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Our first shop opened in a tiny space in Farnham, Surrey in March 1997. We squeezed in as many freezers as we could and, thanks to the wonderful people of the town, sold just enough food to survive the critical first few years. **Remarkably, this Spring, we'll be opening our 100**th **shop.** What hasn't changed in 27 years are the two ingredients that make our shops special.

The first is obvious: the food! We remain committed to cooking the most delicious meals and puddings that look and taste homemade. The second? It's the people wearing COOK aprons: our shop teams. Warm, friendly, knowledgeable, caring, kind ...they bring COOK to life. In December we closed the door of 21 Downing Street, Farnham for the very last time. Finally, we've found a new, bigger home in the town. Tears were shed. But the warmth, the community, the joy of COOK Farnham lives on in its new location and in 99 other towns.

None of it would work without you, our customers. So thank you. We can't wait to share our food with you and yours in 2024.



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



Since 2013

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



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



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









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 (November 2023), 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.coolfdoofnet or phone 01973, 759000 for more details).

Photography: Carolyn Barber Styling: Pip Spence

Nature's Preservative

Freezing locks in flavour and cuts down waste.

Nearly all our dishes cook straight from frozen.

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



20% OFF A BESTSELLER

A BESTSELLER EVERY WEEK

From January, our epic weekly deals are back, with 20% off a different best-selling dish every week (and always a veggie option, too).



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



LOVE EATING WELL

Busy lives shouldn't get in the way of eating well.

Look for the yellow heart to find meals bursting with flavour but not with any of the things we tend to worry about like high calories, fat, sugar and salt.

You'll find something tasty for everyone, whatever your dietary preference.

There are Great Taste Award winners like Beef Bourguignon, Moroccan Spiced Lamb Tagine, Meatballs in a Rustic Tomato Sauce and Spaghetti Bolognese. Plenty of veggie, vegan, gluten and dairy-free options too. And as many are available for two, four or even eight people you can help everybody eat a bit healthier (as part of a balanced diet, of course)*.

To find out more, scan or visit cookfood.net/loveeatingwell





Beef Bourguignon (p20)

Chilli con Carne (p20)

Chilli con Veggie (p9)

Lamb Casserole with New Potatoes (p18)

Lamb Hotpot (p18)

Meatballs in a Rustic Tomato Sauce (p17)

Mexican Three Bean Chilli (p11)

Moroccan Spiced Harissa Chicken (p17)

Moroccan Spiced Lamb Tagine (p18)

Red Lentil & Mixed Bean Casserole (p11)

Spanish Bean Stew with Peppers & Kale (p11)

Spaghetti Bolognese (p20)

Sweet Potato Katsu Curry (p11)

Vegetable & Chickpea Tagine (p11)

Veggie Bolognese (p10)







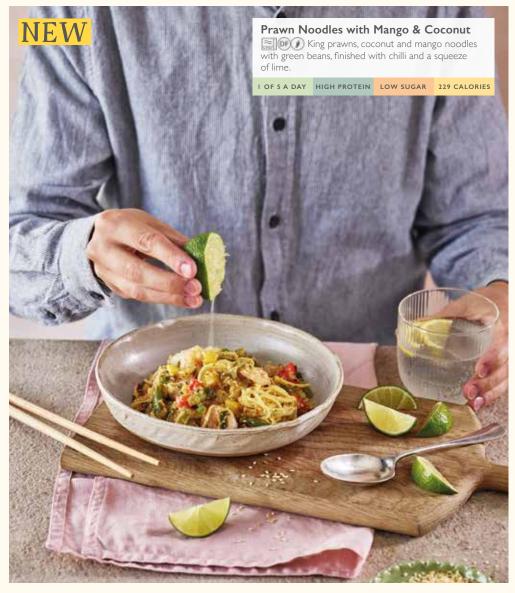
"Delicious and nutritious."

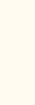
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* Classic COOK recipes containing fewer than 600 calories and under a third of an adult's daily Reference Intake of fat, saturated fat, sugar and salt.

Healthy Meals in Minutes

Our Pots for One are complete, balanced, healthy meals that go from freezer to fork in a flash. All just £4.75.







Chicken Biryani

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

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



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

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

Chicken Noodle Laksa 📰 🚱 🕟

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

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

Chicken Pad Thai

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

SOURCE OF LOW SAT FAT LOW SUGAR 396 CALORIES

Green Thai Chicken Noodles (Green Thai Chick

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

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

Halloumi & Roasted Vegetable Pasta



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

Keralan Chicken Curry

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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 330 CALORIES

Lemon & Herb Chicken



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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 300 CALORIES

Mac Cheese with Ham & Cauliflower



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

I OF 5 A DAY HIGH PROTEIN LOW SUGAR 332 CALORIES

Singapore Noodles (Singapore Noo

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

I OF 5 A DAY HIGH PROTEIN LOW SAT FAT 289 CALORIES



Always have a healthy meal to hand

Subscribe for a regular delivery of healthy meals and get £10 off your first box using code SUBSCRIBE124



Sticky Soy & Ginger Beef

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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 313 CALORIES

Sweet Potato & Aubergine Sri Lankan Curry

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

287 CALORIES

Teriyaki Chicken Noodles 🔚 👀

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

I OF 5 A DAY HIGH PROTEIN SOURCE OF

"So handy for a quick healthy lunch."

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VEGETARIAN

NEW Linguine with Balsamic 5.50 (1) / 8.50 (2) Roasted Vegetables 🔠 🕚

Italian linguine in a crème fraiche and lemon sauce, with balsamic roasted vegetables, semi-dried tomatoes, oregano and feta.

Butternut Squash, Spinach & Feta Tarts (V)

Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.

Chilli con Veggie 5.50 (1) A classic, rich chilli made with Quorn mince, kidney beans

and sweetcorn, garnished with spring onions.

Halloumi & Arrabbiata Pasta Bake

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

Macaroni Cheese 4.95 (1) / 7.95 (2) Rich, cheesy, irresistible, made with vintage, West Country





Nut Loaf (V)

5.75 (2×1)

5.50 (I)

7.50 (2)

An amazing blend of flavours and textures with toasted nuts, apricots, mushrooms and herbs, and a layer of red onion marmalade on top.

Red Lentil & Aubergine Moussaka (V)

5.50 (1) / 8.50 (2)

Layers of spiced lentils, roasted aubergines, potatoes and béchamel sauce, topped with crumbled feta and oregano.

Roasted Mediterranean Vegetable Tarts (V)

5.75 (2×1)

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

Roasted Vegetable 5.75 (1) / 9.50 (2) / 18.95 (4) Lasagne (V)

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



Parmigiana di Melanzane (V) 5.50 (1) / 8.95 (2)

A classic Italian dish of sliced aubergines roasted in garlic and rosemary, layered with a tomato sauce and finished with a mozzarella crumb.

Portobello Mushroom

5.50 (I) / 8.95 (2)

Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of







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VEGETARIAN

cream, wrapped in crisp puff pastry.

Portobello Mushroom Wellington (V) 14.00 (2)

Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic



The Grand Roasted Vegetable Lasagne (V)

Layers of roasted peppers, mushrooms, courgettes





37.00 (8)

Tomato, Basil & Mozzarella Risotto

5.50 (1) / 8.95 (2)

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



5.50 (1)

Veggie Bolognese W

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

Veggie Cottage Pie @(V)

5.50 (1) / 8.50 (2)

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





NEW Roasted Cauliflower & Aubergine Dhal

Spiced cauliflower and aubergine in a creamy tarka dhal, with lemon-soaked sultanas and pickled red onions.

NEW Teriyaki Rice with 5.50 (1) / 8.50 (2) Aubergine & Mushrooms (2016)

Roasted mushrooms, aubergine and broccoli in a teriyaki sauce with jasmine rice and pickled cabbage slaw.

Mexican Three Bean Chilli 5.50 (I) ≅ (GF)(DF)(VG()

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

Red Lentil & Mixed Bean Casserole 5.50 (1) ≅ (GF)(DF)/VG

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

Spanish Bean Stew 5.50 (1) / 8.50 (2) with Peppers & Kale @@@@@

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



Sweet Potato Katsu Curry 5.50 (1) / 8.50 (2) GF(DF)(VG)

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

Vegetable & Chickpea Tagine 5.50 (1) / 8.50 (2)

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

Wild Mushroom &

5.50 (I)

5.75 (1) / 9.50 (2)

Aubergine Lasagne @ @

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

ALSO VEGAN...

Green Thai Vegetable Curry (p24)

Kimchi Rice Pot for One (p8)

Tomato & Pine Nut Tarte Tatins (p14)

Roasted Vegetable and Chickpea Curry (p23)

Roasted Vegetable Tarte Tatins (p14)

Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p8)

Yellow Vegetable Curry (p24)

VEGAN SIDES

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

VEGAN PUDDINGS

Apricot & Orange Almond Torte Farmhouse Flapjack • Winter Pudding

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

"Tasty, quick and easy to prepare. Delicious."



Special Nights In



As good as eating out but at a fraction of the price. Let our chefs cook you an extra special meal to share.

Beef Wellington (p20)

Portobello Mushroom Wellington (p10)

Roasted Chicken Breasts in a Port & Merlot Jus (p16)

Salmon Rarebit with a Lemon & Herb Crumb (p19)

Salmon Wellington (p19)

Scottish Salmon with Crab & Lemon (p19)

Slow-Cooked Lamb Shanks (p18)

Slow-Roasted Belly of Pork (p17)

Stuffed Chicken Cushion with Sparkling Wine (p17)

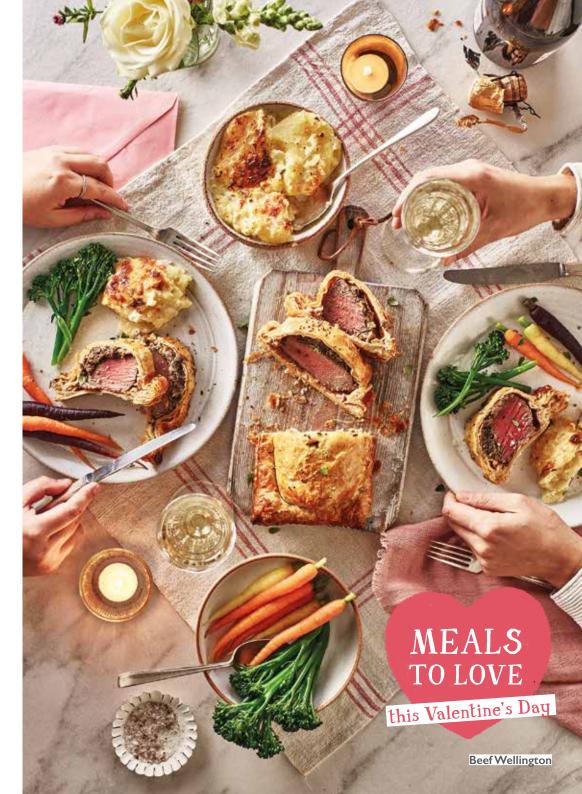












Great for Get Togethers

PARTY FOOD

French Onion Tart (V) 15.00 (4 main / 9 buffet) Caramelised onions in shortcrust pastry, topped with Swiss cheese and thyme.

Honey Roast Ham 👀

35.00 (15+)

21.00 (8)

A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. Thaw & Serve.

Kiln-Roasted Salmon Frittata @

A crustless quiche of kiln-roasted salmon and baby spinach, with dill, horseradish, mascarpone and West Country Cheddar.

Quiche Lorraine

21.00 (10-12)

A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes.



21.00 (10-12) Roasted Pepper & Goat's Cheese Quiche (V)

Sweet, roasted peppers and slices of goat's cheese in a deep, free-range egg quiche.

30.00 (4 main / 8 buffet) Side of Scottish Salmon with Lemon & Dill @ F

Scottish salmon glazed with wholegrain mustard, lemon and dill, topped with lemon slices.

Smoked Salmon Terrine @

12.95 (6-8)

6.95 (12 rolls)

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.

CANAPÉS All 8.50 (12 per pack)

Chicken, Ginger & Lemongrass Bites @@

Duck & Hoisin Puffs (99)

Goat's Cheese & Pesto Whirls (V)

Mini Salmon Frittatas @

Sensational Veggie Rolls (V)

Mini Thai Salmon Fishcakes @ @

Tomato & Pine Nut Tarte Tatins (1979)

Sensational Sausage Rolls 6.95 (12 rolls)

6.50 (220g tub)

Choose from: Chicken Liver (1). Roast Salmon (1) Wild Mushroom & Truffle (V)

LIGHT BITES

Butternut Squash, Spinach & Feta Tarts (V) 5.75 (2×1)

Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.

Duck & Plum Filo Parcels 🕪

7.50 (2×1)

Chinese five spice roasted duck from Silver Hill, with shredded carrot and spring onion in a ginger, plum and orange sauce.

Roasted Mediterranean Vegetable Tarts (V)

5.75 (2×1)

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

Roasted Vegetable Tarte Tatins (2×1) Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks @

7.50 (2×1)

Flaked kiln-roasted salmon on a base of spinach, crème fraiche and cornichons, topped with a horseradish and mascarpone cream.

Three Cheese Fondant Soufflé (V) 6.50 (2×1) A vintage Cheddar and thyme soufflé with a mature Cheddar and Italian-style hard cheese fondant centre.



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

Beef Bourguignon @ DF



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

39.00 (8)

The Grand Cottage Pie @

35.00 (8)

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 Fish Pie

lemon zest.

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

The Grand Lasagne al Forno

37.00 (8)

15

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 Moroccan Spiced Lamb Tagine GF(DF(F)

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



39.00 (8)

The Grand Roasted Vegetable Lasagne (V)

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

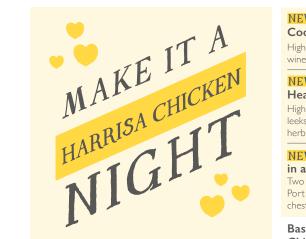


37.00 (8)



16 17

CHICKEN



"Always so tasty and wholesome.





NEW RECIPE

Cog au Vin 5.50 (I) / 8.95 (2) / 17.90 (4)

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

NEW RECIPE

Hearty Chicken Casserole 5.50 (2)

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

NEW Roasted Chicken Breasts 15.00 (2) in a Port & Merlot Jus @ 00

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

5.50 (I) / 8.95 (2) **Basil & Mascarpone** Chicken Chicken

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



Chicken Alexander 5.50 (1) / 8.95 (2) / 17.90 (4)

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

Chicken Dijon 5.50 (1) / 8.95 (2) / 17.90 (4)

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



Chicken, Ham 5.50 (1) / 8.95 (2) / 17.90 (4) & Leek Pie

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

26.00 (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 & 5.75 (I) / 9.50 (2) / 18.95 (4) Mushroom Lasagne

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



5.50 (1) / 8.95 (2) Chicken, Pea & Bacon Risotto 🖾 🚱

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





Chicken & Tomato Pasta Bake 🔚 5.50 (I)

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

5.50 (1) / 8.95 (2) Creamy Chicken with Mushrooms & Bacon (a)

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

Honey & Ginger Chicken 5.50 (I) / 8.95 (2) ≈ (GF)(DF

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

5.50 (1) / 8.95 (2) / 17.90 (4) Moroccan Spiced Harissa Chicken

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

15.00 (2)

5.50 (1)

Stuffed Chicken Cushion with English Sparkling Wine

A higher-welfare British chicken crown with a handmade sausagemeat, bacon and herb stuffing, and an English sparkling wine and orange sauce.

Tarragon & Lemon Chicken [86] 5.50 (1) / 8.95 (2) Higher-welfare British chicken and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

Tomato & Mascarpone Chicken

Higher-welfare British chicken pieces, marinated in basil, in a creamy mascarpone and tomato sauce, with baby spinach and semi-dried tomatoes.

Mac Cheese with

5.50 (I) / 8.50 (2)

Smoky Bacon

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

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



Pork Dijon 🗐

5.95 (I) / 9.95 (2)

5.50 (1) / 8.95 (2) / 17.90 (4)

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

Sliced pork and leek sausages with new potatoes, bacon and

Sausage Casserole

5.50 (I)

leeks in an apple & mustard sauce.

14.00 (2) Slow-Roasted Belly of Pork

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

Spaghetti Carbonara

5.50 (1)

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







"More time to catch up with friends."



LAMB

Lamb Casserole with New Potatoes

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

Lamb Hotpot (1) 5.95 (1)

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

Lamb Moussaka 5.75 (1) / 9.50 (2) / 18.95 (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 4.75 (1)

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

Moroccan Spiced 5.95 (1) / 9.95 (2) / 19.90 (4) Lamb Tagine (4)

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

Shepherd's Pie 5.50 (1) / 8.95 (2) / 17.90 (4) Grass-fed minced lamb, slow-cooked with red wine, rosemary, carrots and a touch of redcurrant jelly, topped with buttery mash and a herb crumb.

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

The Grand Moroccan Spiced Lamb Tagine @@@@@

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



39.00 (8)

FISH

Classic Fish Pie 5.95 (1) / 9.95 (2) / 19.90 (4)

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

Cod Mornay

5.95 (1) / 10.95 (2)

Cod and baby spinach in a classic Mornay sauce of mature Cheddar, cream and English mustard, topped with a Cheddar and Gruyère cheese crumb.

Crab & Fennel Linguine 5.95 (I) / 10.95 (2) Italian linguine with a luxurious crab and white wine sauce,

Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives.

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

Salmon & 5.95 (1) / 10.95 (2) / 21.90 (4) Asparagus Gratin

Salmon fillet and asparagus in a creamy white wine sauce topped with sliced potato and a Cheddar cheese and parsley crumb.

Salmon Rarebit with a Lemon 38.00 (4) & Herb Crumb

A generous fillet of salmon with a rarebit-style topping of kiln-roasted salmon, mature Cheddar, semi-dried tomatoes and chives.

Salmon Wellington

17.00 (2)

A generous salmon fillet topped with a beetroot, dill and horseradish cream, wrapped in all-butter puff pastry.

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

Smoked Haddock 5.95 (1) / 9.95 (2) & Bacon Gratin

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



5.95 (I) / 9.95 (2)

Smoked Haddock & Leek Risotto

A risotto of smoked haddock, cod, spinach and leeks with crème fraiche, white wine, mature Cheddar and a squeeze of fresh lemon juice.

The Grand Fish Pie

39.00 (8)

Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery parsley mash and finished with a crispy crumb and lemon zest.





BEEF

NEW RECIPE

Steak & Red Wine Pie 5.75 (1) / 9.95 (2) / 19.90 (4)

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

Beef Bourguignon 5.95 (1) / 9.95 (2) / 19.90 (4) ≈ (GF)(DF)

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



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

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



Beef Wellington 28.00 (2)

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

Cottage Pie @ 5.50 (1) / 8.95 (2) / 17.90 (4)

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

Chilli con Carne 5.50 (1) / 8.50 (2) / 16.95 (4) ≈ (GF)(#)

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

Lasagne al Forno 5.75 (1) / 9.50 (2) / 18.95 (4)

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

5.95 (1) / 9.95 (2) Slow-Cooked

Rump Beef with Brandy

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



Spaghetti Bolognese 🞏 💛

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



Steak, Mushroom & Merlot Pie 26.00 (6)

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

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

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

The Grand Beef Bourguignon @ 100

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



35.00 (8)

The Grand Cottage Pie @

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

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



"Absolutely delicious!"

* * * * Patricia





DUCK & GAME

Roasted Confit of Duck 6.75 (I) / 12.50 (2) with luniper

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

NEW Cauliflower Che	ese 🚱 🔍	3.50 (2)
Braised Red Cabbage	(€) (V)	2.95 (2)
Creamy Mash @ GV	2.25	(1) / 3.35 (2)
Creamed Spinach	(V)	3.35 (2)
Dauphinoise Potatoes (FV)	2.25 (1) / 3.35	(2) / 8.75 (6)
Garlic Ciabatta 🕜		2.95 (4)
Minted Couscous	F)VG)	3.50 (2)

Plain Basmati Rice 1.50 (1) / 2.25 (2) ≅ GF(DF)VG

1.95 (1) / 2.95 (2) Peas & Leeks with a Lemon & Herb Butter GOV

Roast Potatoes GP OF VG 2.95 (2) 1.95 (1) / 2.95 (2) Trio of Greens GOOF VG

KIDS MEALS All 3.25

Beef Lasagne

Chicken Dinosaur Pie 69

Chicken Paella (G)(G)

Chicken Tikka & Rice

Chicken & Tomato Orzo Bake

Cottage Pie

Fish Pie

Macaroni Cheese

Meatballs & Spaghetti

Pasta Bolognese Sausage Casserole

Tuna Pasta Bake 🗐

PIES FOR ONE All 5.00

Chicken & Portobello Mushroom Pie

Cooked with white wine, thyme and crea





Classic Steak & Ale Pie

With caramelised red onions.

Ham Hock & Leek Pie

In a cream sauce topped with wholegrain mustard mash.



Roasted Veg, Lentils & Kale Pie (V)

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



Spinach & Feta Pie (V)

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

Spring Chicken & Asparagus Pie

With tarragon and peas in a white wine sauce.



Steak & Kidney Pie

With a rich ale sauce and suet pastry lid.

Steak & Stilton Pie

With roasted parsnips and red wine.

4 Million Life-Changing School Meals

For every COOK Kids Meal you buy, we donate a school meal to children in Malawi.



through our charity partners

One Feeds Two. Free school meals encourage attendance, aid concentration, and help empower a generation with the education they need to lift their communities out of poverty. Thank you.



SourcE oF ProteiN MaDe LiKe You WoUld At Home





INDIAN MAINS

Aubergine, Spinach & Paneer Curry (G)(V)

5.75 (1) / 8.95 (2)

Cubes of paneer cheese marinated in turmeric with roasted diced aubergine and spinach in a coconut curry sauce with coriander.

Beef Madras

5.95 (1)

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

Butter Chicken Curry (a) 5.75 (1) / 8.95 (2)

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



5.75 (I) / 8.95 (2)

Higher-welfare British chicken breast marinated in yoghurt, garlic and paprika in a spicy onion, tomato and red and green pepper sauce.

Chicken Korma @ @

5.75 (1) / **8.95** (2)

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

Chicken Tikka Masala (a) 5.75 (1) / 8.95 (2)

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

5.75 (1) Garlic Chicken Curry

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

Keralan Prawn & Mango Curry @ @ @ @

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

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



5.95 (1)

5.95 (I)

INDIAN SIDES

Bombay Potatoes 🗐 🗐 🚱 📝	D.	2.95	(2)
Chana Masala 🗐 🐨 🕖		2.95	(2)
Chicken Samosas 🕪 🕖		3.25	(2)
Garlic & Coriander Naan 👀		1.75	(2)
Onion Bhajis @@@		2.95	(2)
Plain Basmati Rice	1.50 (1)	/ 2.25	(2)
Plain Naan 👀		1.75	(2)
Peas Pilau 🔠 🐨 🖤	1.75 (1)	/ 2.80	(2)
Saag Paneer 🗐 🐨 🕖		2.95	(2)
Tarka Dhal 🗐 🗐 💮 🕖		2.95	(2)



Lamb Kofta & Dhal Curry (a) G(0) 5.95 (1) Handmade lamb and ginger meatballs in a spiced red lentil dhal made with tomato, coconut, spinach and coriander.

Roasted Vegetable

& Chickpea Curry GOOGO Oven roasted peppers with cauliflower and spinach in a gently spiced chickpea and lentil sauc

Prawn Karahi 🗐 🚱 🕖 5.95 (1) / 10.00 (2) A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Vegetable Korma

A mild, sweet curry of cauliflower florets, chickpeas and baby spinach cooked in a coconut, almond and yoghurt sauce.

5.75 (1) taste

5.75 (1) / 8.95 (2)

"Handy to have in the freezer for impromptu guests!"



THAI MAINS

NEW RECIPE

Chicken Satay 5.75 (1) / 8.95 (2) / 17.90 (4)

A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.



Beef Massaman Curry @ @ @ @ @

Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry GF(DF(F) **5.75** (1) **/ 8.95** (2)

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



Crispy Roast Half Duck 👀

11.00 (2)

With 10 pancakes & a rich Hoisin sauce.

Drunken Noodles with King Prawns 5.95 (I)

King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.

Green Thai

5.75 (I) / 8.95 (2) / 17.90 (4)

Chicken Curry GOOF

A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk kaffir lime leaf, lemongrass and coriander.



Green Thai

5.75 (1) / 8.95 (2)

Vegetable Curry @ GOOVG (1) An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Hoisin Duck Noodles 🖾 🞯



5.95 (I)

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

Lime & Coconut Chicken @ @ @ @



5.75 (I)

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

5.75 (1) / 8.95 (2)

Chicken Curry @ @ @ @ @







6.25 (1)

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



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

Thai Steamed Sea Bass @@@@ A fillet of sea bass gently steamed on a bed of choi sum, spring onions and julienne carrots in a mild and fragrant red

curry sauce. Yellow Thai Prawn Curry (19) 5.95 (1)

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

Yellow Vegetable Curry ≈ (DF)(VG()

5.75 (I) / 8.95 (2)

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



6.25 (1)

THAI SIDES

Coconut & Lime Leaf Rice	1.75 (1) / 2.80 (2)
Duck Spring Rolls 🕖	4.50 (2)
Plain Basmati Rice	1.50 (1) / 2.25 (2)

Vegetable Spring Rolls (F)(G)

"What a great meal to share with family."





25



You Deserve Pudding!

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

"More time talking and laughing." *** Corrine



LARGE PUDDINGS 8+ people

Chocolate & Hazelnut Meringue Parfait @(V)

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

Chocolate Mousse Torte (V)

18.00 (10-12)

20.00 (10-12)

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

Chocolate & Raspberry Roulade @(V)

16.75 (8-10)

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

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

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



16.75 (8-10)

Chocolate & Salted Caramel Pavlova @(V)

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



with coffee syrup, vodka and cocoa nibs and drizzled with dark chocolate.



Fruit Vacherin (FV)

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.

Glazed Apple Tart (V)

18.00 (10-12)

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



Lemon Cheesecake

18.00 (10-12)

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



Lemon Meringue Pavlova (V)

16.75 (8-10)

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

Raspberry Pavlova @(V)

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



Salted Caramel, Chocolate & Honeycomb Cheesecake

18.00 (10-12)

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



18.00 (10-12)

White Chocolate & Raspberry Cheesecake

A light white chocolate cheesecake with raspberries on





MEDIUM PUDDINGS for 6 or more

NEW 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.

Apple Strudel (V)

A classic strudel made with crisp filo pastry, spiced Bramley apples, pecans, sultanas and a pecan crumble topping.



8.95 (6)

Apricot & Orange Almond Torte @ DF VG

A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.



8.95 (6-8)

Chocolate & Almond Torte @(V) 8.95 (6-8) A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.

Chocolate Brownie Cheesecake (V) 8.95 (6-8) A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.

Classic Lemon Tart (V)

A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.

Gin & Tonic Semifreddo @(V)

Frozen lemon gin parfait, topped with lemon cure made with gin and Fever-Tree Indian tonic water. Serve straight from freezer.



Pear & Ginger Tart (V)

Soft pears and ginger in a classic frangipane tart, finished with flaked almonds. Can also be



8.95 (6-8)

10.95 (6)

8.95 (6-8)

8.95 (6-8)

Tiramisu 👀

Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate.

Winter Pudding @ VG

Seasonal twist on a traditionally summer recipe bursting with blackberries, apple, raspberries, cranberries & blueberries enriched with cinnamon.



HOT PUDS

Bramley Apple & Blackberry Crumble (V)

Bramley apples and blackberries with a crunchy oat crumble.



4.00 (2) / 7.95 (6)

Cherry Bakewell (V)

Perfectly fluffy almond frangipane sponge with sour cherries and spoonfuls of handmade sweet cherry jam. 6 portion available 29th Jan.



Hot Chocolate Pudding (V)

An intense and gooey chocolate sponge, dark chocolate chips, and spoonfuls of hot chocolate fondant sauce, finished with a speculoos biscuit crumb.



4.00 (2)

Sticky Toffee Pudding (V) 4.00 (2) / 7.95 (6)

The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.





SMALL IS BEAUTIFUL

The mixing bowls in our puddings kitchen only hold enough meringue mix for six pavlovas, or enough sponge for nine roulades. Any bigger and we'd have to automate the cooking process, losing the human element. And we think people cook better than robots.







INDIVIDUAL PUDDINGS

INDIVIDOREIC	DDINGO
Chocolate & Hazelnut Meringue Parfait 🚱 🔍	5.00 (2)
Chocolate & Salted Caramel Mousse 🔍	4.00 (2×1)
Gin & Tonic Semifreddos @v	geal 4.00 (2x1)
Lemon Cheesecakes	4.00 (2x1)
Lemon Tarts 🕑	4.25 (2×1)
Lemon Possets 🔍	4.00 (2×1)
Mango & Passion Fruit Cheesecakes	great 4.00 (2×1)
Red Berry Mousse @	4.00 (2×1)
Salted Caramel, Chocolate & Honeycomb Cheesecakes	geat taste 4.00 (2×1)
Winter Puddings 👀	5.00 (2×I)







CAKES & TRAYBAKES

Belgian Chocolate Brownie 🔍	5.95 (6) / 15.00 (20)
Belgian Chocolate Cake 🕥	14.00 (8)
Billionaire's Shortbread (v)	5.95 (6)
Chocolate Celebration Cake	e (V) 20.00 (12)
Farmhouse Flapjack	5.95 (6)
Gluten-Free Belgian Chocolate Brownie	5.95 (6)
Lemon Drizzle Slice 🔍	5.95 (6)
Triple Layered Carrot Cake	15.00 (10)

ICE CREAM by Alder Tree

OK, we've found it: Britain's very best ice cream! From a family-run fruit farm in Suffolk, Alder Tree marries intense fruit flavours and creamy deliciousness.

Over 60 Great Taste Awards don't lie.

2.25 (125ml tub) all **G**

Gooseberry & Elderflower Raspberry Stem Ginger & Rhubarb

Vanilla

5.75 (500ml tub) / all (GF) (V)

Blackcurrant

Chocolate

Gooseberry & Elderflower

Raspberry Vanilla



G 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 November 2023.

Love	
Eating	
Well	

Classic COOK recipes containing fewer than 600 calories and under a third of an adult's daily Reference Intake of fat, saturated fat, sugar and salt.

Ca	alories per	lories per portion		
	cals	RI		
Beef Bourguignon	259	13%		
Chilli con Carne	314	16%		
Chilli con Veggie	202	10%		
Lamb Casserole with New Potatoes	261	13%		
Lamb Hotpot	328	16%		
Meatballs in a Rustic Tomato Sauce	375	19%		
Mexican Three Bean Chilli	300	15%		
Moroccan Spiced Harissa Chicken	327	16%		
Moroccan Spiced Lamb Tagine	307	15%		
Red Lentil & Mixed Bean Casserole	218	11%		
Spaghetti Bolognese	491	25%		
Spanish Bean Stew with Peppers & Kale	332	17%		
Sweet Potato Katsu Curry	389	19%		
Vegetable & Chickpea Curry	355	18%		
Veggie Bolognese	367	18%		

Nutrition correct as of November 2023. As always, the label on the back of pack is most accurate.

POTS FOR ONE

Chicken Biryani	(GF)	(DF)
Chicken Noodle Laksa	(GF)	(DF)
Chicken Pad Thai	(GF)	(DF)
Green Thai Chicken Noodles	(GF)	(DF)
Jerk Chicken with Pineapple Salsa		(DF)
Keralan Chicken Curry	(GF)	(DF)
Kimchi Rice	-	(DF)
Lemon & Herb Chicken	(GF)	(DF)
Prawn Noodles with Mango & Coconut		(DF)
Singapore Noodles	(GF)	(DF)
Sticky Soy & Ginger Beef	(GF)	(DF)
Sweet Potato & Aubergine	(GF)	(GF)
Sri Lankan Curry		0
Teriyaki Chicken Noodles		(DF)
Visit cookfood.net/loveeatingw	ell	

for more information

change a recipe. Please check labels for the n ect as of November 2023.	nost	
BEEF		
Beef Bourguignon	(GF)	(DF)
Chilli con Carne	(GF)	2
Cottage Pie	(GF)	······································
Cottage 1 ic	(0)	
LAMB Lamb Casserole with New Potatoes		(DF)
Lamb Hotpot	.=	(OF)
Moroccan Spiced Lamb Tagine	(GF)	(ØF)
Shepherd's Pie	(GF)	
Slow-Cooked Lamb Shanks	(GF)	(DF)
Sierr George Zamb Gramme	0	0
CHICKEN		
Basil & Mascarpone Chicken	(GF)	
Chicken Dijon	(GF)	***************************************
Chicken, Pea & Bacon Risotto	(GF)	
Coq au Vin	(GF)	
Creamy Chicken with Mushrooms & Bacon) (GF)	
Hearty Chicken Casserole	(GF)	
Honey & Ginger Chicken	(GF)	(DF)
Moroccan Spiced Harissa Chicken	(GF)	
Roasted Chicken Breasts in a Port & Merlot Jus	(GF)	(OF)
Tomato & Mascarpone Chicken	(GF)	
FISH		
Kiln-Roasted Salmon Frittata	(GF)	
Salmon, Horseradish & Spinach Stacks	(GF)	
Smoked Haddock & Leek Risotto	(GF)	
VEGGIE		
V 22 02 02 22	63	
Chilli con Veggie Portobello Mushroom Risotto	GF)	-4
	(e)	
Tomato, Basil & Mozzarella Risotto	(GF)	
Veggie Cottage Pie	(GF)	
VEGAN		
Mexican Three Bean Chilli	(GF)	(DF)
Red Lentil & Mixed Bean Casserole	(GF)	(OF)
Roasted Cauliflower & Aubergine Dhal	(GF)	(OF)
Roasted Vegetable Tarte Tatins		(DF)
Spanish Bean Stew with Peppers & Kale	(GF)	(DF)
Sweet Potato Katsu Curry	(GF)	(DF)
Teriyaki Rice with Aubergine & Mushrooms	(GF)	(DF)
Vegetable & Chickpea Tagine	(GF)	(DF)

Wild Mushroom & Aubergine Lasagne

ENTERTAINING		
Chicken, Ginger & Lemongrass Bites Canapé	(GF)	(DF)
Chicken Liver Pâté / Roast Salmon Pâté	(GF)	
Duck & Hoisin Puffs Canapé		(DF)
Duck & Plum Filo Parcels		(DF)
Honey Roast Ham		(DF)
Kiln-Roasted Salmon Frittata	63	(60)
Mini Salmon Frittatas Canapé	(GF)	•
	(GF)	63
Mini Thai Salmon Fishcakes Canapé	(GF)	(OF)
Roasted Vegetable Tarte Tatins		(DF)
Salmon, Horseradish & Spinach Stacks	(GF)	
Side of Salmon with Lemon & Dill	(GF)	(DF)
Smoked Salmon Terrine	(GF)	
Tomato & Pine Nut Tarte Tatins Canapé		(DF)
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)
KIDS MEALS		_
Chicken Dinosaur Pie		(DF)
Chicken Paella	(GF)	(DF)
Chicken Tikka & Rice	(GF)	
Cottage Pie	(GF)	
Fish Pie	(GF)	
Pasta Bolognese		(DF)
Sausage Casserole		(DF)
PUDDINGS		
Apricot & Orange Almond Torte	(GF)	(DF)
Chocolate & Almond Torte	(GF)	
Chocolate & Hazelnut Meringue Parfait	(GF)	
Chocolate & Raspberry Roulade	(GF)	•
Chocolate Roulade	(GF)	•
Chocolate & Salted Caramel Paylova	(GF)	
Espresso Martini Pavlova		
Fruit Vacherin	(GF)	•
	(GF)	60
Farmhouse Flapjack	6	(DF)
Gin & Tonic Semifreddo	(GF)	
Gluten-Free Belgian Chocolate Brownie	(GF)	
Raspberry Pavlova	(GF)	
Red Berry Mousse	(GF)	
Winter Pudding		(DF)

INDIAN MAINS		
Aubergine, Spinach & Paneer Curry	(GF)	
Beef Madras	(GF)	•
Butter Chicken Curry	(GF)	
Chicken Jalfrezi	(GF)	
Chicken Korma	(GF)	
Chicken Tikka Masala	(GF)	
Garlic Chicken Curry	(GF)	•
Keralan Prawn & Mango Curry	(GF)	(DF)
Lamb Dupiaza	(GF)	
Lamb Kofta Dhal Curry	(GF)	(DF)
Prawn Karahi	(GF)	
Roasted Vegetable & Chickpea Curry	(GF)	(DF)
Vegetable Korma	(GF)	
INDIAN SIDES		
Bombay Potatoes	(GF)	(DF)
Chana Masala	(GF)	
Chicken Samosas		(ØF)
Garlic & Coriander Naan		(DF)
Onion Bhajis	(GF)	(DF)
Peas Pilau	(GF)	(DF)
Plain Basmati Rice	(GF)	(OF)
Plain Naan		(DF)
Saag Paneer	(GF)	
Tarka Dhal	(GF)	(DF)
THAI MAINS		_
Beef Massaman Curry	(GF)	(DF)
Chicken Panang Curry	(GF)	(DF)
Chicken Satay		(DF)
Crispy Roast Half Duck		(DF)
Drunken Noodles with King Prawns		(DF)
Green Thai Chicken Curry	(GF)	(DF)
Green Thai Vegetable Curry	(GF)	(DF)
Hoisin Duck Noodles		(DF)
Lime & Coconut Chicken	(GF)	(DF)

Red Thai Chicken Curry Red Thai Duck Curry Thai Basil Chicken Thai Steamed Sea Bass Yellow Thai Prawn Curry Yellow Vegetable Curry

Coconut & Lime Leaf Rice Plain Basmati Rice Vegetable Spring Rolls

THAI SIDES





or online at cookfood.net/newparents

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EXCELLENT, based on 23,670 reviews, November 2023

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."



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