

— COOK —



LET'S GET TOGETHER

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

Hello,

Back in 1997 the name COOK didn't exist; originally we were Cakes & Casseroles. And **cakes were a huge part of why we started.**

Our parents ran a small bakery, making cakes by hand, freezing them and then selling to cafes. Their business, combined with our mum's batch cooking for the freezer, was the inspiration for COOK.

So **we've got a soft spot for cake.** And chocolate cake in particular. But for some time, we've felt our chocolate cake could be better. We've tried loads of different recipes with no joy. Then we thought: what about **mum's original recipe?** So we dug it out and had some baked...

A single slice took us straight back to our childhood. Moist, generously iced, not too rich or stodgy. **Simply the best chocolate cake there is.**

And that's what you'll find in our freezers this summer (see p34), along with **lots of other new dishes.** Give them a try and let us know what you think.

Brother & Sister brother & sister (and COOK CEOs)



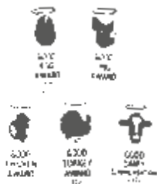
Founding UK B Corp, certified since 2013 as using our business as a force for good.

—COOK—
RAW TALENT

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

COMMUNITY KITCHEN

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



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

KEY

- Ⓥ Vegetarian • ⓋG Vegan • ⓖF Gluten Free • ⓓF Dairy Free
- ☑ Microwaveable • ☑ Must be microwaved
- 🔥 'Warm me up' spicy • 🍷 Nice and spicy
- 🍷 Love Eating Well • () Portion sizes are in brackets
- LOVE EATING WELL: Fewer than 600 cal • 23g of fat • 6g of saturated fat • 30g of sugars • 2g of salt



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

Photography: Carolyn Barber Styling: Pip Spence

Nature's Preservative

Freezing locks in flavour and cuts down waste.

Nearly all our dishes cook straight from frozen.

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

LET'S GET TOGETHER



NEW p4-6
Meals Made for Summer
Who wants to spend time in the kitchen when the garden is calling your name? Relax, let us COOK...



p8-11
The Perfect Spread
The easiest way to cater for a crowd. Everything you need for a joyful summer get together.



p12-13
NEW Sauces
Dinner is saved! Our four new Sauces are a freezer essential. Perfect with pasta or get creative...



p30-35
Puddings
Whatever the weather, an indulgent, handmade pudding brings a bit of sunshine to your table.

Meals Made for Summer

A warm evening; a cold drink and a chat while the timer ticks down; nothing much to do in the kitchen except arrange a few salad leaves ... Here's hoping! We can't look after the weather but we can look after the food.



NEW Chicken Filo Pie

The perfect summer pie. Succulent, shredded chicken thigh in a zesty, lemon and tarragon sauce, with new potatoes and a crisp, golden filo pastry top. Great for the family. For pud, try warm **Chocolate Brownie** (p34) with a scoop of **Alder Tree Vanilla Ice Cream** (p35).



NEW Linguine with Balsamic Roasted Vegetables

Crème fraiche, feta and lemon through the sauce make this a lovely, light pasta dish for summer. Then how about zesty **Lemon Possets** (p34) for pud?



King Prawn Linguine

The ultimate taste of the Med, with its classy lobster, crème fraiche and white wine sauce. For pud, cleanse your palette with a **Gin & Tonic Semifreddo** (p32).



NEW Parmesan Chicken

Our new go-to dish for the summer: tender chicken beneath a golden parmesan crust, with sweet, roasted tomatoes and roast potatoes. Serve with our **Stuffed Focaccia** (p22) or **Garlic Ciabatta** (p22) to mop up the sauce.





Moroccan Spiced Harissa Chicken

Moroccan flavours are perfect for summer – whether it's our **Lamb** (p19) or **Veg Tagine** (p15) or **Harissa Chicken** (p17) as pictured. Add our **Minted Couscous** (p22) and a few flatbreads (our naans are ideal), with crème fraiche and lemon wedges to serve.



NEW Korean Spiced Shredded Beef & Rice Bowl

The bold flavours of Korea are all the rage and our new **Korean Spiced Shredded Beef & Rice Bowl** (p20) packs them in. A squeeze of lime and a handful of coriander and you're good to go.



A handmade tart and ice cream

What better way to end a meal than with a slice of a sweet, handmade COOK tart and a scoop of Britain's best ice cream from **Alder Tree?**

Try our **Lemon Tart** with Raspberry ice cream; **Summer Fruit Tart** with Gooseberry & Elderflower; or **Chocolate & Almond Torte** with Blackcurrant. (Puds all p32)



p35

GRAND MEALS FOR 8

Like hiring a caterer but at a fraction of the price.

The Grand Beef Bourguignon (GF) (DF) (V)		39.00 (8)
The Grand Cottage Pie (GF)		37.00 (8)
The Grand Fish Pie		39.00 (8)
The Grand Lasagne al Forno <i>pictured</i>		37.00 (8)
The Grand Moroccan Spiced Lamb Tagine (GF) (DF) (V)		39.00 (8)
The Grand Roasted Vegetable Lasagne (V)		37.00 (8)



NEW

Stuffed Focaccia with Bacon & Taleggio

Add it to any table to generate some oohs and ahhs (p22)

The Perfect Spread

Everything you need for a joyful summer get together. For every 8 people, we recommend:

- 1 One big quiche or two smaller tarts;
- 2 A big ham (which feeds at least 15!), or a side or terrine of salmon;
- 3 A thaw-and-serve salad (see the next page).
- 4 Add some baguettes and a green salad. Oh, and pudding, of course (p30).



Feta, Tomato & Pesto Lattice (V) 17.00 (6)
Semi-dried tomatoes, pesto, feta cheese, red onion and pine nuts wrapped in crisp puff pastry with basil and oregano.



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



Moroccan Lamb Filo Pie 28.00 (6)
Slow-cooked lamb with chickpeas, spinach and sweet potato, dressed in North African spices, wrapped in golden filo pastry and topped with feta and cranberries.



Smoked Salmon Terrine (GF) 12.95 (6-8)
A terrine of Scottish smoked salmon prepared three ways – roast flakes surrounded by a delicate salmon and dill mousse, topped with smoked slices. *Thaw & Serve.*



Roasted Tomato & Red Pepper Galette (DF)(VG) 16.00 (4)
Cherry tomatoes, red peppers and baby spinach on a red onion and sweet pepper chutney base, with a vegan-friendly béchamel sauce and wrapped in a golden puff pastry case.



Spinach & Feta Filo Tart (V) 14.00 (4-6)
Inspired by the traditional Greek Spanakopita, a crispy filo pastry case filled with spinach, feta, ricotta and lemon zest, topped with pine nuts, dill and sunflower seeds.



Tomato, Mozzarella & Pesto Stack (GF)(V) 17.00 (6-8)
A savoury tatin with layers of potato and courgette, topped with crème fraîche, mozzarella and pesto, finished with red pepper and semi-dried tomato.



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.



Kiln-Roasted Salmon Quiche 21.00 (10-12)
Generous flakes of kiln-roasted sustainable salmon in an egg and mascarpone quiche with baby spinach leaves, horseradish and dill.



Quiche Lorraine 21.00 (10-12)
A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes.



Roasted Pepper & Goat's Cheese Quiche (V) 21.00 (10-12)
Sweet roasted peppers and slices of goat's cheese in a deep, free-range egg quiche.



Honey Roast Ham (DF) 35.00 (15+)
A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve.*



SALADS

There's more to life than iceberg lettuce. Our vibrant thaw-and-serve salads all come with a separate dressing to mix through just before serving.

NEW Red Pesto & Mozzarella Pasta Salad (V) 9.75 (6 buffet)
Cellentani pasta with a red pepper pesto, topped with mozzarella pearls, sunflower seeds and roasted red pepper, finished with a drizzle of basil oil.

Moroccan Fruity Couscous with a Harissa Dressing (V) 9.75 (6 buffet)
A vibrant couscous salad with dried apricots, sultanas, grilled red peppers and a squeeze of lemon juice.

Rainbow Salad with a Lemon & Herb Dressing (V) 9.75 (6 buffet)
A zesty giant couscous salad with grilled peppers, edamame beans, chickpeas, and a mix of sunflower and pumpkin seeds.



Red Pesto & Mozzarella Pasta Salad

NEW

“No fuss, meaning more time with friends and family”

★★★★★ Abi



NEW RECIPE
Coronation Chicken 14.95 (6 buffet)
Higher-welfare chicken breast with sultanas and apricots in the classic, creamy and mild curry sauce, topped with pumpkin and nigella seeds.
Thaw & Serve.



Baked Camembert with a Sweet Pepper Chutney

Oozy, melting cheese; golden pastry and sweet, sticky chutney. Ideal for sharing with drinks before dinner.

LUNCHES AND LIGHT BITES

I'M BACK
Baked Camembert with a Sweet Pepper Chutney (V) 12.00 (4)
A whole French camembert wrapped in golden puff pastry, topped with honey, garlic and parsley, with a sweet and spicy red pepper chutney.

I'M BACK
Halloumi, Red Pepper & Spinach Stacks (GF, V) 9.00 (2x1)
Handmade stacks of blended spinach and ricotta, with a layer of chargrilled aubergines and red peppers, topped with halloumi slices dressed with sesame and dill. **great taste 2023**

Butternut Squash, Spinach & Feta Tarts (V) 5.95 (2x1)
Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.

Duck & Plum Filo Parcels (DF) 7.50 (2x1)
Chinese five spice roasted duck from Silver Hill, with shredded carrot and spring onion in a ginger, plum and orange sauce.

Roasted Mediterranean Vegetable Tarts (V) 5.95 (2x1)
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

Roasted Vegetable Tarte Tatins (DF, VG) 6.50 (2x1)
Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks (GF) 7.50 (2x1)
Flaked kiln-roasted salmon on a base of spinach, crème fraîche and cornichons, topped with a horseradish and mascarpone cream.



Sensational Veggie Rolls



Butternut Squash, Spinach & Feta Tarts



Halloumi, Red Pepper & Spinach Stacks **great taste 2023**

CANAPÉS All 8.50 (12 per pack)

Chicken, Ginger & Lemongrass Bites (GF, DF)

Duck & Hoisin Puffs (DF)

Goat's Cheese & Pesto Whirls (V)

Mini Salmon Frittatas (GF)

Mini Thai Salmon Fishcakes (GF, DF)

Tomato & Pine Nut Tarte Tatins (DF, VG)

Sensational Sausage Rolls 6.95 (12 rolls)

Sensational Veggie Rolls (V) 6.95 (12 rolls)

Pâtés 6.75 (220g pot)
Choose from: Chicken Liver (GF), Roast Salmon (GF), Wild Mushroom & Truffle (V)

S A U C E S



NEW

NEW

NEW

NEW

DINNER IS SAVED!



3 FOR
£13

NEW Sauces for all the family
Handmade from great ingredients
Ready in minutes from frozen

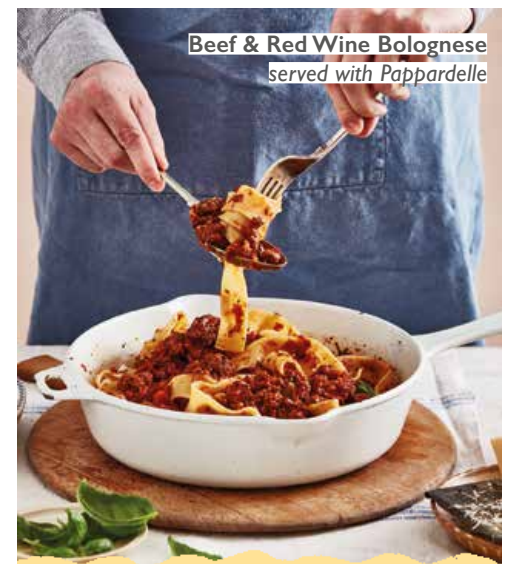
All 5.00 (400g)
Available from 6th May

NEW
Beef & Red Wine Bolognese (GF, DF)
British beef and Italian red wine ragu with garlic, tomato, rosemary and thyme. *1 of 5 a day.*

NEW
Roasted Mediterranean Vegetable (GF, DF, V)
A wholesome, chunky tomato sauce with balsamic-roasted courgettes, peppers and aubergines. *2 of 5 a day.*

NEW
Pesto, Broccoli & Spinach (GF, V)
A creamy basil pesto-based sauce with broccoli, spinach and a little lemon zest.

NEW
Tomato, Mascarpone & Basil (GF, V)
A family-friendly tomato sauce blended with mascarpone and basil for a creamy smooth finish.



Beef & Red Wine Bolognese
served with Pappardelle

Perfect with pasta...



Roasted Mediterranean Vegetable
served with Cod & Roasted Potatoes

...or get creative!

Get inspired at cookfood.net/sauces



VEGETARIAN

NEW Linguine with Balsamic Roasted Vegetables 5.50 (1) / 8.95 (2)

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

NEW RECIPE Parmigiana di Melanzane 5.50 (1) / 8.95 (2)

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

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

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

Chilli con Vегgie 5.50 (1)

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

Halloumi & Arrabbiata Pasta Bake 5.50 (1)

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

Macaroni Cheese 4.95 (1) / 8.50 (2)

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

Nut Loaf 7.95 (540g)

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

Red Lentil & Aubergine Moussaka 5.50 (1) / 8.95 (2)

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

Roasted Mediterranean Vegetable Tarts 5.95 (2x1)

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

Roasted Vegetable Lasagne 5.95 (1) / 9.75 (2) / 19.50 (4)

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

Portobello Mushroom Risotto 5.50 (1) / 8.95 (2)

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

Portobello Mushroom Wellington 14.00 (2)

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

The Grand Roasted Vegetable Lasagne 37.00 (8)

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

Tomato, Basil & Mozzarella Risotto 5.50 (1) / 8.95 (2)

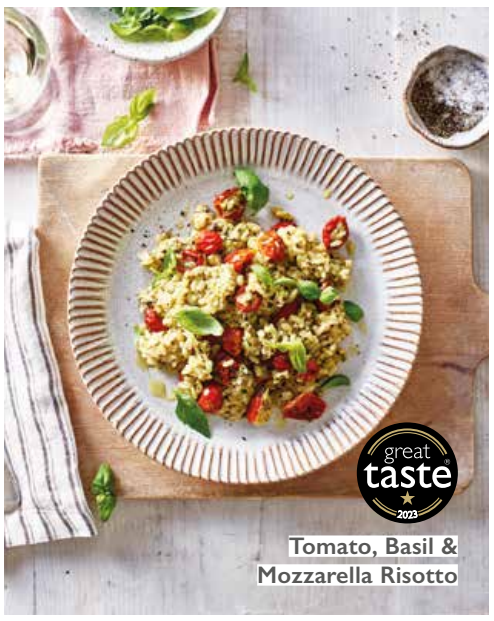
Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and lemon and parsley butter.

Vегgie Bolognese 5.50 (1)

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

Vегgie Cottage Pie 5.50 (1) / 8.95 (2)

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



Tomato, Basil & Mozzarella Risotto



VEGAN

NEW Roasted Cauliflower & Aubergine Dhal 5.50 (1)

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

NEW Teriyaki Rice with Aubergine & Mushrooms 5.50 (1) / 8.95 (2)

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

Mexican Three Bean Chilli 5.50 (1)

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

Red Lentil & Mixed Bean Casserole 5.50 (1)

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

Spanish Bean Stew with Peppers & Kale 5.50 (1) / 8.95 (2)

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

Sweet Potato Katsu Curry 5.50 (1) / 8.95 (2)

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

Vegetable & Chickpea Tagine 5.50 (1) / 8.95 (2)

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

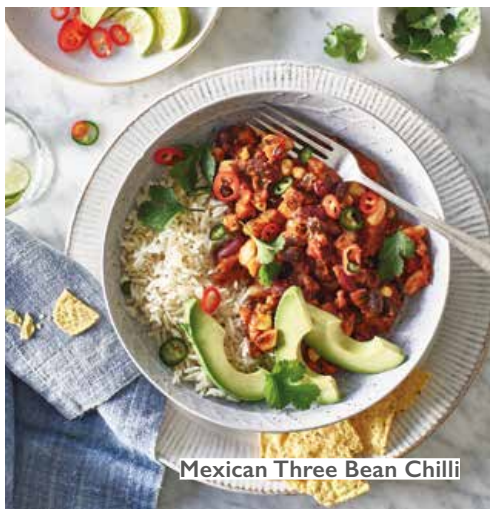
Wild Mushroom & Aubergine Lasagne 9.95 (1) / 9.75 (2)

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

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

VEGAN PUDDINGS
Apricot & Orange Almond Torte
Farmhouse Flapjack • Summer Pudding

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



Mexican Three Bean Chilli



Roasted Cauliflower & Aubergine Dhal

ALSO VEGAN...

- Green Thai Vegetable Curry (p28)
- Kimchi Rice Pot for One (p24)
- Tomato & Pine Nut Tarte Tatins (p11)
- Roasted Tomato & Red Pepper Galette (p8)
- Roasted Vegetable and Chickpea Curry (p27)
- Roasted Vegetable Tarte Tatins (p11)
- Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p25)
- Yellow Vegetable Curry (p28)

CHICKEN

NEW Chicken & Pistachio Pappardelle 9.50 (2)

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

NEW Chicken Filo Pie 18.95 (4)

Roasted new potatoes and higher-welfare British chicken in a zesty lemon and tarragon sauce, topped with golden filo pastry.

NEW Parmesan Chicken 12.00 (2)

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

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

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



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

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

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

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



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

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



Chicken, Ham & Leek Pie 27.00 (6)

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

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

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



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

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



Chicken Filo Pie



Chicken & Pistachio Pappardelle



Chicken, Ham & Leek Pie

Chicken & Tomato Pasta Bake 5.75 (1)

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

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

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

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

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

Hearty Chicken Casserole 5.75 (1)

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

Honey & Ginger Chicken 5.75 (1) / 9.50 (2)

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

Moroccan Spiced Harissa Chicken 5.75 (1) / 9.50 (2) / 18.95 (4)

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

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

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

Stuffed Chicken Cushion with English Sparkling Wine 15.00 (2)

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



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

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

Tomato & Mascarpone Chicken 5.75 (1)

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

"I didn't tell my guests who the real chef was"

★★★★★ Sue

FISH

NEW King Prawn, Chorizo & Artichoke Cassoulet 12.00 (2)

A Spanish-inspired cassoulet of king prawns, chargrilled artichoke hearts, green olives and cannellini beans in a chorizo, tomato and chilli sauce.

I'M BACK**Garlic Butter Prawns with Lemon & Dill** 15.00 (4)

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

I'M BACK**Salmon en Croute** 45.00 (6)

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

I'M BACK**Stuffed Sea Bass with Roasted Fennel & Dill** 15.00 (2)

Two butterflied sea bass stuffed with roasted fennel and dill, garnished with lemon and ready to cook from frozen.



Garlic Butter Prawns with Lemon & Dill

Salmon Wellington 17.00 (2)

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

Scottish Salmon with Crab & Lemon 15.00 (2)

A fillet of higher-welfare Scottish salmon topped with an indulgent crab, lemon and tarragon cream cheese, finished with a white crabmeat crumb.

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

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

**Smoked Haddock & Leek Risotto** 5.95 (1) / 9.95 (2)

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

The Grand Fish Pie 39.00 (8)

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

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

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

Cod Mornay 5.95 (1) / 10.95 (2)

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

Crab & Fennel Linguine 5.95 (1) / 10.95 (2)

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

King Prawn Linguine 5.95 (1) / 9.95 (2)

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

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

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

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

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

“Like homemade but better”

★★★★★ Linda



Salmon Rarebit with a Lemon & Herb Crumb

LAMB

I'M BACK**Moroccan Lamb Filo Pie** 28.00 (6)

Slow-cooked lamb with chickpeas, spinach and sweet potato, dressed in North African spices, wrapped in golden filo pastry and topped with feta and cranberries.

Lamb Casserole with New Potatoes 5.95 (1) / 9.95 (2)

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

Lamb Hotpot 5.95 (1)

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

Lamb Moussaka 5.95 (1) / 9.95 (2) / 19.90 (4)

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

Liver, Bacon & Onions 4.95 (1)

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

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

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

**Shepherd's Pie** 5.75 (1) / 9.50 (2) / 18.95 (4)

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

Slow-Cooked Lamb Shanks 15.00 (2)

Slow-cooked lamb shanks with a red wine and rosemary jus.

The Grand Moroccan Spiced Lamb Tagine 39.00 (8)

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



Lamb Moussaka

BEEF

NEW Korean Spiced Shredded Beef & Rice Bowl 9.95 (2)

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

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

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

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

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

**Beef Wellington** 28.00 (2)

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

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

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

The Grand
Lasagne al Forno**Chilli con Carne** 5.50 (1) / 8.95 (2) / 17.90 (4)

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

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

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

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

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

**Spaghetti Bolognese** 5.50 (1)

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

**Steak, Mushroom & Merlot Pie** 27.00 (6)

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

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

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

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

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

The Grand Beef Bourguignon 39.00 (8)

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

**The Grand Cottage Pie** 37.00 (8)

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

The Grand Lasagne al Forno 37.00 (8)

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

"As good as home cooked"

★★★★★ Midge

PORK

I'M BACK

Rosemary & Sage Porchetta 38.00 (6)

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

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

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

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

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

**Pork Dijon** 5.95 (1) / 9.95 (2)

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

Sausage Casserole 5.50 (1)

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

Slow-Roasted Belly of Pork 14.00 (2)

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

Spaghetti Carbonara 5.50 (1)

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



Soy-Glazed Roast Duck

DUCK & GAME

I'M BACK

Soy-Glazed Roast Duck 22.00 (4)

An Asian-inspired, easy-to-carve, boneless, higher-welfare duck with a handmade mango, ginger and lemongrass stuffing and a sticky soy and five-spice glaze.

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

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

Meatballs in a
Rustic Tomato Sauce

SIDES

NEW Stuffed Focaccia with Bacon & Taleggio 7.50 (360g)

Handmade rosemary focaccia filled with Taleggio cheese and bacon topped with cherry tomatoes and olives.



Stuffed Focaccia
with Bacon & Taleggio

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

PIES FOR ONE All 5.25

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.



Spinach & Feta Pie

KIDS MEALS All 3.50

Beef Lasagne

Chicken Dinosaur Pie

Chicken Paella

Chicken Tikka & Rice

Chicken & Tomato Orzo Bake

Cottage Pie

Fish Pie

Macaroni Cheese

Meatballs & Spaghetti

Pasta Bolognese

Sausage Casserole

Tuna Pasta Bake

4 Million Life-Changing School Meals and counting

For every COOK Kids Meal you buy, we

donate a school meal

to children in Malawi, through our charity partners One Feeds Two.

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

Thank you.



Source of Protein
Made Like You Would
At Home

At Least
1 of Your
5 a Day



10% OFF FOR NEW PARENTS

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

“Delicious beyond words” ★★★★★ Elle's mum

Healthy Meals in Minutes

Our Pots for One are complete, balanced, healthy meals that go from freezer to fork in a flash. **All just £5.**



NEW

Chicken Biryani

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

NEW Chicken Biryani

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

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

NEW Jerk Chicken with Pineapple Salsa

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

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

NEW Kimchi Rice

Kimchi and basmati rice with shredded carrots, peas, sesame seeds and crispy onions.

1 OF 5 A DAY SOURCE OF PROTEIN LOW SAT FAT 347 CALORIES

NEW Prawn Noodles with Mango & Coconut

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

1 OF 5 A DAY HIGH PROTEIN LOW SUGAR 229 CALORIES

Chicken Noodle Laksa

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

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

Chicken Pad Thai

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

SOURCE OF PROTEIN LOW SAT FAT LOW SUGAR 396 CALORIES

Green Thai Chicken Noodles

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

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

Halloumi & Roasted Vegetable Pasta

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

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

Keralan Chicken Curry

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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 330 CALORIES

Lemon & Herb Chicken

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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 300 CALORIES

Mac Cheese with Ham & Cauliflower

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

1 OF 5 A DAY HIGH PROTEIN LOW SUGAR 332 CALORIES

Singapore Noodles

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

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

Sticky Soy & Ginger Beef

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

HIGH PROTEIN LOW SAT FAT LOW SUGAR 313 CALORIES

Sweet Potato & Aubergine Sri Lankan Curry

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

2 OF 5 A DAY SOURCE OF PROTEIN SOURCE OF FIBRE 287 CALORIES

Teriyaki Chicken Noodles

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

1 OF 5 A DAY HIGH PROTEIN SOURCE OF FIBRE 333 CALORIES

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.



NEW

Jerk Chicken with Pineapple Salsa

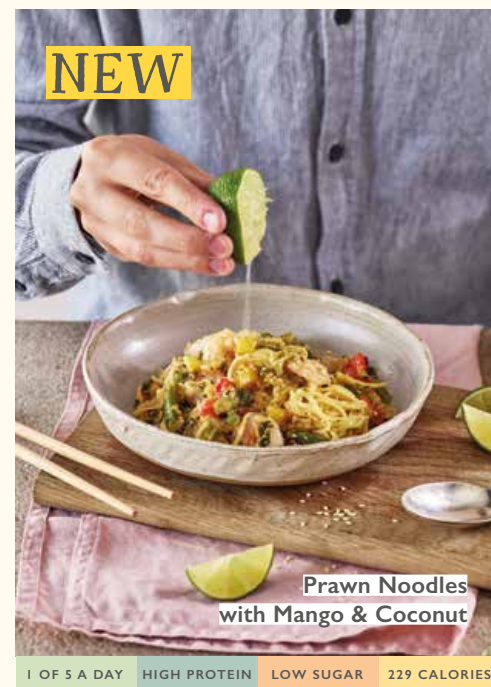
1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT 245 CALORIES



NEW

Kimchi Rice

1 OF 5 A DAY SOURCE OF PROTEIN LOW SAT FAT 347 CALORIES



NEW

Prawn Noodles with Mango & Coconut

1 OF 5 A DAY HIGH PROTEIN LOW SUGAR 229 CALORIES

"So handy for a quick healthy lunch"

★★★★★ Jessica

INDIAN MAINS

Aubergine, Spinach & Paneer Curry

5.75 (1) / 9.95 (2)

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

Beef Madras

5.95 (1)

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

Butter Chicken Curry

5.75 (1) / 9.95 (2)

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

Chicken Jalfrezi

5.75 (1) / 9.95 (2)

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

Chicken Korma

5.75 (1) / 9.95 (2)

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

Chicken Tikka Masala

5.75 (1) / 9.95 (2)

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

Garlic Chicken Curry

5.75 (1)

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

Keralan Prawn & Mango Curry

5.95 (1)

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

Lamb Dupiaza

5.95 (1)

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

Lamb Kofta & Dhal Curry

5.95 (1)

Handmade lamb and ginger meatballs in a spiced red lentil dhal made with tomato, coconut, spinach and coriander.

Roasted Vegetable & Chickpea Curry

5.75 (1) / 9.95 (2)

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

Prawn Karahi

5.95 (1) / 10.95 (2)

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

Vegetable Korma

5.75 (1)

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



INDIAN SIDES

Bombay Potatoes

3.25 (2)

Chana Masala

3.25 (2)

Chicken Samosas

3.50 (2)

Garlic & Coriander Naan

1.95 (2)

Onion Bhajis

2.95 (2)

Plain Basmati Rice

1.75 (1) / 2.75 (2)

Plain Naan

1.95 (2)

Peas Pilau

1.95 (1) / 2.95 (2)

Saag Paneer

3.25 (2)

Tarka Dhal


3.25 (2)






“Far better than curry house takeaways”

★★★★★ Caroline


THAI MAINS



Beef Massaman Curry  5.95 (1)
Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry  5.75 (1) / 9.95 (2) 
A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay  5.75 (1) / 9.95 (2) / 18.95 (4) 
A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.


Crispy Roast Half Duck  12.00 (2)
With 10 pancakes & a rich Hoisin sauce.

Drunken Noodles with King Prawns  5.95 (1)
King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.


Green Thai Chicken Curry  5.75 (1) / 9.95 (2) / 18.95 (4) 
A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.

Green Thai Vegetable Curry  5.75 (1) / 9.95 (2)
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.


Hoisin Duck Noodles  6.50 (1)
Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Lime & Coconut Chicken  5.75 (1)
Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.

Red Thai Chicken Curry  5.75 (1) / 9.95 (2) 
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  6.95 (1)
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Thai Basil Chicken  5.75 (1)
Higher-welfare British chicken thigh in a Thai basil, lime and tamari soy sauce with shiitake mushrooms, red peppers and Tenderstem broccoli, topped with cashew nuts.

Thai Steamed Sea Bass  6.95 (1)
A fillet of sea bass gently steamed on a bed of choy sum, spring onions and julienne carrots in a mild and fragrant red curry sauce.

Yellow Thai Prawn Curry  5.95 (1)
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry  5.75 (1) / 9.95 (2) 
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.

THAI SIDES

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

Duck Spring Rolls  4.50 (2)

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

Vegetable Spring Rolls  3.25 (2)



“What a great meal to share with family.”

★★★★★ Bill



You Deserve Pudding!

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



Raspberry Pavlova

LARGE PUDDINGS 8+ people

I'M BACK

Blueberry & Lemon Terrine (V) 15.00 (8-10)
A frozen blueberry parfait on a shortbread biscuit base, with a hidden tangy lemon mousse inside, topped with whole blueberries.

I'M BACK

Eton Mess Parfait (GF) (V) 20.00 (10-12)
Handmade meringue pieces, whipped cream and raspberries, rippled with a raspberry coulis, topped with white chocolate shards.

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 & Raspberry Roulade (GF) (V) 16.75 (8-10)
A rich chocolate sponge, generously filled with whipped cream and raspberries and rolled by hand.

Chocolate Roulade (GF) (V) 16.75 (8-10)
A rich chocolate sponge, generously filled with whipped cream 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.

Espresso Martini Pavlova (GF) (V) 16.75 (8-10)
Light chocolate meringue rolled with whipped cream laced with coffee syrup, vodka and cocoa nibs and drizzled with dark chocolate.

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.

Glazed Apple Tart (V) 18.00 (10-12)
Slices of Bramley apple tossed in cinnamon and brown sugar, with a layer of apple purée and spiced frangipane, topped with almonds.
Can also be served warm.

Lemon Cheesecake 19.00 (10-12)
A light, zesty lemon cheesecake on a crushed digestive biscuit base.

Lemon Meringue Pavlova (V) 16.75 (8-10)
Soft meringue layered with lemon curd and cream, rolled and coated with crumbled shortbread.

Raspberry Pavlova (GF) (V) 16.75 (8-10)
A light pavlova packed with fresh cream and raspberries. A firm favourite since day one at COOK.

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.

White Chocolate & Raspberry Cheesecake 19.00 (10-12)
A light white chocolate cheesecake with raspberries on a dark chocolate biscuit base.



Blueberry & Lemon Terrine



Chocolate Mousse Torte

"Puddings are to die for!" ★★★★★ Linda

MEDIUM PUDDINGS for 6 or more

I'M BACK

Dark Chocolate & Mint Terrine 9.75 (6-8)

Pieces of crisp dark chocolate atop a layer of mint choc chip ice cream, a layer of dark chocolate and mint mousse and a chocolate shortbread base.

I'M BACK

Summer Fruit Tart 9.75 (6-8)

Glazed summer berries on a smooth crème patissière in a handmade sweet pastry case.

I'M BACK

Summer Pudding 10.95 (6-8)

Traditional recipe bursting with blackcurrants, redcurrants, blackberries, strawberries & raspberries.

Apricot & Orange Almond Torte 9.75 (6-8)

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

Chocolate & Almond Torte 9.75 (6-8)

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

Chocolate Brownie Cheesecake 9.75 (6-8)

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



Rhubarb & Custard Pudding

Classic Lemon Tart 9.75 (6-8)

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

Gin & Tonic Semifreddo 9.75 (6-8)

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

Mango & Passion Fruit Cheesecake 9.75 (6-8)

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

Pear & Ginger Tart 9.75 (6-8)

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

Rhubarb & Custard Pudding 8.95 (6)

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



Summer Fruit Tart

HOT PUDS

Bramley Apple & Blackberry Crumble 4.25 (2) / 8.95 (6)

Bramley apples and blackberries with a crunchy oat crumble.



Cherry Bakewell 4.25 (2)

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



Hot Chocolate Pudding 4.25 (2)

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



Sticky Toffee Pudding 4.25 (2) / 8.95 (6)

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



Cherry Bakewell

Crème de la Crème

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



INDIVIDUAL PUDDINGS


I'M BACK

Eton Mess Parfait   5.00 (2)

I'M BACK

Summer Pudding    5.00 (2x1)

Chocolate & Salted Caramel Mousse  4.25 (2x1)

Gin & Tonic Semifreddos    4.25 (2x1)


Lemon Cheesecakes  4.25 (2x1)

Lemon Tarts  4.25 (2x1)

Lemon Possets  4.25 (2x1)

Mango & Passion Fruit Cheesecakes  4.25 (2x1)

Red Berry Mousse  4.25 (2x1)

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



Lemon Cheesecakes

CAKES & TRAYBAKES

NEW



Classic Chocolate Cake

NEW RECIPE

Classic Chocolate Cake  16.00 (14-16)

Two layers of rich, moist chocolate sponge, sandwiched and topped with chocolate buttercream.

NEW RECIPE

Chocolate Celebration Cake  23.00 (16-20)

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

Belgian Chocolate Brownie  5.95 (6) / 15.00 (20)

Billionaire's Shortbread  5.95 (6)

Farmhouse Flapjack   5.95 (6)

Gluten-Free Belgian Chocolate Brownie   5.95 (6)

Lemon Drizzle Slice  5.95 (6)



Triple Layered Carrot Cake  17.00 (14-16)

ICE CREAM



by Alder Tree



Stephany at Alder Tree

2.35 (125ml tub) all  

Gooseberry & Elderflower
Raspberry
Stem Ginger & Rhubarb
Vanilla

5.85 (500ml tub) / all  

Blackcurrant
Chocolate
Gooseberry & Elderflower
Raspberry
Vanilla



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.



NEW

LOLLIES by Paletas

All 2.75 / all  

Blackberry Coco Lime  
Mango Passion Fruit  
Pina Colada
Pineapple Raspberry  
Roasted Banana
Strawberries & Cream
Strawberry Lemonade  

Hello Paletas!

Our new artisan, Mexican-style ice lollies are handmade from natural ingredients by Sophia in Bristol and come in a kaleidoscope of exotic flavours. A fiesta for your freezer!



Sophia at Paletas

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 February 2024.

POTS FOR ONE

Chicken Biryani	GF	DF
Chicken Noodle Laksa	GF	DF
Chicken Pad Thai	GF	DF
Green Thai Chicken Noodles	GF	DF
Jerk Chicken with Pineapple Salsa		DF
Keralan Chicken Curry	GF	DF
Kimchi Rice		DF
Lemon & Herb Chicken	GF	DF
Prawn Noodles with Mango & Coconut		DF
Singapore Noodles	GF	DF
Sticky Soy & Ginger Beef	GF	DF
Sweet Potato & Aubergine Sri Lankan Curry	GF	DF
Teriyaki Chicken Noodles		DF

Visit cookfood.net/loveeatingwell for more information

BEEF

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

LAMB

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

CHICKEN

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

DUCK

Soy-Glazed Roast Duck		DF
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FISH

Garlic Butter Prawns with Lemon & Dill	GF	
King-Prawn, Chorizo & Artichoke Cassoulet	GF	DF
Salmon, Horseradish & Spinach Stacks	GF	
Smoked Haddock & Leek Risotto	GF	
Stuffed Sea Bass with Roasted Fennel & Dill	GF	DF

PORK

Rosemary & Sage Porchetta	GF	DF
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VEGGIE

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

VEGAN

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

ENTERTAINING

Chicken Filo Pie		DF
Chicken, Ginger & Lemongrass Bites Canapé	GF	DF
Chicken Liver Pâté / Roast Salmon Pâté	GF	
Duck & Hoisin Puffs Canapé		DF
Duck & Plum Filo Parcels		DF
Halloumi, Red Pepper & Spinach Stacks	GF	
Honey Roast Ham		DF
Mini Salmon Frittatas Canapé	GF	
Mini Thai Salmon Fishcakes Canapé	GF	DF
Roasted Tomato & Red Pepper Galette		DF
Roasted Vegetable Tarte Tatins		DF
Salmon, Horseradish & Spinach Stacks	GF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Tomato, Mozzarella & Pesto Stack	GF	
Tomato & Pine Nut Tarte Tatins Canapé		DF

SAUCES

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

SIDES

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

KIDS MEALS

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

PUDDINGS

Apricot & Orange Almond Torte	GF	DF
Chocolate & Almond Torte	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Espresso Martini Pavlova	GF	
Eton Mess Parfait	GF	
Fruit Vacherin	GF	
Farmhouse Flapjack		DF
Gin & Tonic Semifreddo	GF	
Gluten-Free Belgian Chocolate Brownie	GF	
Raspberry Pavlova	GF	
Red Berry Mousse	GF	
Summer Pudding		DF
Ice Creams & Ice Lollies p35		

INDIAN MAINS

Aubergine, Spinach & Paneer Curry	GF	
Beef Madras	GF	
Butter Chicken Curry	GF	
Chicken Jalfrezi	GF	
Chicken Korma	GF	
Chicken Tikka Masala	GF	
Garlic Chicken Curry	GF	
Keralan Prawn & Mango Curry	GF	DF
Lamb Dupizza	GF	
Lamb Kofta Dhal Curry	GF	DF
Prawn Karahi	GF	
Roasted Vegetable & Chickpea Curry	GF	DF
Vegetable Korma	GF	

INDIAN SIDES

Bombay Potatoes	GF	DF
Chana Masala	GF	
Chicken Samosas		DF
Garlic & Coriander Naan		DF
Onion Bhajis	GF	DF
Peas Pilau	GF	DF
Plain Basmati Rice	GF	DF
Plain Naan		DF
Saag Paneer	GF	
Tarka Dhal	GF	DF

THAI MAINS

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

THAI SIDES

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

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