

—COOK—

COSY  
NIGHTS  
IN

Chicken, Ham & Leek Pie



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# Hello,

Growing up in the 80s, winter meant 'casserole time' in our household. Mum would make chicken casseroles, beef bourguignon, chilli and many others.

She would make more than we would need and what was left over would be poured into old, square ice cream tubs and stored in our chest freezer at home for when they were needed. She was a great cook and those ice cream tubs, full of delicious frozen casseroles, were the inspiration to start COOK.

For those evenings when you want to put your feet up, we hope you'll find plenty of meals in the following pages that meet your definition of proper, nourishing, home-cooked comfort food.

And thank you, Mum, good job.

Ed & Lone

CEOs (and siblings)

Certified



Corporation  
Since 2013



Photography: Carolyn Barber. Styling: Libby Silberman

# YOUR WINTER SURVIVAL KIT



1. Warm socks

2. A freezer full of COOK food

Because January's tough enough without worrying what's for dinner (and cold feet)

## WAYS TO FILL YOUR FREEZER

### COOK Shops

Find your nearest shop at [cookfood.net/shops](http://cookfood.net/shops)

### Click & Collect

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

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### Local Stockist

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

# HEALTHY MEALS IN MINUTES



Eating well never tasted so good.

Inspired by classics of world cuisine, these delicious little Healthy Pots are complete light meals that are ready in minutes, full of veg, protein and all the good stuff. That's lunch sorted.

£5 each or 3 for £13\*

SOURCE OF PROTEIN  
AT LEAST 1/5 A DAY  
UNDER 400 KCALS

## Chicken Pad Thai ONLINE GF DF

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

## Green Thai Chicken Noodles ONLINE GF DF V

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 ONLINE V

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 ONLINE DF V

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

## Keralan Chicken Curry ONLINE GF DF V

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

## Korean Vegetable Rice ONLINE DF VG

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

## Lemon & Herb Chicken ONLINE GF DF

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

## Mac Cheese with Ham & Cauliflower ONLINE

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 ONLINE DF V

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

## Singapore Noodles ONLINE GF DF V

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

## Slow-cooked Beef Ragu Pasta ONLINE

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

## Soy Salmon with Edamame & Grains ONLINE DF V

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

## Sticky Soy & Ginger Beef ONLINE GF DF V

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

## Sweet Potato & Aubergine Sri Lankan Curry ONLINE GF DF VG

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 ONLINE DF

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

\*Promotion T&Cs apply. Valid until 28<sup>th</sup> March

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.



Sticky Soy & Ginger Beef

## BEEF

### NEW

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

### NEW

**Beef Bourguignon Pie** 34.00 (6)  
Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry.

### NEW

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

**Beef Bourguignon** 6.75 (1) / 11.75 (2) / 23.25 (4)

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



**Beef Stroganoff** 6.75 (1) / 11.75 (2) / 23.25 (4)

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



**Beef Wellington** 30.00 (2)

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



**Chilli con Carne** 6.25 (1) / 10.75 (2) / 19.95 (4)

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

**Cottage Pie (GF)** 6.25 (1) / 10.75 (2) / 19.95 (4)

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

**Lasagne al Forno** 6.25 (1) / 10.75 (2) / 19.95 (4)

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

**Slow-Cooked Rump Beef with Brandy** 6.75 (1) / 11.75 (2)

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

**Spaghetti Bolognese** 6.25 (1)

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



Chilli con Carne

**Steak & Red Wine Pie** 6.75 (1) / 11.75 (2) / 23.25 (4)

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



**Steak & Stout Stew with Cheese Scone Dumplings** 6.75 (1)

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

**The Grand Beef Bourguignon** 45.00 (8)

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



**The Grand Cottage Pie (GF)** 39.00 (8)

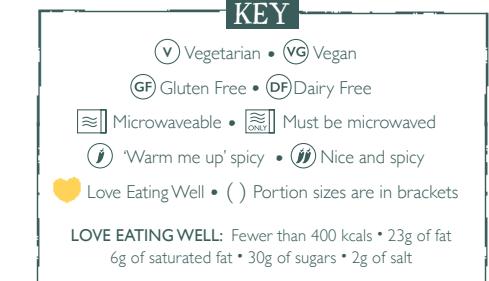
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

**The Grand Lasagne al Forno** 39.00 (8)

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



Meatballs in a Rustic Tomato Sauce



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

## PORK

### NEW

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

### Mac Cheese with

**Smoky Bacon** 6.25 (1)

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



**Meatballs in a**

**Rustic Tomato Sauce** 6.25 (1) / 10.75 (2) / 19.95 (4)

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

**Pork Dijon** 6.25 (1)

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

**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.

**Sausage Casserole** 6.25 (1)

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

**Spaghetti Carbonara** 6.25 (1)

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



Sausage Casserole



Classic Fish Pie

## FISH

100% Sustainable Seafood

NEW

### Rainbow Trout with a Tarragon & Lemon Crumb DF

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

17.00 (2)

NEW

### Shellfish with a Lemon & Caper Butter GF

Shell-on crevettes, king scallops, whole langoustines and king prawns with a classic lemon, caper and parsley butter.

17.00 (2)

NEW RECIPE

### Salmon Wellington

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

20.00 (2)

NEW NAME

### Salmon Wellington

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

45.00 (6)

### Classic Fish Pie

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

6.75 (1) / 11.75 (2)

### Cod Mornay

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



### King Prawn Linguine

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

### Salmon &

7.25 (1) / 13.25 (2) / 26.00 (4)  
Asparagus Gratin

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

### Smoked Haddock &

6.75 (1) / 11.75 (2)  
Bacon Gratin

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



“Amazing...just as good as home made”

Gillian ★★★★★

### Smoked Haddock & Prawn Risotto GF

6.75 (1) / 11.75 (2)

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

### The Grand Fish Pie

45.00 (8)

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



King Prawn Linguine



Salmon &amp; Asparagus Gratin

## CHICKEN



NEW

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

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

## Basil &amp; Mascarpone 5.95 (1) / 9.95 (2)

## 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 5.95 (1) / 9.95 (2) / 19.50 (4)

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

## Chicken Dijon 5.95 (1) / 9.95 (2) / 19.50 (4)

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

## Chicken, Ham &amp; Leek Pie 6.25 (1) / 10.75 (2) / 19.95 (4)

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

## Chicken, Ham &amp; Leek Pie 30.00 (6)

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



## Chicken &amp; Tomato Pasta Bake 6.25 (1)

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

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

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

## Chicken, Pea &amp; Bacon Risotto 6.25 (1) / 10.75 (2)

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

## Coq au Vin 6.25 (1) / 10.75 (2) / 19.95 (4)

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

## Creamy Chicken with Mushrooms &amp; Bacon 6.25 (1) / 10.75 (2)

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

## Hearty Chicken Casserole 6.25 (1)

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

## Moroccan Spiced Harissa Chicken 6.25 (1) / 10.75 (2)

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

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

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

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

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

## Tarragon &amp; Lemon Chicken 5.95 (1) / 9.95 (2)

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

## DUCK &amp; GAME

NEW

## Duck Confit 7.25 (1) / 13.25 (2) / 26.00 (4)

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

## Roasted Confit of Duck with Juniper

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



## LAMB

**Lamb Casserole with New Potatoes** 6.75 (1) / 11.75 (2)

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

**Lamb Hotpot** 6.75 (1)

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

**Lamb Moussaka** 6.25 (1) / 10.75 (2) / 19.95 (4)

Grass-fed minced lamb seasoned with cinnamon and mint, with layers of roasted aubergine, topped with potato slices and a creamy béchamel sauce.

**Liver, Bacon & Onions** 5.25 (1)

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

**Mediterranean Lamb Stew** 6.75 (1) / 11.75 (2)

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

**Moroccan Spiced Lamb Tagine** 6.75 (1) / 11.75 (2) / 23.25 (4)

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

**The Grand Moroccan Spiced Lamb Tagine** 45.00 (8)

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



**Shepherd's Pie** 6.25 (1) / 10.75 (2) / 19.95 (4)

Grass-fed minced lamb slow-cooked with red wine, rosemary, carrots and a touch of redcurrant jelly, topped with buttery mash and a herb crumb.



**Slow-Cooked Lamb Shanks** 18.00 (2)

With a red wine and rosemary jus.



Moroccan Spiced Lamb Tagine



Shepherd's Pie

JUST LIKE  
HOMEMADE

Our meals are always prepared by hand, just like you would at home, and you'll find the name of the chef who made it on the front.



YOU HOST  
WE DO THE  
ROAST

Or the Casserole,  
or the Wellington,  
or the Porchetta...



Easter Lamb Bundle for 6

Includes; Slow-Roasted Shoulder of Lamb, Dauphinoise Potatoes, Red Cabbage & Trio of Greens.

Available in-store from 9<sup>th</sup> March



Roasted Vegetable Lasagne

## VEGETARIAN

### NEW RECIPE

#### Nut Loaf

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

#### Butternut Squash, Spinach & Feta Tarts

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

#### Halloumi & Arrabbiata Pasta Bake

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

#### Macaroni Cheese

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

#### Parmigiana di Melanzane

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

#### Portobello Mushroom Risotto

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

## SUPPORTING FARMERS

We're proud to work with some of Britain's most respected and progressive farmers and suppliers, bringing great food to your table and working to make the food system fit for the next generation.

### NEW RECIPE

#### Portobello Mushroom Wellington

15.00 (2)  
Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.

#### Red Lentil & Aubergine Moussaka

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

7.50 (2x1)  
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

#### Roasted Vegetable Lasagne

6.25 (1) / 10.75 (2) / 19.95 (4)  
Layers of roasted peppers, mushrooms, courgettes and spinach between sheets of Italian pasta with a light crème fraîche and mascarpone sauce.

#### The Grand Roasted Vegetable Lasagne

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

#### Tomato, Basil & Mozzarella Risotto

5.95 (1) / 9.95 (2)  
Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and a knob of lemon and parsley butter.

#### Veggie Bolognese

5.95 (1)  
A rich, slow-cooked ragu of Quorn mince, red wine and tomato, served with wholewheat spaghetti and topped with cheese.

#### Veggie Cottage Pie

5.95 (1) / 9.95 (2)  
Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, grated cheese and parsley.



Portobello Mushroom Risotto

## VEGAN

NEW

### Butternut Squash, Leek & Beetroot Wellington DF VG

15.00 (2)  
Roasted squash and balsamic beetroot layered with garlic spinach, slow-cooked leeks, and chickpeas, wrapped in crisp puff pastry.

### Mexican Three Bean Chilli GF DF VG

5.95 (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 GF DF VG

5.95 (1)

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

### Spanish Bean Stew with Peppers & Kale GF DF VG

5.95 (1) / 9.95 (2)

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

### Vegetable & Chickpea Tagine GF DF VG

5.95 (1) / 9.95 (2)

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

### Wild Mushroom & Aubergine Lasagne DF VG

6.25 (1) / 10.75 (2)

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



Mexican Three Bean Chilli

## MORE VEGAN MAINS

### Korean Vegetable Rice Pot for One (p3)

### Sweet Potato & Aubergine

### Sri Lankan Curry Pot for One (p3)

### Butternut Squash & Red Onion Galette (p22)

### Roasted Vegetable Tarte Tatin (p23)

### Tomato & Pine Nut Tarte Tatin (p23)

### Tofu in Black Bean Sauce (p24)

### Roasted Vegetable & Chickpea Curry (p27)

### Green Thai Vegetable Curry (p28)

### Yellow Vegetable Curry (p28)

## VEGAN SIDES

### Aloo Gobi • Coconut & Lime Leaf Rice

### Dhal Makhani • Edamame Beans

### Garlic & Coriander Naan

### Gunpowder Potatoes • Minted Couscous

### Onion Bhajis • Peas Pilau • Plain Basmati Rice

### Plain Naan • Roast Potatoes

### Soy Garlic Broccoli & Greens • Trio of Greens

### Vegetable Gyoza • Vegetable Spring Rolls

### Thai Corn Fritters

## VEGAN PUDDINGS

### Apricot & Orange Almond Torte

### Winter Pudding • Farmhouse Flapjack



\*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.

# TABLE FOR TWO?

Turn a humdrum midweek evening into a memorable night at your favourite restaurant with our fancy meals for two.

Then just open the wine...



Slow-Cooked Lamb Shanks



Don't forget Valentine's day 14<sup>th</sup> February



Roasted Chicken Breasts in a Port & Merlot Jus



Butternut Squash, Leek & Beetroot Wellington



Beef Wellington





**Beef & Red Wine Bolognese**

## SAUCES All 5.00

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

### Four Cheese

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

### Roasted Mediterranean Vegetable

GF DF V

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



### Tomato, Mascarpone & Basil

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

### Beef & Red Wine Bolognese

GF DF

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

### Pesto, Broccoli & Spinach

GF V

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

## PIES FOR ONE All 5.50

### Chicken & Portobello Mushroom Pie

Cooked with white wine, thyme and cream.



### Classic Steak & Ale Pie

With caramelised red onions.

### Ham Hock & Leek Pie

In a cream sauce topped with wholegrain mustard mash.

### Roasted Veg, Lentils & Kale Pie

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



### Spinach & Feta Pie

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

### Spring Chicken & Asparagus Pie

With tarragon and peas in a white wine sauce.

### Steak & Kidney Pie

With a rich ale sauce and suet pastry lid.

### Steak & Stilton Pie

With roasted parsnips and red wine.



\* Promotion T&Cs apply. Valid until 28<sup>th</sup> March.

## SIDES



### Braised Red Cabbage

GF V

3.75 (2)

### Trio of Greens

ONLY GF DF VG

2.35 (1) / 3.50 (2)

### Cauliflower Cheese

GF V

4.00 (2)

### Creamy Mash

GF V

3.00 (1) / 4.00 (2)

### Creamed Spinach

GF V

3.75 (2)

### Dauphinoise Potatoes

GF V

3.25 (1) / 4.50 (2) / 10.00 (6)

### Garlic Ciabatta

3.50 (4)

### Minted Couscous

DF VG

4.00 (2)

### Plain Basmati Rice

GF DF VG

1.75 (1) / 2.75 (2)

### Peas & Leeks with a Lemon & Herb Butter

ONLY GF V

2.35 (1) / 3.50 (2)

### Roast Potatoes

DF VG

3.95 (2)



## KIDS MEALS All 3.75

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

5 FOR £16\*

## We're Feeding Change

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



“Now I stay in school for long hours without feeling hungry or weak ... I dream of becoming a nurse.”

Patricia, 14

\* Promotion T&Cs apply. Valid until 28<sup>th</sup> March



New Parents Discount

## 10% OFF FOR NEW PARENTS

Sign up at your local COOK shop or online at [cookfood.net/newparents](http://cookfood.net/newparents)

“A genuine life saver!”

Leanne

## GIFT CARDS A Perfect Present for New Parents

Because sleep is rare, but great meals don't have to be.

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# NEVER MISS A COOK NIGHT



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## GRAND MEALS FOR 8

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

### The Grand Lasagne al Forno

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

### The Grand Roasted Vegetable Lasagne (V)

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

great taste  
2015

### The Grand Beef Bourguignon (GF) (DF) (V)

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

great taste  
2015

### The Grand Fish Pie

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

### The Grand Moroccan Spiced Lamb Tagine (GF) (DF) (V)

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

great taste  
2015

### The Grand Cottage Pie (GF)

39.00 (8)  
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.



The Grand Lasagne al Forno

# INVITE YOUR FRIENDS OVER

NEW

## Marmalade & Honey Glazed Gammon GF DF

A ready-to-roast, Wiltshire-cured gammon from Dingley Dell farm, with a pure honey, marmalade and Dijon mustard glaze.

NEW

## Smoked Bacon, Broccoli and Cheddar Frittata GF

Free-range egg frittata with higher-welfare smoked bacon lardons, longstem broccoli, cherry tomatoes and West Country Cheddar.

BACK

## Butternut Squash & Red Onion Galette DF VG

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

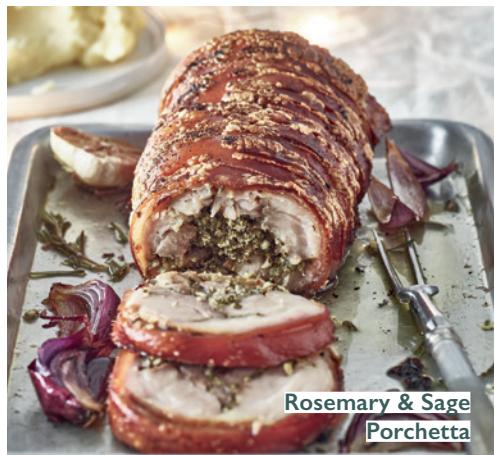
NEW NAME

## Salmon Wellington 45.00 (6)

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

## French Onion Tart V 16.00 (4 main / 8 Buffet)

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



Rosemary & Sage Porchetta



Quiche Lorraine

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

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



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

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

## Side of Scottish Salmon with Lemon & Dill GF DF

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

## Smoked Salmon Terrine GF 14.75 (6-12)

A terrine of Scottish smoked salmon prepared three ways – roast flakes surrounded by a delicate salmon and dill mousse, topped with smoked slices. *Thaw & Serve.*

## Quiche Lorraine 22.00 (10-12)

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

## SMALL PLATES

### 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.

7.50 (2x1)



### Roasted Mediterranean Vegetable Tarts V

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

7.50 (2x1)

### Duck & Plum Filo Parcels DF

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

7.50 (2x1)

### Roasted Vegetable Tarte Tatin DF VG 7.00 (2x1)

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

7.00 (2x1)

### Salmon, Horseradish & Spinach Stacks GF

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

7.50 (2x1)

### Three Cheese Fondant Soufflés V

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

6.50 (2x1)



Roasted Mediterranean Vegetable Tarts

“...My go to company whenever I am entertaining.”

Tracy

NEW



Sensational Veggie Rolls

## CANAPÉS All 8.50 (12 per pack)

### Duck & Hoisin Puffs DF

### Tomato & Pine Nut Tarte Tatin DF VG

### Mini Salmon Frittatas GF

### Chicken, Ginger & Lemongrass Bites GF DF

### Goat's Cheese & Pesto Whirls V

### Mini Thai Salmon Fishcakes GF DF

### NEW Sensational Sausage Rolls DF 7.95 (12 rolls)

### NEW Sensational Veggie Rolls DF VG 7.95 (12 rolls)

### Pâtés

7.50 (220g tub)

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

## PAN ASIAN MAINS

**Cashew Chicken**  6.25 (1) / 10.75 (2)  
Higher-welfare British chicken breast in oyster sauce, with tamari, peppers, spring onion and cashews.

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



Chicken Chow Mein

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

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



Tofu in Black Bean Sauce

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

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

**Sweet & Sour Chicken** 6.25 (1) / 10.75 (2)  
 A take on the Cantonese classic with higher-welfare British chicken breast, sliced onion, peppers and pineapple.

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

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

**Naked Chicken Katsu Curry** 6.25 (1) / 10.75 (2)  
 Higher-welfare British chicken breast in a katsu sauce with pickled red onion and radish.

**Sweet Potato Katsu Curry** 5.95 (1)  
 Roasted sweet potato with julienne carrot, cabbage and edamame beans in a katsu curry sauce, served with rice and finished with pumpkin seeds.

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



## PAN ASIAN SIDES

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

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

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

**“Best takeaway ever!!  
Just love my night off COOK dinners!”**

Pat ★★★★★



## INDIAN MAINS

**Beef Madras** 6.75 (1) / 11.75 (2)

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

**Butter Chicken Curry** 6.25 (1) / 10.75 (2)

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

**Chicken Balti** 6.25 (1)

Higher-welfare British chicken breast, marinated in garlic and chilli, in a medium-spiced curry sauce with roasted green peppers and a squeeze of lime.

**Chicken Jalfrezi** 6.25 (1) / 10.75 (2)

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

**Chicken Korma** 6.25 (1) / 10.75 (2)

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

**Chicken Tikka Masala** 6.25 (1) / 10.75 (2)

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

**Garlic Chicken Curry** 6.25 (1)

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

**Keralan Prawn & Mango Curry** 6.75 (1)

Plump, sustainably-sourced king prawns in a light, fragrant turmeric and coconut sauce with spinach and curry leaves, topped with sweet mango and chilli.



Roasted Vegetable & Chickpea Curry

**Lamb Dupiaza**

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

**Lamb Biryani**

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

**Prawn Karahi**

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

**Roasted Vegetable**

**& Chickpea Curry**

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

**Vegetable Korma**

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

6.75 (1)



6.75 (1)



6.75 (1) / 11.75 (2)

## INDIAN SIDES

**Lamb Samosas**

3.75 (2)

**Aloo Gobi**

3.50 (2)



Dhal Makhani

**Dhal Makhani**

3.50 (2)

**Gunpowder Potatoes**

3.50 (2)

**Onion Bhajis**

3.50 (2)

**Saag Paneer**

3.50 (2)

**Garlic & Coriander Naan**

2.75 (2x1)

**Plain Naan**

2.75 (2x1)

**Plain Basmati Rice**

1.75 (1) / 2.75 (2)

**Peas Pilau**

2.00 (1) / 3.00 (2)



Lamb Samosas

“So much better than the takeaways near us”

Jo ★★★★★

## THAI MAINS

### Beef Massaman Curry 6.75 (1)

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

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

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

### Chicken Satay 6.25 (1) / 10.75 (2) / 19.95 (4)

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

### Crispy Roast Half Duck 13.00 (2)

With 10 pancakes & a rich Hoisin sauce.

### Drunken Noodles 6.75 (1)

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

### Green Thai Chicken Curry 6.25 (1) / 10.75 (2) / 19.95 (4)

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

### Green Thai Vegetable Curry 5.95 (1)

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

### Lime & Coconut Chicken 6.25 (1)

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

### Red Thai Chicken Curry 6.25 (1) / 10.75 (2)

A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.



### Red Thai Duck Curry 7.25 (1)

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



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

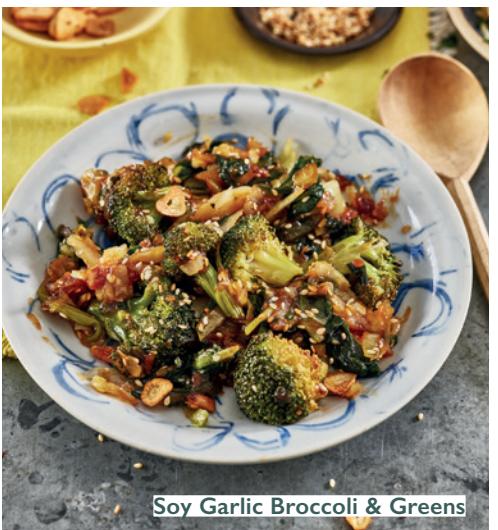
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

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

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



Green Thai Chicken Curry



Soy Garlic Broccoli & Greens



## THAI SIDES

### NEW RECIPE

#### Vegetable Spring Rolls 3.50 (2)

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

#### Duck Spring Rolls 4.75 (2)

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

#### Red Thai Chicken Wings 4.00 (2)

#### Soy Garlic Broccoli & Greens

#### 3.50 (2)

#### Thai Corn Fritters 3.50 (2)

#### Thai Salmon Fishcakes 4.75 (2)

“Absolutely delighted...as good as in a Thai restaurant”

Jean ★★★★★

# HAPPINESS ON A PLATE

Every great meal ends with a great pudding... and these are the greatest. Handmade in Somerset, they come with a guarantee of clean plates and broad smiles.



NEW



## Pistachio, Passion Fruit & Raspberry Pavlova

GF (V) 16.75 (8-10)

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



## 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.

## LARGE PUDDINGS 8+ people



### Chocolate & Raspberry Roulade

GF (V) 16.75 (8-10)

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



### Chocolate & Salted Caramel Pavlova

GF (V) 16.75 (8-10)

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



### Raspberry Pavlova

GF (V) 16.75 (8-10)

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



### Lemon Meringue Pavlova

(V) 16.75 (8-10)

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



### 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.*



### Sicilian Lemon Cheesecake

19.00 (10-12)

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



### Chocolate Mousse Torte

(V) 18.00 (10-12)

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



### Chocolate & Hazelnut Meringue Parfait

GF (V) 20.00 (10-12)

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



### Fruit Vacherin

GF (V) 20.00 (10-12)

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

## MEDIUM PUDDINGS 6+ people



**Apricot & Orange Almond Torte** GF DF VG 9.95 (6-8)  
A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.



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

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

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

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

**Pear & Ginger Tart** V 9.95 (6-8)  
Soft pears and ginger in a classic frangipane tart, finished with flaked almonds.  
Can also be served warm.



Classic Lemon Tart

## HOT PUDS

### NEW

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

**Bramley Apple & Blackberry Crumble** V

4.25 (2) / 8.95 (6)



**Cherry Bakewell** V

4.25 (2)

**Rhubarb & Custard Pudding** V

4.25 (2)

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

8.95 (6)



**Apple Strudel** V

4.25 (2)

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

**Hot Chocolate Pudding** V

4.25 (2)

9.95 (6-8)



**Sticky Toffee Pudding** V

4.25 (2) / 8.95 (6)

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



### BACK



Rhubarb & Custard Pudding



Sticky Toffee Pudding



Hot Chocolate Pudding



Bramley Apple & Blackberry Crumble



## INDIVIDUAL PUDDINGS

### NEW

**Blackberry & Sloe Gin Panna Cotta** GF 4.25 (2x1)

### NEW RECIPE

**Sicilian Lemon Cheesecakes** 4.25 (2x1)

**Chocolate & Hazelnut** 5.00 (2)

**Meringue Parfait** GF V

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

**Lemon Tarts** V 4.25 (2x1)

**Lemon Possets** V 4.25 (2x1)

**Mango & Passion Fruit Cheesecakes** 4.25 (2x1)

**Red Berry Mousse** GF 4.25 (2x1)

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



## CAKES & TRAYBAKES

### NEW

**Carrot Celebration Cake** V 22.00 (16-20)

Three layers of deliciously moist carrot cake, topped and filled with cream cheese and orange zest icing.

### NEW

**Chocolate Celebration Cake** V 25.00 (16-20)

Three layers of rich, moist chocolate sponge, filled and iced with a chocolate buttercream.

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

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

**Billionaire's Shortbread** V 6.75 (6)

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

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

**Lemon Drizzle Slice** V 6.75 (6)

## ICE CREAM by Alder Tree

We've found Britain's best ice cream.

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

6.00 (500ml tub) / all GF V

**Blackcurrant**

**Gooseberry & Elderflower**

**Pear & Vanilla**

**Raspberry**

**Stem Ginger & Rhubarb**

**Vanilla**

2.50 (125ml tub) / all GF V

**Raspberry**

**Stem Ginger & Rhubarb**

**Strawberries & Cream**

**Vanilla**



# Gluten Free & Dairy Free

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of November 2025.

VEGGIE
Portobello Mushroom Risotto <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Red Lentil & Aubergine Moussaka <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Tomato, Basil & Mozzarella Risotto <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Veggie Cottage Pie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

VEGAN
Butternut Squash, Leek & Beetroot Wellington <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Mexican Three Bean Chilli <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Red Lentil & Mixed Bean Casserole <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Spanish Bean Stew with Peppers & Kale <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Vegetable & Chickpea Tagine <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Wild Mushroom & Aubergine Lasagne <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

LAMB
Lamb Casserole with New Potatoes <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lamb Hotpot <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Mediterranean Lamb Stew <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Moroccan Spiced Lamb Tagine <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Shepherd's Pie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Slow-Cooked Lamb Shanks <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

DUCK
Duck Confit with Lentils <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

PORK
Tartiflette <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

FISH
Shellfish with a Lemon & Caper Butter <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Rainbow Trout with a Tarragon & Lemon Crumb <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Smoked Haddock & Prawn Risotto <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

BEEF
Beef Bourguignon <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chilli con Carne <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Cottage Pie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Slow-cooked Beef Cheeks with Sauce Diane <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

SIDES
Braised Red Cabbage <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Cauliflower Cheese <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Creamy Mash <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Creamed Spinach <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Dauphinoise Potatoes <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Minted Couscous <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Peas & Leeks with a Lemon Herb Butter <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Roast Potatoes <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Trio of Greens <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

SAUCES
Beef & Red Wine Bolognese <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Four Cheese <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Pesto, Broccoli & Spinach <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Roasted Mediterranean Vegetable <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Tomato, Mascarpone & Basil <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

CHICKEN
Basil & Mascarpone Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Dijon <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken, Pea & Bacon Risotto <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Provençal <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Coq au Vin <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Creamy Chicken with Mushrooms & Bacon <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Hearty Chicken Casserole <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Moroccan Spiced Harissa Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Roasted Chicken Breasts in a Port & Merlot Jus <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

ENTERTAINING
Chicken Liver Pâté / Roast Salmon Pâté <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Butternut Squash & Red Onion Galette <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Duck & Plum Filo Parcels <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Honey Roast Ham <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Marmalade & Honey Glazed Gammon <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Roasted Vegetable Tarte Tatin <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Rosemary & Sage Porchetta <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Salmon, Horseradish & Spinach Stacks <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Side of Salmon with Lemon & Dill <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Smoked Bacon, Broccoli and Cheddar Frittata <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Smoked Salmon Terrine <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Sensational Sausage Rolls <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Sensational Veggie Rolls <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chicken, Ginger & Lemongrass Bites Canapé <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Duck & Hoisin Puffs Canapé <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Mini Thai Salmon Fishcakes Canapé <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Mini Salmon Frittatas <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Tomato & Pine Nut Tarte Tatin Canapé <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

INDIAN MAINS
Beef Madras <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Butter Chicken Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Balti <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Jalfrezi <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Korma <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Chicken Tikka Masala <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Garlic Chicken Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
King Prawn Laksa <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Keralan Prawn & Mango Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lamb Biryani <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lamb Dupiaza <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Prawn Karahi <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>
Roasted Vegetable & Chickpea Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Vegetable Korma <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

INDIAN SIDES
Aloo Gobi <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Dhal Makhani <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Garlic & Coriander Naan <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Gunpowder Potatoes <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lamb Samosas <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Onion Bhajis <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Plain Naan <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Peas Pilau <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Plain Basmati Rice <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Saag Paneer <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span>

POTS FOR ONE
Chicken Pad Thai <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Green Thai Chicken Noodles <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Jerk Chicken with Pineapple Salsa <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Keralan Chicken Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Korean Vegetable Rice <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lemon & Herb Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Prawn Noodles with Mango & Coconut <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Singapore Noodles <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Soy Salmon with Edamame & Grains <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Sticky Soy & Ginger Beef <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Sweet Potato & Aubergine Sri Lankan Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Teriyaki Chicken Noodles <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

PAN ASIAN MAINS
Cashew Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chicken Chow Mein <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chicken in Black Bean <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chicken Ramen <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Hoisin Duck Noodles <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Honey & Ginger Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
King Prawn Laksa <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Korean Spiced Shredded Beef & Rice Bowl <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Lamb Biryani <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Naked Chicken Katsu Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Pulled Beef Rendang & Turmeric Rice <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Sweet & Sour Chicken <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Sweet Potato Katsu Curry <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Teriyaki Salmon Noodles <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Tofu in Black Bean Sauce <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Tofu & Shiitake Mushroom <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Turkey Laab <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

PAN ASIAN SIDES
Chicken Katsu Bites <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Edamame Beans <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">GF</span> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Egg Fried Rice <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Korean-Style Chicken Wings <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Teriyaki Chicken Wings <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Vegetable Gyoza <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>

KIDS MEALS
Chicken Dinosaur Pie <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">DF</span>
Chicken Paella <span style="border: 1px solid black; border-radius: 5



Lasagne al Forno

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