

— COOK —



**NEW
INDIAN
RECIPES**

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

Hello,

New Year, the season of good intentions. If that's you, blessings on your quest. Our healthy Pots For One will definitely help with the food side of things. **Regrettably, we've never heard anyone say: this year, I resolve to eat more Indian.** But if you are such a resolution unicorn then we're here for you, too.

Twenty years ago, COOK co-founder, Dale, recruited the chef at his favourite Indian restaurant to teach us how to make great curries. It turned out **the secret is in the slow, gentle cooking of onions** to create a real depth of flavour. Of course, the blend of spices matters, too, but it's fundamentally all about the onions. Now, when good cooking takes time, it plays to our strengths at COOK. We're happy not to rush things if it means great flavour. And Indian curries turned out to be recipes we could cook very well, indeed.

For 2025, we've given our Indian range a little revamp with **new side dishes (definitely don't miss the Dhal) and a couple of classic new curries: Lamb Biryani and Chicken Balti.** (The Balti takes five hours - five hours! - to cook.) We hope this gives you an excuse to eat more Indian this year. Whatever your food plans, remember we're here to COOK for you.

Thanks, as ever, for your support.

D & Dale

CEOs (and siblings)

KEY

Ⓥ Vegetarian • ⓋG Vegan • ⓖF Gluten Free • ⓓF Dairy Free

☒ Microwaveable • ☒ Must be microwaved

🔥 'Warm me up' spicy • 🌶️ Nice and spicy

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

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

Certified



Corporation
Since 2013

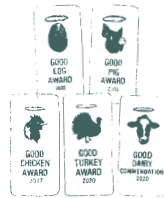
Founding UK B Corp, certified since 2013 as using our business as a force for good.

—COOK—
**RAW
TALENT**

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

**COMMUNITY
KITCHEN**

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



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

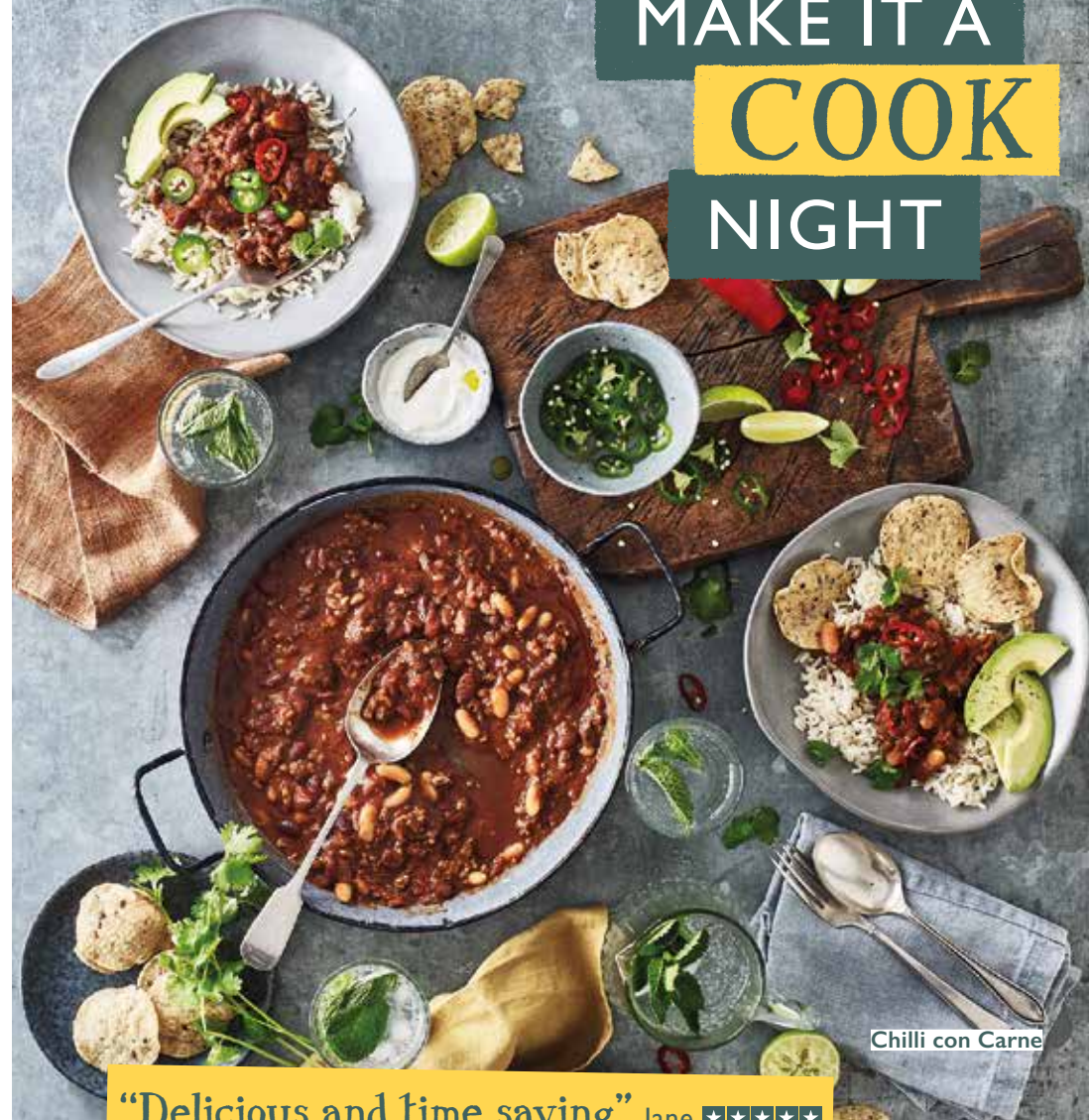
Nature's
Preservative ❄️

Freezing locks in flavour and cuts down waste.

Nearly all our dishes cook straight from frozen.

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

MAKE IT A
COOK
NIGHT



Chilli con Carne

“Delicious and time saving” Jane ★★★★★

Every week we'll be saving you money and giving you a break from the kitchen with 20% off a bestselling recipe or two (always with a vegetarian option available). Keep an eye on your inbox and check the website to see what's on offer. That's one midweek supper you don't have to think about.



Don't miss out – scan or visit [cookfood.net/cooknights](https://www.cookfood.net/cooknights) to sign up to our e-newsletter.

20% OFF
a bestseller each week

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 2024). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops or online. Not all products are available for home delivery (please go to www.cookfood.net or phone 01732 759000 for more details).

Photography: Carolyn Barber Styling: Pip Spence and Kathy Kordalis

MAKE IT A TAKEAWAY NIGHT

HUGE TASTE, NO DRAMA

There's some new arrivals to our Great Taste Award-winning Indian menu. Our chefs have been busy cooking from scratch, using fresh veg, higher-welfare meat and more spices than you can shake a spoon at. So when you hear the call of the takeaway, you can just head to your freezer for a treat that's tastier, cheaper and quicker than ordering in. All you have to do is choose a good film.

TIME FOR THAI

Along with our Indian menu, don't miss our selection of award-winning Thai meals. Delicately spiced, fragrant curries, spring rolls, rice, noodles and everything you'll need for a real feast.



NOW SHOWING AT COOK

NEW Chicken Balti

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.

NEW Lamb Biryani

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

THE SIDEKICKS

The Robin to Batman, Chewbacca to Han, Goose to Maverick, no main is complete without its sidekick. Meet our new star-studded lineup.

NEW Aloo Gobi

Roasted cauliflower and potatoes in a mild chilli and cumin tomato sauce.

NEW Gunpowder Potatoes

Spice-coated crispy roasted potatoes with chilli, fennel seeds and garam masala.

NEW Dhal Makhani

Speckled lentils and kidney beans slow-cooked with tomato, ginger, chilli and coconut cream.



"A real saturday night treat"

Angela ★★★★★

Explore the full takeaway menu from p22

Healthy Meals in Minutes

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



NEW

Soy Salmon with Edamame & Grains

397 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | SOURCE OF FIBRE

NEW

Soy Salmon with Edamame & Grains

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

397 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | SOURCE OF FIBRE

NEW

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

NEW RECIPE

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

NEW RECIPE

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

BETTER THAN EVER

Lemon & Herb Chicken

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

302 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

BETTER THAN EVER

Keralan Chicken Curry

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

303 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

BETTER THAN EVER

Singapore Noodles

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

294 KCAL | 1 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT



NEW

Slow-cooked Beef Ragu Pasta

390 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

3 FOR £13

* Promotion T&Cs apply. Valid until 29th March.



Korean Vegetable Rice

347 KCAL | 1 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT



Sweet Potato & Aubergine Sri Lankan Curry

287 KCAL | 2 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT

NEW NAME

Korean Vegetable Rice

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

347 KCAL | 1 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT

Green Thai Chicken Noodles

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

278 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Halloumi & Roasted Vegetable Pasta

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

317 KCAL | 2 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Jerk Chicken with Pineapple Salsa

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

245 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Mac Cheese with Ham & Cauliflower

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

332 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SUGAR

Prawn Noodles with Mango & Coconut

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

229 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SUGAR

Sweet Potato & Aubergine Sri Lankan Curry

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

287 KCAL | 2 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT

Teriyaki Chicken Noodles

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

333 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

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

“Tasty, healthy and convenient”

Stephen ★★★★★

SAUCES

Get inspired at
cookfood.net/sauces



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

All 5.00 (400g) or 3 for 13.00 (Valid until 29th March)

Beef & Red Wine Bolognese (GF)(DF)

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

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

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



Pesto, Broccoli & Spinach (GF)(V)

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

Tomato, Mascarpone & Basil (GF)(V)

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



“Impressed by them all”

BBC Good Food

VEGETARIAN

MAKE IT A MAC CHEESE NIGHT



Macaroni Cheese



Butternut Squash, Spinach & Feta Tarts (V)

5.95 (2x1)

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



Chilli con Veggie (GF)(V)(F)(V)

5.50 (1)

A classic, rich chilli made with Quorn mince, kidney beans and sweetcorn, garnished with spring onions.

Halloumi & Arrabbiata Pasta Bake (GF)(V)

5.50 (1)

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

Linguine with Balsamic Roasted Vegetables (GF)(V)

5.50 (1) / 8.95 (2)

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

Macaroni Cheese (GF)(V)

4.95 (1) / 8.50 (2)

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



Nut Loaf (V)

7.95 (540g)

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

Red Lentil & Aubergine Moussaka (GF)(V)

5.50 (1) / 8.95 (2)

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

Roasted Mediterranean Vegetable Tarts (V)

5.95 (2x1)

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

Roasted Vegetable Lasagne (V)

5.95 (1) / 9.75 (2) / 19.50 (4)

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



Parmigiana di Melanzane (V)

5.50 (1) / 8.95 (2)

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



Linguine with Balsamic
 Roasted Vegetables

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



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



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



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



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

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



Portobello Mushroom Risotto



MAKE IT A CHILLI NIGHT

Mexican Three Bean Chilli



Vegetable & Chickpea Tagine

VEGAN

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

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

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

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

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

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

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



Red Lentil & Mixed Bean Casserole

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

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

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

ALSO VEGAN...

Korean Vegetable Rice Pot for One (p7)

Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p7)

Roasted Vegetable & Chickpea Curry (p23)

Green Thai Vegetable Curry (p24)

Yellow Vegetable Curry (p24)

Tomato & Pine Nut Tarte Tatins (p20)

Roasted Vegetable Tarte Tatins (p20)

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 • 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.

"A real life saver on busy days"

Gillian ★★★★★

CHICKEN

Always British
Higher Welfare

NEW SIZE

Parmesan Chicken 7.00 (1) / 13.00 (2) / 25.00 (4)
Parmesan-crusted, higher-welfare British chicken breast with roasted new potatoes and tomatoes in a creamy spinach and red pepper sauce.

I'M BACK

Roasted Chicken Breasts in a Port & Merlot Jus (GF) (PF) 15.00 (2)
Two higher-welfare British chicken breasts in a classic Port and Merlot wine jus with roasted shallots and chestnut mushrooms.



Basil & Mascarpone Chicken (V) (GF) 5.75 (1) / 9.50 (2)

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

Chicken Alexander (V) 5.75 (1) / 9.50 (2) / 18.95 (4)

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

Chicken Dijon (V) (GF) 5.75 (1) / 9.50 (2) / 18.95 (4)

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

Chicken, Ham & Leek Pie 5.75 (1) / 9.50 (2) / 18.95 (4)

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

Chicken, Ham & Leek Pie 27.00 (6)

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

Chicken & Mushroom Lasagne 5.95 (1) / 9.75 (2) / 19.50 (4)

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



Chicken, Pea & Bacon Risotto (V) (GF) 5.75 (1) / 9.50 (2)

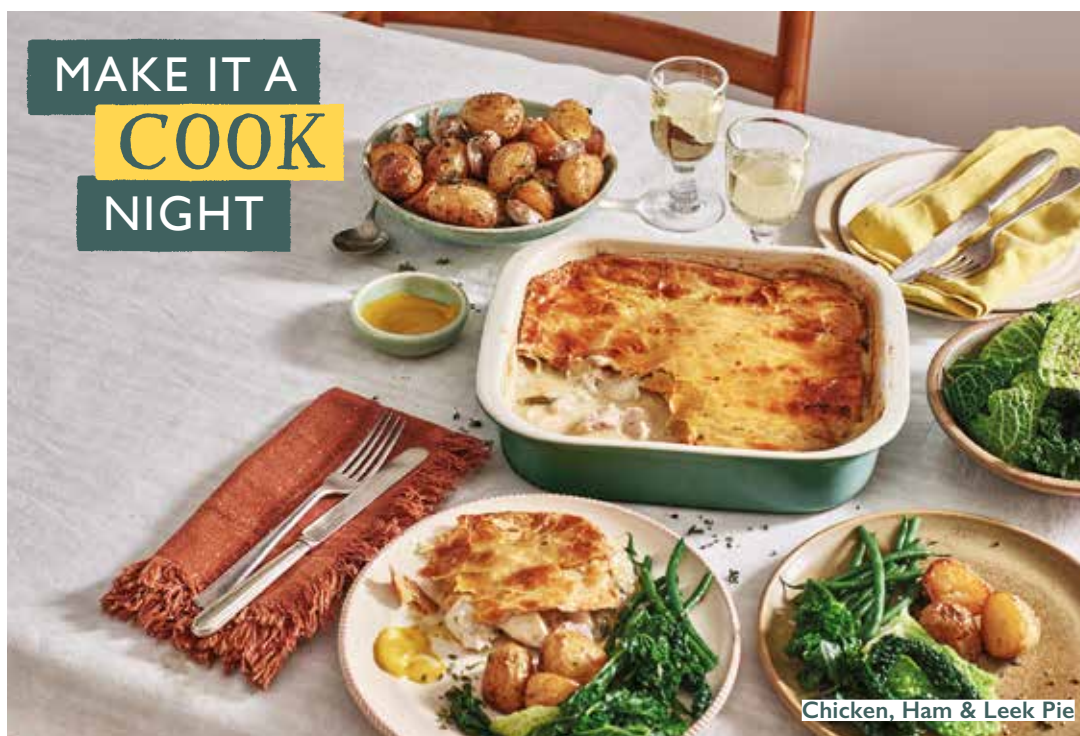
Ribe risotto rice, shredded higher-welfare British chicken, bacon and peas with a mascarpone and crème fraîche sauce with white wine and garlic.



Parmesan Chicken



Moroccan Spiced Harissa Chicken



Chicken, Ham & Leek Pie

MAKE IT A
COOK
NIGHT

Chicken & Pistachio Pappardelle (V) (GF) 9.50 (2)

Bronze-die Italian pappardelle, shredded higher-welfare British chicken thigh and baby spinach, tossed in basil and garlic, Italian cheese and chopped pistachios.

Chicken & Tomato Pasta Bake (V) 5.75 (1)

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

Coq au Vin (V) (GF) 5.75 (1) / 9.50 (2) / 18.95 (4)

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



Creamy Chicken with Mushrooms & Bacon (V) (GF) 5.75 (1) / 9.50 (2)

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



Hearty Chicken Casserole (V) (GF) 5.75 (1)

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

Honey & Ginger Chicken (V) (GF) (PF) 5.75 (1) / 9.50 (2)

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

Moroccan Spiced Harissa Chicken (V) (GF) (PF) (V) 5.75 (1) / 9.50 (2)

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

Tarragon & Lemon Chicken (V) 5.75 (1) / 9.50 (2)

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

DUCK & GAME

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

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

“Delicious food and tastes homemade”

Hannah ★★★★★

FISH



NEW

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

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

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



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

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

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

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

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



NEW

Teriyaki Salmon Noodles

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

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

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

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



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

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.

LAMB

NEW

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

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

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

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

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

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



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



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



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



Slow-Cooked Lamb Shanks



MAKE IT A TAGINE NIGHT



Moroccan Spiced Lamb Tagine



“So tasty and so easy to prepare”

Chris ★★★★★

BEEF

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


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

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


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



Beef Wellington 28.00 (2)

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

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


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

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


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

Korean Spiced Shredded Beef & Rice Bowl 9.95 (2)


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

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


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

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


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

Spaghetti Bolognese 5.50 (1)


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

Steak, Mushroom & Merlot Pie 29.00 (6)

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

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

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



Meatballs in a Rustic Tomato Sauce



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


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

The Grand Beef Bourguignon 39.00 (8)


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

The Grand Cottage Pie 37.00 (8)


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

The Grand Lasagne al Forno 37.00 (8)


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

“Just the very best of home cooking”

John ★★★★★

MAKE IT A
LASAGNE
 NIGHT



Lasagne al Forno

PORK

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



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



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


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



Pork Dijon 5.95 (1) / 9.95 (2)


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

Rosemary & Sage Porchetta 40.00 (6)


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

Sausage Casserole 5.50 (1)


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

Slow-Roasted Belly of Pork 14.00 (2)

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

Spaghetti Carbonara 5.50 (1)


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



Slow-Roasted Belly of Pork

SIDES



Braised Red Cabbage	3.50 (2)
Cauliflower Cheese	3.75 (2)
Creamy Mash	2.75 (1) / 3.95 (2)
Creamed Spinach	3.50 (2)
Dauphinoise Potatoes	2.75 (1) / 3.95 (2) / 9.00 (6)
Garlic Ciabatta	3.25 (4)
Minted Couscous	3.50 (2)
Plain Basmati Rice	1.75 (1) / 2.75 (2)
Peas & Leeks with a Lemon & Herb Butter	2.35 (1) / 3.50 (2)
Roast Potatoes	3.50 (2)
Trio of Greens	2.35 (1) / 3.50 (2)

PIES FOR ONE All 5.25

3 FOR £14*

- Chicken & Portobello Mushroom Pie**
Cooked with white wine, thyme and cream.
- Classic Steak & Ale Pie**
With caramelised red onions.
- Ham Hock & Leek Pie**
In a cream sauce topped with wholegrain mustard mash.
- Roasted Veg, Lentils & Kale Pie** (V)
With sweet potatoes and parsnips in a tomato and red wine sauce.
- Spinach & Feta Pie** (V)
With roasted red pepper, semi-dried tomato, pine kernels and ricotta.
- Spring Chicken & Asparagus Pie**
With tarragon and peas in a white wine sauce.
- Steak & Kidney Pie**
With a rich ale sauce and suet pastry lid.
- Steak & Stilton Pie**
With roasted parsnips and red wine.



Roasted Veg, Lentils & Kale Pie

* Promotion T&Cs apply.Valid until 29th March.

KIDS MEALS All 3.50

5 FOR £15*

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



4.5 Million Life-Changing School Meals and counting



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

* Promotion T&Cs apply.Valid until 29th March.



10% OFF FOR NEW PARENTS

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

"A genuine life saver!"

Leanne ★★★★★

Great for Get Togethers

PARTY FOOD

Butternut Squash & Red Onion Galette (DF)(VG) 18.00 (6)

Pearl barley, quinoa, tahini and roasted butternut squash wrapped in puff pastry, topped with pickled red onions and pumpkin seeds.

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

Caramelised onions in shortcrust pastry, topped with Swiss cheese and thyme.



Garlic Butter Prawns with Lemon & Dill (GF) 15.00 (4)

Sixteen big, sweet prawns with our handmade lemon and parsley butter, ready to cook from frozen. A perfect starter for four.

Ham Hock, Broccoli & Cheddar Frittata (GF) 22.00 (8)

Free-range egg frittata with shredded ham hock from Dingley Dell Farm, longstem broccoli, Dijon mustard and West Country mature Cheddar.

Honey Roast Ham (DF) 35.00 (15+)

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

Quiche Lorraine 22.00 (10-12)

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



Roasted Pepper & Goat's Cheese Quiche (V) 22.00 (10-12)

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



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

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

Salmon en Croute 45.00 (6)

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

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

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

Smoked Salmon Terrine (GF) 12.95 (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.*

LIGHT BITES

Butternut Squash, Spinach & Feta Tarts (V) 5.95 (2x1)

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



Duck & Plum Filo Parcels (DF) 7.50 (2x1)

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

Roasted Mediterranean Vegetable Tarts (V) 5.95 (2x1)

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

Roasted Vegetable Tarte Tatins (DF)(VG) 6.50 (2x1)

Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks (GF) 7.50 (2x1)

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

Three Cheese Fondant Soufflés (V) 6.50 (2x1)

A vintage Cheddar and thyme soufflé with a mature Cheddar and Italian-style hard cheese fondant centre.

CANAPÉS All 8.50 (12 per pack)

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

Duck & Hoisin Puffs (DF)

Goat's Cheese & Pesto Whirls (V)

Mini Salmon Frittatas (GF)

Mini Thai Salmon Fishcakes (GF)(DF)

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

Sensational Sausage Rolls 6.95 (12 rolls)

Sensational Veggie Rolls (V) 6.95 (12 rolls)

Pâtés 6.75 (220g tub)

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

GRAND MEALS FOR 8

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

The Grand Beef Bourguignon (GF)(DF) 39.00 (8)

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

The Grand Cottage Pie (GF) 37.00 (8)

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

The Grand Fish Pie 39.00 (8)

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

The Grand Lasagne al Forno 37.00 (8)

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

The Grand Moroccan Spiced Lamb Tagine (GF)(DF) 39.00 (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) 37.00 (8)

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



The Grand Roasted Vegetable Lasagne



INDIAN FOR TWO


£15

2nd - 15th February

2 x mains + 2 x sides
(2 x 1 portion) (2 x 2 portion)

INDIAN MAINS


NEW

Chicken Balti  5.75 (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.

NEW

Lamb Biryani  5.95 (1)
Diced leg of lamb, slow cooked with garam masala and cumin, with basmati rice and caramelised onions.

NEW SIZE

Beef Madras  5.95 (1) / 10.95 (2)
Tender beef in an intense Madras curry sauce made with garam masala, turmeric and coriander cooked slowly with sliced onions, ginger and ground almonds.

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

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

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

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

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

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

NEW



Chicken Balti

NEW



Gunpowder Potatoes

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

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

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

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

INDIAN SIDES

NEW

Aloo Gobi  3.50 (2)

NEW


Dhal Makhani  3.50 (2)

NEW

Gunpowder Potatoes  3.50 (2)

I'M BACK

Lamb Samosas  3.75 (2)

Onion Bhajis  3.30 (2)

Saag Paneer  3.50 (2)

Garlic & Coriander Naan  2.30 (2)

Plain Naan  2.30 (2)

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

Peas Pilau  1.95 (1) / 2.95 (2)

NEW



Lamb Biryani

THAI MAINS

NEW SIZE

Yellow Thai Prawn Curry 5.95 (1) / 10.95 (2)

GF DF

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

Beef Massaman Curry GF DF 5.95 (1)

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

Chicken Panang Curry 5.75 (1) / 9.95 (2)

GF DF

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

Chicken Satay GF 5.75 (1) / 9.95 (2) / 18.95 (4)

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



Crispy Roast Half Duck DF 12.00 (2)

With 10 pancakes & a rich Hoisin sauce.

Drunken Noodles with King Prawns GF DF 5.95 (1)

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

Green Thai Chicken Curry 5.75 (1) / 9.95 (2) / 18.95 (4)

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 5.75 (1)

GF DF VG

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

Hoisin Duck Noodles GF 6.50 (1)

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

Lime & Coconut Chicken GF DF 5.75 (1)

Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.

Red Thai Chicken Curry 5.75 (1) / 9.95 (2)

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 GF DF 6.95 (1)

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



Thai Basil Chicken GF DF 5.75 (1)

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

Thai Steamed Sea Bass GF DF 6.95 (1)

A fillet of sea bass gently steamed on a bed of choy sum, spring onions and julienne carrots in a mild and fragrant red curry sauce.

Yellow Vegetable Curry 5.75 (1) / 9.95 (2) / 18.95 (4)

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



THAI SIDES

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

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

Duck Spring Rolls 4.50 (2)

Vegetable Spring Rolls DF VG 3.25 (2)

“The ultimate takeaway...
couldn't be easier!”

★★★★★ Peter

The Sweeter Side of Life

Everyone loves pudding.
Ours are handmade in Somerset with local cream, plump berries and rich chocolate.
Bring some serious joy to the table.



Chocolate Mousse Torte

18.00 (10-12)

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



Chocolate & Raspberry Roulade

16.75 (8-10)

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



Chocolate Roulade

16.75 (8-10)

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



Lemon Meringue Pavlova

16.75 (8-10)

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



Cherry Bakewell Pavlova

16.75 (8-10)

Almond flavour cream and handmade cherry jam rolled with meringue, finished with white chocolate and a scattering of dried raspberries.



Chocolate & Salted Caramel Pavlova

16.75 (8-10)

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



Lemon Cheesecake

19.00 (10-12)

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



White Chocolate & Raspberry Cheesecake

19.00 (10-12)

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



Salted Caramel, Chocolate & Honeycomb Cheesecake

19.00 (10-12)

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



Fruit Vacherin

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

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.



Chocolate & Hazelnut Meringue Parfait

20.00 (10-12)

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



Raspberry Pavlova

16.75 (8-10)

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

MEDIUM PUDDINGS 6+ people



Apricot & Orange Almond Torte

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



Chocolate & Almond Torte

A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.



Chocolate Brownie Cheesecake

A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.



Mango & Passion Fruit Cheesecake

A light mango and passion fruit cheesecake on a thin buttery biscuit base.



Rhubarb & Custard Pudding

A handmade sponge, layered with a deliciously tangy rhubarb compote and vanilla custard, topped with roasted flaked almonds.



Tiramisu

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



Pear & Ginger Tart

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

HOT PUDDS



Classic Lemon Tart

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



Winter Pudding

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



Crème de la Crème

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

Apple Strudel

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

Bramley Apple & Blackberry Crumble

Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty vanilla ice cream.

Cherry Bakewell

Perfectly fluffy almond frangipane sponge with sour cherries and two spoonfuls of handmade sweet cherry jam.

Hot Chocolate Pudding

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

Sticky Toffee Pudding

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



Sticky Toffee Pudding

“The puddings are to die for!”

Richard ★★★★★

INDIVIDUAL PUDDINGS

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

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

Lemon Cheesecakes  4.25 (2x1)

Lemon Tarts (V) 4.25 (2x1)

Lemon Possets (V) 4.25 (2x1)

Mango & Passion Fruit Cheesecakes  4.25 (2x1)

Red Berry Mousse (GF) 4.25 (2x1)

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

Winter Puddings (DF) (VG) 5.00 (2x1)



Mango & Passion Fruit Cheesecakes



Red Berry Mousse



Chocolate & Salted Caramel Mousse

“I shall never make a pud again!”

Sara ★★★★★



CAKES & TRAYBAKES

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

Billionaire's Shortbread (V) 6.50 (6)

Classic Chocolate Cake (V) 16.00 (14-16)

Chocolate Celebration Cake (V) 23.00 (16-20)

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

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

Lemon Drizzle Slice (V) 6.50 (6)

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

ICE CREAM by Alder Tree

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

2.35 (125ml tub) all (GF) (V)

Gooseberry & Elderflower Raspberry

Stem Ginger & Rhubarb Vanilla

5.85 (500ml tub) / all (GF) (V)

Blackcurrant

Chocolate

Raspberry

Gooseberry & Elderflower

Vanilla



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 2024.

BEEF

Beef Bourguignon	GF	DF
Chilli con Carne	GF	
Cottage Pie	GF	
Korean Spiced Shredded Beef & Rice Bowl	GF	DF

CHICKEN

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

FISH

Garlic Butter Prawns with Lemon & Dill	GF	
King-Prawn, Chorizo & Artichoke Cassoulet	GF	DF
Smoked Haddock & Prawn Risotto	GF	
Teriyaki Salmon Noodles		DF

LAMB

Lamb Casserole with New Potatoes		DF
Lamb Hotpot		DF
Mediterranean Lamb Stew	GF	DF
Moroccan Spiced Lamb Tagine	GF	DF
Shepherd's Pie	GF	
Slow-Cooked Lamb Shanks	GF	DF

PORK

Rosemary & Sage Porchetta	GF	DF
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VEGGIE

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

VEGAN

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

ENTERTAINING

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

SAUCES

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

SIDES

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

INDIAN MAINS

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

INDIAN SIDES

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

THAI MAINS

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

THAI SIDES

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

POTS FOR ONE

Chicken 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

Visit cookfood.net/loveeatingwell for more information



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
Cherry Bakewell Pavlova	GF	
Chocolate & Almond Torte	GF	
Chocolate & Hazelnut Meringue Parfait	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Fruit Vacherin	GF	
Raspberry Pavlova	GF	
Red Berry Mousse	GF	
Winter Pudding		DF
Farmhouse Flapjack		DF
Gluten-Free Chocolate Brownie	GF	
Ice Creams p31	GF	



Mother's Day
30th March
Easter Sunday
20th April

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Heather ★★★★★



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