

—COOK—

COSY
NIGHTS
IN

Chicken, Ham & Leek Pie

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

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 & Lorie

CEOs (and siblings)

Certified



Corporation
Since 2013



Perfect for cosy nights in

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

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HEALTHY MEALS IN MINUTES

Sweet Potato & Aubergine Sri Lankan Curry

SOURCE OF
PROTEIN

AT LEAST
1/5
A DAY

UNDER
400
KCAL

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*

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

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

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

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

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

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

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

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

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

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

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

*Promotion T&Cs apply. Valid until 28th 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)
(GF)(DF)♥
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine. 

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

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

Chilli con Carne 6.25 (1) / 10.75 (2) / 19.95 (4)
(GF)(DF)♯
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 (GF) 6.75 (1) / 11.75 (2)
Prime rump beef cooked slowly with chestnut mushrooms and a rich, brandy sauce.

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



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 (GF)(DF)♥ 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

KEY

(V) Vegetarian • (VG) Vegan

(GF) Gluten Free • (DF) Dairy Free

(M) Microwaveable • (MW) Must be microwaved

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


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


LOVE EATING WELL: Fewer than 400 kcs • 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 Oglesfield cheese.

Mac Cheese with Smoky Bacon (GF) 6.25 (1) / 10.75 (2)
An indulgent macaroni cheese with vintage West Country Cheddar and smoked bacon, topped with a crispy garlic and parsley crumb. 

Meatballs in a Rustic Tomato Sauce (GF)(DF)♥ 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 (GF) 6.25 (1) / 10.75 (2)
Tender higher-welfare strips of pork in a mustard, sherry and crème fraîche sauce with chestnut mushrooms and pickled red onions.

Rosemary & Sage Porchetta (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 (GF) 6.25 (1)
Sliced pork and leek sausages with new potatoes, bacon and leeks in an apple & mustard sauce.

Spaghetti Carbonara (GF) 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

FISH



NEW

Rainbow Trout with a Tarragon & Lemon Crumb (DF)

17.00 (2)

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

NEW

Shellfish with a Lemon & Caper Butter (GF)

17.00 (2)

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

NEW RECIPE

Salmon Wellington

20.00 (2)

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

NEW NAME

Salmon Wellington

45.00 (6)

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

Classic Fish Pie

6.75 (1) / 11.75 (2) / 23.25 (4)

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

Cod Mornay

6.75 (1) / 11.75 (2)

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

**King Prawn Linguine** (GF)

6.75 (1) / 11.75 (2)

Linguine with sustainably-sourced king prawns in a lobster, crème fraîche and white wine sauce with semi-dried tomatoes and a squeeze of lemon.

Salmon & Asparagus Gratin

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

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

Smoked Haddock & Bacon Gratin

6.75 (1) / 11.75 (2)

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 & Asparagus Gratin

Classic Fish Pie

CHICKEN

Always British
Higher Welfare

NEW

Chicken Provençal (GF) 6.25 (1) / 10.75 (2)
Roasted higher-welfare chicken leg cooked on the bone, in a classic Provençal sauce of shallots, white wine, tomatoes, olives and artichokes.

Basil & Mascarpone Chicken (GF) 5.95 (1) / 9.95 (2)
Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with semi-dried cherry tomatoes.

Chicken Alexander (GF) 5.95 (1) / 9.95 (2) / 19.50 (4)
Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

Chicken Dijon (GF) 5.95 (1) / 9.95 (2) / 19.50 (4)
Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.

Chicken, Ham & Leek Pie 6.25 (1) / 10.75 (2) / 19.95 (4)
Higher-welfare British chicken and ham with sliced leeks in a cream and white wine sauce, topped with melt-in-the-mouth shortcrust pastry.

Chicken, Ham & Leek Pie 30.00 (6)
Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.



Chicken & Tomato Pasta Bake 6.25 (1)
Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Chicken & Mushroom Lasagne 6.25 (1) / 10.75 (2) / 19.95 (4)
Layers of higher-welfare British chicken in a rich tomato sauce, and mushrooms and spinach, with béchamel topped with mature Cheddar and basil.

Chicken, Pea & Bacon Risotto (GF) 6.25 (1) / 10.75 (2)
Ribe risotto rice, shredded higher-welfare British chicken, bacon and peas with a mascarpone and crème fraîche sauce with white wine and garlic.

Coq au Vin (GF) 6.25 (1) / 10.75 (2) / 19.95 (4)
Higher-welfare British chicken cooked on the bone with red wine, pearl onions, mushrooms and streaky bacon.

Creamy Chicken with Mushrooms & Bacon (GF) 6.25 (1) / 10.75 (2)
Marinated higher-welfare British chicken breast in a creamy porcini and garlic sauce with bacon and roasted mushrooms.

Hearty Chicken Casserole (GF) 6.25 (1)
Higher-welfare British chicken leg and thigh with roasted leeks, swede and carrots, in a tomato, chicken and herb sauce.

Moroccan Spiced Harissa Chicken (GF) 6.25 (1) / 10.75 (2)
Higher-welfare British chicken breast, marinated in harissa, in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds.

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

Tarragon & Lemon Chicken 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 & GAME

NEW

Duck Confit with Lentils (GF) 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 7.25 (1) / 13.25 (2)
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

6.75 (1) / 11.75 (2)

Lamb Stew

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 9th March

VEGETARIAN

NEW RECIPE

Nut Loaf (V)

8.95 (2)

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

Butternut Squash, Spinach & Feta Tarts (V)

7.50 (2x1)

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

Halloumi & Arrabbiata Pasta Bake (V)

5.95 (1)

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

Macaroni Cheese (V)

4.95 (1) / 8.50 (2)

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

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

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

Portobello Mushroom Risotto (GF V)

5.95 (1) / 9.95 (2)

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

Portobello Mushroom Wellington (V) 15.00 (2)

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

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

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

Roasted Mediterranean Vegetable Tarts (V) 7.50 (2x1)

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

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

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

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

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

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

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

Veggie Bolognese (V) 5.95 (1)

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

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

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

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.



Portobello
Mushroom Risotto



Roasted Vegetable Lasagne

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.



Vegetable & Chickpea Tagine



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 Tatins (p23)

Tomato & Pine Nut Tarte Tatins (p23)

Tofu in Black Bean Sauce (p24)

Roasted Vegetable & Chickpea Curry (p27)

Green Thai Vegetable Curry (p28)

Yellow Vegetable Curry (p28)

VEGAN SIDES

Aloo Gobi • Coconut & Lime Leaf Rice

Dhal Makhani • Edamame Beans

Garlic & Coriander Naan

Gunpowder Potatoes • Minted Couscous

Onion Bhajis • Peas Pilau • Plain Basmati Rice

Plain Naan • Roast Potatoes

Soy Garlic Broccoli & Greens • Trio of Greens

Vegetable Gyoza • Vegetable Spring Rolls

Thai Corn Fritters

VEGAN PUDDINGS

Apricot & Orange Almond Torte

Winter Pudding • Farmhouse Flapjack

★ 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 14th 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.

Beef & Red Wine Bolognese

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

Pesto, Broccoli & Spinach

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

Roasted Mediterranean Vegetable

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.



PIES FOR ONE All 5.50

2 FOR £9.50*

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 28th March.



Chicken & Portobello
Mushroom Pie

SIDES



Garlic Ciabatta

Braised Red Cabbage   3.75 (2)

Trio of Greens 2.35 (1) / 3.50 (2)
  

Cauliflower Cheese   4.00 (2)


Creamy Mash   3.00 (1) / 4.00 (2)

Creamed Spinach   3.75 (2)

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

Garlic Ciabatta  3.50 (4)

Minted Couscous    4.00 (2)

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

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

Roast Potatoes    3.95 (2)



Chicken Dinosaur Pie

KIDS MEALS All 3.75

5 FOR £16*

Beef Lasagne

Chicken Dinosaur Pie

Chicken Paella

Chicken Tikka & Rice

Chicken & Tomato Orzo Bake

Cottage Pie

Fish Pie

Macaroni Cheese

Meatballs & Spaghetti

Pasta Bolognese

Sausage Casserole

Tuna Pasta Bake

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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 28th March



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Leanne ★★★★★

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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 39.00 (8)

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

The Grand Beef Bourguignon 45.00 (8)

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

The Grand Fish Pie 45.00 (8)

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

The Grand Moroccan Spiced Lamb Tagine 45.00 (8)

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

The Grand Cottage Pie 39.00 (8)

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



The Grand Lasagne al Forno

INVITE YOUR FRIENDS OVER

NEW

Marmalade & Honey Glazed Gammon (GF)(DF) 25.00 (14-18 slices)

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

NEW

Smoked Bacon, Broccoli and Cheddar Frittata (GF) 18.00 (8)

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

BACK

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

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

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) 30.00 (4 main / 8 Buffet)

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

Smoked Salmon Terrine (GF) 14.75 (6-8)

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

Quiche Lorraine 22.00 (10-12)

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

SMALL PLATES

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

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



Roasted Mediterranean Vegetable Tarts (V) 7.50 (2x1)

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

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

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

Roasted Vegetable Tarte Tatins (DF)(VG) 7.00 (2x1)

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

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

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

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.



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 Tatins (DF)(VG)

Mini Salmon Frittatas (GF)

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

Goat's Cheese & Pesto Whirls (V)

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

NEW Sensational Sausage Rolls (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 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)**
Tofo™ tofu, spring onions, and red and green peppers in a classic black bean sauce.

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

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

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

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

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

Tofu & Shiitake Ramen  **5.95 (1)**
Tofo™ 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.



Chicken Chow Mein



Tofu in Black Bean Sauce

Korean Spiced Shredded Beef & Rice Bowl  **11.75 (2)**
Spiced beef tossed with stir-fried choi sum and Jasmine rice in a tamari, chilli and ginger sauce, topped with pickled red onions.

Pulled Beef Rendang & Turmeric Rice  **6.75 (1) / 11.75 (2)**
Slow-cooked spiced beef in a fragrant coconut sauce, finished with coriander, chilli and desiccated coconut, with a portion of turmeric rice.

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


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



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.

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

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

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

"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 6.75 (1)

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

Lamb Biryani 6.75 (1)

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

Prawn Karahi 6.75 (1) / 11.75 (2)

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

Roasted Vegetable & Chickpea Curry 5.95 (1) / 9.95 (2)

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

Vegetable Korma 5.95 (1)

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

INDIAN SIDES

Lamb Samosas 3.75 (2)

Aloo Gobi 3.50 (2)

Dhal Makhani 3.50 (2)

Gunpowder Potatoes 3.50 (2)

Onion Bhajis 3.50 (2)

Saag Paneer 3.50 (2)

Garlic & Coriander Naan 2.75 (2x1)

Plain Naan 2.75 (2x1)

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

Peas Pilau 2.00 (1) / 3.00 (2)



Dhal Makhani






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

Green Thai Chicken Curry 6.25 (1) / 10.75 (2) / 19.95 (4)
  
A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.




Green Thai Vegetable Curry 5.95 (1)
  
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

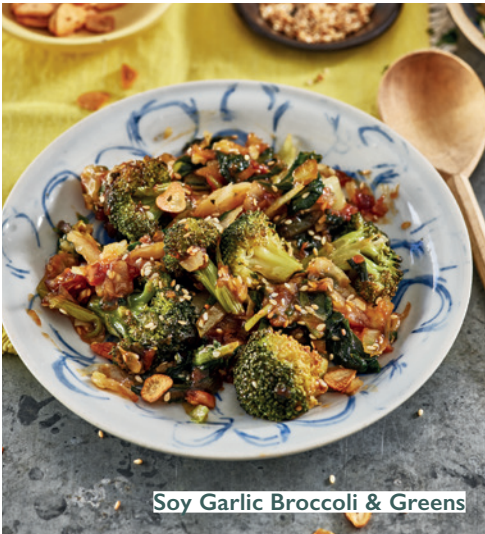
Lime & Coconut Chicken   6.25 (1)
Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.

Red Thai Chicken Curry 6.25 (1) / 10.75 (2)
  
A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.









Red Thai Duck Curry 7.25 (1)
  
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Yellow Thai Prawn Curry 6.75 (1) / 11.75 (2)
  
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 5.95 (1) / 9.95 (2) / 19.50 (4)
  
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.



THAI SIDES

NEW 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.



Chocolate Roulade

GF V 16.75 (8-10)

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

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



Pear & Ginger Tart

Apricot & Orange Almond Torte (GF) (DF) (VG)

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

9.95 (6-8)



Chocolate & Almond Torte (GF) (V)

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

9.95 (6-8)

Classic Lemon Tart (V)

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

9.95 (6-8)

Mango & Passion Fruit Cheesecake

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

9.95 (6-8)

Mixed Berry & Vanilla Cheesecake (V)

Clotted cream and vanilla cheesecake on a biscuit base, with mixed berry compote and fruit coulis swirls.

9.95 (6-8)

Pear & Ginger Tart (V)

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

9.95 (6-8)



Tiramisu (V)

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

9.95 (6-8)

Winter Pudding (DF) (VG)

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

10.95 (6)



Classic Lemon Tart

HOT PUDDS

NEW

Bramley Apple Tarte Tatin (V)

Crisp puff pastry topped with British Bramley apples roasted in a caramel sauce.

9.95 (4)

BACK

Rhubarb & Custard Pudding (V)

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

8.95 (6)



Apple Strudel (V)

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

9.95 (6-8)



Bramley Apple & Blackberry Crumble (V)

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

4.25 (2) / 8.95 (6)



Cherry Bakewell (V)

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

4.25 (2)



Hot Chocolate Pudding (V)

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

4.25 (2)



Sticky Toffee Pudding (V)

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

4.25 (2) / 8.95 (6)



Rhubarb & Custard Pudding



Hot Chocolate Pudding



Sticky Toffee 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 Meringue Parfait (GF) (V) 5.00 (2)

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

Lemon Tarts (V) 4.25 (2x1)

Lemon Possets (V) 4.25 (2x1)

Mango & Passion Fruit Cheesecakes 4.25 (2x1)

Red Berry Mousse (GF) 4.25 (2x1)

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



Mango & Passion Fruit Cheesecakes



Salted Caramel, Chocolate & Honeycomb Cheesecakes



Lemon Tarts



NEW

Carrot Celebration Cake

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

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

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

DUCK	
Duck Confit with Lentils	GF

PORK	
Tartiflette	GF

FISH	
Shellfish with a Lemon & Caper Butter	GF
Rainbow Trout with a Tarragon & Lemon Crumb	DF
Smoked Haddock & Prawn Risotto	GF

BEEF	
Beef Bourguignon	GF DF
Chilli con Carne	GF
Cottage Pie	GF
Slow-cooked Beef Cheeks with Sauce Diane	GF

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

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

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

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

INDIAN MAINS	
Beef Madras	GF
Butter Chicken Curry	GF
Chicken Balti	GF
Chicken Jalfrezi	GF
Chicken Korma	GF
Chicken Tikka Masala	GF
Garlic Chicken Curry	GF
Keralan Prawn & Mango Curry	GF DF
Lamb Biryani	GF DF
Lamb Dupiaza	GF
Prawn Karahi	GF
Roasted Vegetable & Chickpea Curry	GF DF
Vegetable Korma	GF
INDIAN SIDES	
Aloo Gobi	GF DF
Dhal Makhani	GF DF
Garlic & Coriander Naan	DF
Gunpowder Potatoes	GF DF
Lamb Samosas	DF
Onion Bhajis	GF DF
Plain Naan	DF
Peas Pilau	GF DF
Plain Basmati Rice	GF DF
Saag Paneer	GF

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

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

KIDS MEALS	
Chicken Dinosaur Pie	DF
Chicken Paella	GF DF
Chicken Tikka & Rice	GF
Cottage Pie	GF
Fish Pie	GF
Pasta Bolognese	DF
Sausage Casserole	DF

THAI MAINS	
Beef Massaman Curry	GF DF
Chicken Panang Curry	GF DF
Chicken Satay	DF
Crispy Roast Half Duck	DF
Drunken Noodles with King Prawns	DF
Green Thai Chicken Curry	GF DF
Green Thai Vegetable Curry	GF DF
Lime & Coconut Chicken	GF DF
Red Thai Chicken Curry	GF DF
Red Thai Duck Curry	GF DF
Yellow Thai Prawn Curry	GF DF
Yellow Vegetable Curry	DF
THAI SIDES	
Coconut & Lime Leaf Rice	GF DF
Plain Basmati Rice	GF DF
Red Thai Chicken Wings	DF
Soy Garlic Broccoli & Greens	GF DF
Thai Corn Fritters	DF
Thai Salmon Fishcakes	GF DF
Vegetable Spring Rolls	DF

PUDDINGS	
Apricot & Orange Almond Torte	GF DF
Blackberry & Sloe Gin Panna Cotta	GF
Chocolate & Almond Torte	GF
Chocolate & Raspberry Roulade	GF
Chocolate Roulade	GF
Chocolate & Hazelnut Meringue Parfait	GF
Chocolate & Salted Caramel Pavlova	GF
Fruit Vacherin	GF
Pistachio, Passion Fruit & Raspberry Pavlova	GF
Raspberry Pavlova	GF
Red Berry Mousse	GF
Winter Pudding	DF
Farmhouse Flapjack	DF
Gluten-Free Chocolate Brownie	GF
Ice Creams p35	GF



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 (Nov 2025). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops or online. Not all products are available for home delivery (please go to www.cookfood.net or phone 01732 759000 for more details).



Lasagne al Forno



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Ed & Dale, founders

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