1) / 11.00 (2)

A Murgh Makhani with a bit of kick, made with traditional spices, tomatoes, cream, and marinated higher-welfare British chicken breast.

Chicken Balti

6.50 (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

6.50 (1) / 11.00 (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

6.50 (1) / 11.00 (2)

Marinated higher-welfare British chicken breast in a gently spiced and creamy coconut and almond sauce.

Chicken Tikka Masala

6.50 (1) / 11.00 (2)

Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Garlic Chicken Curry

6.50 (1)

A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Keralan Prawn & Mango Curry

7.00 (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

7.00 (1)

Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot.

Lamb Biryani

7.00 (1)

Diced leg of lamb, slow cooked with garam masala and cumin, with basmati rice and caramelised onions.

Prawn Karahi

7.00 (1) / 12.00 (2)

A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Roasted Vegetable & Chickpea Curry

6.25 (1) / 10.25 (2)

Oven roasted peppers with cauliflower and spinach in gently spiced chickpea and lentil sauce.

INDIAN SIDES

Aloo Gobi

3.50 (2)

Dhal Makhani

3.50 (2)

Gunpowder Potatoes

3.50 (2)

Garlic & Coriander Naan

2.75 (2x1)

Lamb Samosas

3.75 (2)

Onion Bhajis

3.50 (2)

Plain Naan

2.75 (2x1)

Plain Basmati Rice

1.75 (1) / 2.75 (2)

Peas Pilau

2.00 (1) / 3.00 (2)

Saag Paneer

3.50 (2)



NEW
Chicken Tikka Masala
with Pilau Rice



Roasted Vegetable
& Chickpea Curry



"I'm from Goa in India so curry runs through my blood. Working here reminds me of my mum and my grandmother, how we used to cook at home."

PAN ASIAN MAINS

Pulled Beef Rendang & Turmeric Rice 7.50 (1) / 13.00 (2)

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

Cashew Chicken 6.50 (1) / 11.00 (2)

Higher-welfare British chicken breast in oyster sauce, with tamari, peppers, spring onion and cashews.

Chicken Chow Mein 6.50 (1)

Egg noodles, higher-welfare British chicken breast with beansprouts, spring onion, tamari and oyster sauce.

Chicken in Black Bean Sauce 6.50 (1)

Higher-welfare British chicken breast, spring onions, and red and green peppers in a classic black bean sauce.

Chicken Ramen 6.50 (1)

Higher-welfare British chicken thigh, shiitake mushrooms, choy sum and egg noodles in a tamari, ginger and garlic broth.

Crispy Roast Half Duck 13.50 (2)

With 10 pancakes & a rich Hoisin sauce.

Hoisin Duck Noodles 7.00 (1)

Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Honey & Ginger Chicken 6.50 (1) / 11.00 (2)

Soy-marinated higher-welfare British chicken in a honey, ginger and garlic sauce with sesame-topped choy sum, yellow peppers and red onions.

Sweet & Sour Chicken 6.50 (1) / 11.00 (2)

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

Korean Spiced Shredded Beef & Rice Bowl 12.00 (2)

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

King Prawn Laksa 7.00 (1)

King prawns, choy sum, red pepper and rice noodles in a coconut laksa broth.

Naked Chicken Katsu Curry 6.50 (1) / 11.00 (2)

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



Turkey Laab



Naked Chicken Katsu Curry

Sweet Potato Katsu Curry 6.25 (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 7.00 (1)

Salmon fillet with egg noodles, tenderstem broccoli, mangetout and baby corn in our teriyaki sauce topped with sesame seeds.

Tofu in Black Bean Sauce 6.25 (1)

Tofoo™ tofu, spring onions, and red and green peppers in a classic black bean sauce.

Tofu & Shiitake Ramen 6.25 (1)

Tofoo™ tofu, egg noodles, shiitake mushrooms, edamame beans in a tamari, ginger and garlic broth.

Turkey Laab 6.50 (1)

Our twist on the classic Laotian dish, with rice, mint, coriander, chilli, lime and minced turkey, finished with crispy onions and sesame seeds.



PAN ASIAN SIDES

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.

Egg Fried Rice 2.00 (1) / 3.00 (2)

Fried basmati rice with egg and peas, finished with soy sauce and garlic.

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.



Chicken Katsu Bites

THAI MAINS

NEW
Green Thai Chicken Curry 7.00 (1) / 12.00 (2)
with **Coconut & Lime Leaf Rice** GF DF
Higher-welfare British chicken breast in a mild Thai green curry sauce made with green peppers, lemongrass and coriander, served with coconut and lime leaf rice.

Beef Massaman Curry GF DF 7.00 (1)
Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry 6.50 (1) / 11.00 (2)
GF DF
A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay GF 6.50 (1) / 11.00 (2) / 19.95 (4)
A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.

Drunken Noodles with King Prawns 7.00 (1)
GF DF
King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.

Green Thai Chicken Curry 6.50 (1) / 11.00 (2) / 19.95 (4)
GF DF
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 6.25 (1)
GF DF VG
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Lime & Coconut Chicken GF DF 6.50 (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 6.50 (1) / 11.00 (2)
GF DF
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 7.50 (1)
GF DF
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Yellow Thai Prawn Curry 7.00 (1)
GF DF
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 6.25 (1) / 10.25 (2)
GF DF VG
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.



THAI SIDES

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

Duck Spring Rolls DF 4.75 (2)

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

Red Thai Chicken Wings DF 4.00 (2)

Soy Garlic Broccoli & Greens GF DF VG 3.50 (2)

Thai Corn Fritters DF VG 3.50 (2)

Thai Salmon Fishcakes GF DF 4.75 (2)

Vegetable Spring Rolls DF VG 3.50 (2)



A TASTE OF PUDDING



Pear & Ginger Tart

LARGE PUDDINGS 8+ people

NEW

Sticky Toffee Roulade 16.75 (8-10)

Brown sugar and date sponge rolled with toffee cream and crunchy toffee pieces, finished with white chocolate-toffee sauce and a sprinkle of pecans.

I'M BACK

Chocolate & Hazelnut Meringue Parfait 22.00 (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 19.50 (10-12)

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

Chocolate Roulade 16.75 (8-10)

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

Chocolate & Raspberry Roulade 16.75 (8-10)

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

Chocolate & Salted Caramel Pavlova 16.75 (8-10)

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

Fruit Vacherin 22.00 (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.



Pistachio, Passion Fruit & Raspberry Pavlova

Glazed Apple Tart 19.00 (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 Meringue Pavlova 16.75 (8-10)

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



Pistachio, Passion Fruit & Raspberry Pavlova 16.75 (8-10)

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

Raspberry Pavlova 16.75 (8-10)

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



Salted Caramel, Chocolate & Honeycomb Cheesecake 19.50 (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 19.50 (10-12)

A light cheesecake made with Sicilian lemon juice and curd, on a crushed digestive biscuit base.



Salted Caramel, Chocolate & Honeycomb Cheesecake

MEDIUM PUDDINGS 6+ people



Winter Pudding

NEW

Sicilian Lemon & Gin Parfait (GF) (V) 10.95 (6-8)
An aromatic parfait made with Sicilian lemon juice, gin and cream, topped with Sicilian lemon curd and a sprinkle of lemon zest.

I'M BACK

Winter Pudding (DF) (VG) 11.95 (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 dark chocolate and ground almonds.

Chocolate Brownie Cheesecake (V) 9.95 (6-8)
A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.



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.

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.

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.*



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.



NEW

Sicilian Lemon & Gin Parfait

HOT PUDS

NEW

Sticky Toffee Apple Crumble (V) 4.50 (2)
British Bramley apples and chopped dates in a caramel sauce, topped with a golden oat crumble.

NEW

Panettone Bread & Butter Pudding (V) 4.50 (2)
Torn Panettone, vanilla cream custard, candied peel and orange zest.

Bramley Apple & Blackberry Crumble (V) 4.50 (2) / 9.95 (6)
Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty of vanilla ice cream.



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

Sticky Toffee Pudding (V) 4.50 (2) / 9.95 (6)
The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.



NEW

Sticky Toffee Apple Crumble

INDIVIDUAL PUDDINGS



Sicilian Lemon Cheesecakes

I'M BACK

Winter Puddings (DF) (VG) 5.50 (2x1)

Blackberry & Sloe Gin Panna Cotta (GF) 4.50 (2x1)

Chocolate & Salted Caramel Mousse (V) 4.50 (2x1)

Lemon Tarts (V) 4.50 (2x1)

Lemon Possets (V) 4.50 (2x1)

Mango & Passion Fruit Cheesecakes 4.50 (2x1)

Red Berry Mousse (GF) 4.50 (2x1)

Salted Caramel, Chocolate & Honeycomb Cheesecakes 4.50 (2x1)



Sicilian Lemon Cheesecakes 4.50 (2x1)

“Tasted like home made, what a joy - no hassle!”

Bradley ★★★★★

CAKES & TRAYBAKES

Carrot Celebration Cake  22.00 (16-20)

Chocolate Celebration Cake  25.00 (16-20)

Classic Chocolate Cake  17.50 (14-16)

Belgian Chocolate Brownie  7.25 (6) / 16.50 (20)

Billionaire's Shortbread  7.25 (6)

Farmhouse Flapjack   6.75 (6)

Gluten-Free Chocolate Brownie   7.25 (6)

Lemon Drizzle Slice  6.75 (6)

I'M BACK Mince Pies    4.75 (6)

I'M BACK Mini Mince Pies    5.95 (12)

ICE CREAM by Alder Tree

Great British flavours from Stephany's family-run fruit farm in Suffolk.

6.50 (500ml tub) / all  

Blackcurrant

Gooseberry & Elderflower

Pear & Vanilla

Raspberry

Stem Ginger & Rhubarb

Vanilla

2.75 (125ml tub) / all  

Raspberry

Strawberries & Cream

Stem Ginger & Rhubarb

Vanilla

GELATO by Baboo

Indulgent gelato from Annie, who trained as a gelato-maker in Bologna.

6.50 (500ml tub) / all  

Mint Choc Chip Gelato

Salted Caramel Gelato

2.75 (125ml tub)

Mint Choc Chip Gelato  

Vegan Chocolate Gelato   



Chocolate Celebration Cake

BRING SOME JOY TO YOUR FREEZER

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CHRISTMAS

We know it's early, but if you want to ho-ho-have a peek at our menu for Christmas 2026, scan the code below ... and you might even get it for free.

SNEAK PEEK



HIGHER-WELFARE TURKEYS



CENTREPIECES



PUDDINGS



SCAN ME
or check out the menu at
www.cookfood.net/christmas



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 2026.

ITALIAN	
Basil & Mascarpone Chicken	(GF)
Chicken, Pea & Bacon Risotto	(GF)
Portobello Mushroom Risotto	(GF)
Smoked Haddock & Prawn Risotto	(GF)
Tomato, Basil & Mozzarella Risotto	(GF)
Wild Mushroom & Aubergine Lasagne	(DF)

FRENCH & MEDITERRANEAN	
Beef Bourguignon	(GF) (DF)
Chicken Dijon	(GF)
Chicken Provençal	(GF)
Coq au Vin	(GF)
Duck Confit with Lentils	(GF)
Halloumi & Chickpea Stew with Paprika-Roasted Potatoes	(GF)
Mediterranean Lamb Stew	(GF) (DF)
Moroccan-Spiced Chicken Tagine with Fruity Couscous	(DF)
Moroccan Spiced Harissa Chicken	(GF)
Moroccan Spiced Lamb Tagine	(GF) (DF)
Red Lentil & Aubergine Moussaka	(GF)
Spanish Bean Stew with Peppers & Kale	(GF) (DF)
Tartiflette	(GF)
Vegetable & Chickpea Tagine	(GF) (DF)

CLASSICS	
Chilli con Carne	(GF)
Butternut Squash, Leek & Beetroot Wellington	(DF)
Cottage Pie	(GF)
Creamy Chicken with Mushrooms & Bacon	(GF)
Fajita Chicken with Mexican Rice	(GF) (DF)
Hearty Chicken Casserole	(GF)
Lamb Casserole with New Potatoes	(DF)
Lamb Hotpot	(DF)
Mexican Three Bean Chilli	(GF) (DF)
Rainbow Trout with a Tarragon & Lemon Crumb	(DF)
Red Lentil & Mixed Bean Casserole	(GF) (DF)
Roasted Chicken Breasts in a Port & Merlot Jus	(GF) (DF)
Shepherd's Pie	(GF)
Slow-Cooked Lamb Shanks	(GF) (DF)
Veggie Cottage Pie	(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)
Roasted Mediterranean Vegetable	(GF) (DF)

ENTERTAINING	
British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing	(GF)
Butternut Squash & Red Onion Galette	(DF)
Chicken, Ginger & Lemongrass Bites Canapé	(DF)
Chicken Liver Pâté / Roast Salmon Pâté	(GF)
Duck & Hoisin Puffs Canapé	(DF)
Duck & Plum Filo Parcels	(DF)
Ham Hock, Broccoli & Cheddar Frittata	(GF)
Honey Roast Ham	(DF)
Mini Thai Salmon Fishcakes Canapé	(GF) (DF)
Mini Salmon Frittatas	(GF)
Roasted Vegetable Tarte Tatins	(DF)
Rosemary & Sage Porchetta	(GF) (DF)
Shoulder of Lamb with Cranberry & Pistachio Stuffing	(GF)
Side of Salmon with Lemon & Dill	(DF)
Smoked Salmon Pinwheels Canapé	(GF)
Smoked Salmon Terrine	(GF)
Sensational Sausage Rolls	(DF)
Sensational Veggie Rolls	(DF)
Tomato & Pine Nut Tarte Tatin Canapé	(DF)
Whole Stuffed Duck with a Cherry & Marsala Jus	(GF) (DF)

KIDS MEALS	
Chicken Tikka Rice	(GF)
Chicken & Vegetable Rice	(GF)
Cottage Pie	(GF)
Fish Pie	(GF)
Sausage & Mash	(GF)

INDIAN MAINS	
Beef Madras	(GF)
Butter Chicken Curry	(GF)
Chicken Balti	(GF)
Chicken Jalfrezi	(GF)
Chicken Korma	(GF)
Chicken Tikka Masala	(GF)
Chicken Tikka Masala with Pilau Rice	(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)
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)
Crispy Roast Half Duck	(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 & Shiitake Mushroom Ramen	(DF)
Turkey Laab	(DF)
PAN ASIAN SIDES	
Chicken Katsu Bites	(DF)
Egg Fried Rice	(GF) (DF)
Korean-Style Chicken Wings	(DF)
Teriyaki Chicken Wings	(DF)

PUDDINGS	
Apricot & Orange Almond Torte	(GF) (DF)
Blackberry & Sloe Gin Panna Cotta	(GF)
Chocolate & Almond Torte	(GF)
Chocolate & Hazelnut Meringue Parfait	(GF)
Chocolate & Raspberry Roulade	(GF)
Chocolate Roulade	(GF)
Chocolate & Salted Caramel Pavlova	(GF)
Eton Mess Parfait	(GF)
Fruit Vacherin	(GF)
Pistachio, Passion Fruit & Raspberry Pavlova	(GF)
Raspberry Pavlova	(GF)
Red Berry Mousse	(GF)
Winter Pudding	(DF)
Sicilian Lemon & Gin Parfait	(GF)

THAI MAINS	
Beef Massaman Curry	(GF) (DF)
Chicken Panang Curry	(GF) (DF)
Chicken Satay	(DF)
Drunken Noodles with King Prawns	(DF)
Green Thai Chicken Curry	(GF) (DF)
Green Thai Chicken Curry with Coconut & Lime Leaf Rice	(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)
Duck Spring Rolls	(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 CONT'D	
Farmhouse Flapjack	(DF)
Gluten-Free Chocolate Brownie	(GF)
Ice Creams p34	(GF)



Photography: Caroyln Barber.
Styling: Libby Silberman.

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 2026). 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).



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