

— COOK —

Lasagne



al fresco

Ciao!

There's something about the promise of sunshine that brings out the Italian in us. Summer is the perfect season for getting round the table, passionate discussions over lazy meals in the garden, and a glass or two of something delicious ... even if the crushing realist in us says we'll have more than our fair share of wet days this summer, too. We are in Britain, after all.

One Italian tradition we love is the Neapolitan caffè sospeso - 'suspended coffee' - when people buy two coffees and drink one, so there's a free coffee waiting for anyone having a bad day. We try and do something a little similar here, with our shops donating hundreds of meals every week to local charities that help bring people together. And if you're planning on hosting an event to bring your community together, we'd love to help with **30% off the food** - just ask next time you're popping in.

Whatever your plans, we hope you'll let us COOK for you, your family and friends now and then, so you can make the most of the (occasionally) bellissimo weather.

P & Lorie

Co-founder & Co-CEO
(and siblings)



Buon Appetito!



Lasagne al Fresco



If you look up 'crowd pleaser' in the dictionary, there should be a picture of lasagne. The only tricky bit is choosing between our five utterly-delicious, tried-and-tested recipes...



Lasagne al Forno

We've made one of our all-time greatest recipes even better. The same Italian pasta sheets, the same mature Cheddar from Barber's, but now with a richer, more savoury ragu with a greater depth of flavour. Available in portion sizes from 1 to 8.

Don't miss the new Kids' Lasagne on p.23.



Roasted Vegetable Lasagne

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



Wild Mushroom & Aubergine Lasagne

Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce layered between Italian pasta with a vegan-friendly béchamel sauce, topped with pine nuts.

Recipes for Change Lasagne

A version of the al Forno designed to be better for nature, farmers and you. The ragu is made from nature-friendly British beef, pork, puy lentils and mushrooms.



Chicken & Mushroom Lasagne



A delightful summery twist, with layers of higher-welfare British chicken in a rich tomato sauce, with mushrooms, spinach and béchamel, topped with basil and Cheddar.



CHICKEN Always British Higher Welfare

Basil & Mascarpone Chicken 6.50 (1) / 11.00 (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 6.50 (1) / 11.00 (2) / 19.95 (4)

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

Chicken Dijon 6.50 (1) / 11.00 (2) / 19.95 (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 6.50 (1) / 11.00 (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 32.00 (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 Provençal 6.50 (1) / 11.00 (2)

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

Chicken & Tomato Pasta Bake 6.50 (1)

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



Chicken & Mushroom Lasagne 6.50 (1) / 11.00 (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 6.50 (1) / 11.00 (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 6.50 (1) / 11.00 (2) / 19.95 (4)

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



Creamy Chicken with Mushrooms & Bacon 6.50 (1) / 11.00 (2)

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



"The Chicken Alexander has a lovely rich sauce, full of flavours."

Camilla

Hearty Chicken Casserole 6.50 (1)

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

Moroccan Spiced Harissa Chicken 6.50 (1) / 11.00 (2)

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

Parmesan Chicken 7.50 (1) / 13.50 (2) / 26.75 (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 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 6.50 (1) / 11.00 (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

Duck Confit with Lentils 7.50 (1) / 13.50 (2) / 26.75 (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 13.50 (2)

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



KEY

- Vegetarian • Vegan
- Gluten Free • 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 600kcal • 23g of fat
6g of saturated fat • 30g of sugars • 2g of salt

FISH 100% Sustainable Seafood

I'M BACK

Garlic Butter Prawns with Lemon & Dill

15.00 (4)

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

Classic Fish Pie 7.00 (1) / 12.00 (2) / 23.75 (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 7.00 (1) / 12.00 (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

7.00 (1) / 12.00 (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.

Rainbow Trout with a Tarragon & Lemon Crumb

20.00 (2)

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

Salmon & Asparagus Gratin 7.50 (1) / 13.50 (2) / 26.75 (4)

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

Salmon Wellington 20.00 (2)

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



Salmon & Asparagus Gratin



King Prawn Linguine

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.

Smoked Haddock & Bacon Gratin 7.00 (1) / 12.00 (2)

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



Smoked Haddock & Prawn Risotto

7.00 (1) / 12.00 (2)

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

The Grand Fish Pie 46.00 (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 King Prawn Linguine is exceptional!"

Mercy ★★★★★

LAMB

I'M BACK

Moroccan Lamb Filo Pie 30.00 (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

7.00 (1) / 12.00 (2)

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

Lamb Hotpot

7.00 (1)

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

Lamb Moussaka 6.50 (1) / 11.00 (2) / 19.95 (4)

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

Liver, Bacon & Onions

5.25 (1)

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

Mediterranean Lamb Stew

7.00 (1) / 12.00 (2)

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

Moroccan Spiced Lamb Tagine

7.00 (1) / 12.00 (2) / 23.75 (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

46.00 (8)

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



Shepherd's Pie

6.50 (1) / 11.00 (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

20.00 (2)

With a red wine and rosemary jus.



Moroccan Spiced Lamb Tagine

BEEF

NEW RECIPE

Lasagne al Forno 6.50 (1) / 11.00 (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 crumb topping.

NEW RECIPE

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 crumb topping.

Beef Bourguignon 7.00 (1) / 12.00 (2) / 23.75 (4)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

Beef Bourguignon Pie 35.00 (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.

Beef Stroganoff 7.00 (1) / 12.00 (2) / 23.75 (4)
Pieces of top rump beef and roasted mushrooms in a creamy sherry, brandy and paprika sauce.

Beef Wellington 32.00 (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 6.50 (1) / 11.00 (2) / 19.95 (4)
A rich, slow-cooked chilli with minced beef, kidney beans and a bit of a kick.

Cottage Pie 6.50 (1) / 11.00 (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.

Recipes for Change Lasagne 6.50 (1) / 11.00 (2)
With nature-friendly British Beef.

Slow-Cooked Rump Beef with Brandy 7.00 (1) / 12.00 (2)
Prime rump beef cooked slowly with chestnut mushrooms and a rich, brandy sauce.

Spaghetti Bolognese 6.50 (1)
A rich, slow-cooked Bolognese sauce with minced beef and pork, served with Italian spaghetti and topped with cheese.

Steak & Red Wine Pie 7.00 (1) / 12.00 (2) / 23.75 (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 7.00 (1)
A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings.

The Grand Beef Bourguignon 46.00 (8)
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

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.



Chilli con Carne



Beef Bourguignon

PORK

Mac Cheese with Smoky Bacon 6.50 (1) / 11.00 (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 6.50 (1) / 11.00 (2) / 19.95 (4)
Hand-rolled balls of minced beef and pork, seasoned with red pesto, chilli, basil and garlic, served in a rich tomato sauce.

Pork Dijon 6.50 (1) / 11.00 (2)
Tender higher-welfare strips of pork in a mustard, sherry and crème fraiche sauce with chestnut mushrooms and pickled red onions.

Rosemary & Sage Porchetta 40.00 (6)
A boneless, rolled belly of pork from Dingley Dell Farm in Suffolk with a garlic, rosemary, sage and fennel stuffing and golden crackling.

Sausage Casserole 6.50 (1)
Sliced pork and leek sausages with new potatoes, bacon and leeks in an apple & mustard sauce.

Spaghetti Carbonara 6.50 (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.

Tartiflette 6.50 (1) / 11.00 (2)
Caramelised bacon lardons and onions in a garlic, white wine and cream sauce with roasted sliced potatoes, topped with British Oglesfield cheese.



Meatballs in a Rustic Tomato Sauce



Spaghetti Carbonara



Mac Cheese with Smoky Bacon

WE COOK YOU HOLIDAY

Don't spend your holiday peeling
vegetables. Let us COOK.



WAYS TO FILL YOUR FREEZER

COOK Shops

Find your nearest shop at cookfood.net/shops

Click & Collect

Order online and collect for free -
same day when you order 2 hours ahead

Home Delivery

We deliver (almost) nationwide! Order online at
cookfood.net or call us on 01732 759000

Local Stockist

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

SUBSCRIBE & SAVE

Sign up for regular orders and get
FREE DELIVERY on them all



Flexible deliveries,
every 1-8 weeks



Edit easily online
or by phone



Adjust or
cancel anytime



Find out more at
cookfood.net/subscription

VEGETARIAN

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)

6.25 (1)

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

Macaroni Cheese (V)

5.25 (1) / 9.00 (2)

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



Nut Loaf (V)

9.00 (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.

Parmigiana di Melanzane (V)

6.25 (1) / 10.25 (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 (V)

6.25 (1) / 10.25 (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)

6.25 (1) / 10.25 (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)

6.50 (1) / 11.00 (2) / 19.95 (4)

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



Tomato, Basil & Mozzarella Risotto (V)

6.25 (1) / 10.25 (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)

6.25 (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)

6.25 (1) / 10.25 (2)

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



Portobello Mushroom Risotto



Red Lentil & Aubergine Moussaka

Vegetable & Chickpea Tagine



VEGAN

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 6.25 (1)

^{(GF)(DF)(VG)}

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

Red Lentil & Mixed Bean Casserole 6.25 (1)

^{(GF)(DF)(VG)}

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

Spanish Bean Stew with Peppers & Kale 6.25 (1) / 10.25 (2)

^{(GF)(DF)(VG)}

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

Vegetable & Chickpea Tagine 6.25 (1) / 10.25 (2)

^{(GF)(DF)(VG)}

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

Wild Mushroom & Aubergine Lasagne ^{(DF)(VG)} 6.50 (1) / 11.00 (2)

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

ALSO VEGAN

Korean Vegetable Rice Pot for One (p19)

Roasted Vegetable Tarte Tatins (p21)

Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p19)

Tomato & Pine Nut Tarte Tatins (p21)

Tofu in Black Bean Sauce (p26)

Roasted Vegetable & Chickpea Curry (p25)

Green Thai Vegetable Curry (p28)

Yellow Vegetable Curry (p28)

*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



Spanish Bean Stew with Peppers & Kale

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

Summer Pudding • Farmhouse Flapjack

GRAND MEALS FOR 8

Cooking for a crowd doesn't have to mean hours of work. Just pop one of our crowd-pleasing Grand Meals for 8 in the oven, slice a couple of baguettes and fill a few bowls with salad or seasonal veg. So easy. So delicious.

NEW RECIPE

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 crumb topping.

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 Beef Bourguignon ^{(GF)(DF)} 46.00 (8)

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



The Grand Fish Pie 46.00 (8)

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

The Grand Moroccan Spiced Lamb Tagine ^{(GF)(DF)} 46.00 (8)

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



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

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



The Grand Lasagne al Forno



PIES FOR ONE All 6.00

Chicken & Portobello Mushroom Pie
Cooked with white wine, thyme and cream.



Classic Steak & Ale Pie
With caramelised red onions.

Ham Hock & Leek Pie
In a cream sauce topped with wholegrain mustard mash.

Roasted Veg, Lentils & Kale Pie (V)
With sweet potatoes and parsnips in a tomato and red wine sauce.



Spinach & Feta Pie (V)
With roasted red pepper, semi-dried tomato, pine kernels and ricotta.

Spring Chicken & Asparagus Pie
With tarragon and peas in a white wine sauce.

Steak & Kidney Pie
With a rich ale sauce and suet pastry lid.

Steak & Stilton Pie
With roasted parsnips and red wine.

SIDES



Braised Red Cabbage (GF) (V)	3.75 (2)
Trio of Greens (GF) (DF) (VG)	2.35 (1) / 3.50 (2)
Cauliflower Cheese (GF) (V)	4.00 (2)
Creamy Mash (GF) (V)	3.00 (1) / 4.00 (2)
Creamed Spinach (GF) (V)	3.75 (2)
Dauphinoise Potatoes (GF) (V)	3.25 (1) / 4.50 (2) / 10.00 (6)
Garlic Ciabatta (V)	3.50 (4)
Minted Couscous (DF) (VG)	4.00 (2)
Plain Basmati Rice (GF) (DF) (VG)	1.75 (1) / 2.75 (2)
Peas & Leeks with a Lemon & Herb Butter (GF) (V)	2.35 (1) / 3.50 (2)
Roast Potatoes (GF) (DF) (VG)	3.95 (2)

SAUCES All 5.00

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

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

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



HEALTHY MEALS IN MINUTES

Sweet Potato & Aubergine Sri Lankan Curry



Eating well never tasted so good.

All £5.00 each

SOURCE OF PROTEIN

AT LEAST 1/5 A DAY

UNDER 400 KCALS

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.

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
----------	--------------	--------------	-------------

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.



Halloumi & Roasted Vegetable Pasta

SUMMER PARTIES

These summer days are not to be taken for granted in Britain, so don't go wasting the sunshine. You work on the guest list and leave the food to us. A spectacular spread awaits!

NEW RECIPE

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

Roasted red peppers with sliced and crumbled goat's cheese in a deep, free range egg quiche.



I'M BACK

Feta, Tomato & Pesto Lattice (V) 22.00 (6)

Semi-dried tomatoes, pesto, feta cheese, red onion and pine nuts wrapped in crisp puff pastry with basil and oregano.

I'M BACK

Kiln-Roasted Salmon Quiche 24.00 (10-12)

Generous flakes of kiln-roasted sustainable salmon in an egg and mascarpone quiche with baby spinach leaves, horseradish and dill.

I'M BACK

Moroccan Lamb Filo Pie 30.00 (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.

I'M BACK

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

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

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

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



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*



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

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

Salmon Wellington 45.00 (6)

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

Side of Scottish Salmon with Lemon & Dill (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.

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 (DF)

Goat's Cheese & Pesto Whirls (V)

Mini Thai Salmon Fishcakes (GF,DF,V)

Sensational Sausage Rolls (DF) 7.95 (12 rolls)

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)

SMALL PLATES

I'M BACK


Halloumi, Red Pepper & Spinach Stacks (V) 9.50 (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.



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 7.50 (2x1)

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



Butternut Squash, Spinach & Feta Tarts

LITTLE MONSTERS TO FEED?

When your little angels are being a little less than angelic, head for the freezer. Most of our Kids' Meals microwave from frozen in minutes and are the perfect complete meal for pre-schoolers.

NEW DISHES

All new recipes available from 10th May

Broccoli & Pea Pesto Pasta

Italian elbow pasta with handmade pea pesto and broccoli florets.

Honey-Roasted Duck Noodles

Shredded duck from Silver Hill farm and stir-fried veg, tossed with egg noodles in our hoisin sauce.

Chicken & Vegetable Rice

Higher-welfare British chicken breast, free-range egg, long-grain rice, and veg in a sesame soy sauce.

Sausage & Mash

Speldhurst mini sausages on a potato, celeriac and apple mash, with carrots and broccoli.



All £3.75 each



Beef Lasagne

NEW RECIPES

Beef Lasagne

Slow-cooked minced beef, tomatoes and lentils layered between pasta sheets, topped with cheese sauce.

Chicken Dinosaur Pie

Higher-welfare chicken breast in a creamy sauce with peas and sweetcorn, topped with a puff pastry dinosaur.

Chicken Tikka & Rice

A mild and creamy higher-welfare chicken curry with basmati rice, peas and cauliflower florets.

Cottage Pie

Minced beef and plenty of veg topped with mash and cheddar.

Fish Pie

Salmon, coley, sweetcorn and peas in a creamy sauce with a sweet potato and butternut squash mash.

Macaroni Cheese

Macaroni, peas and cauliflower in a cheesy sauce, topped with veg and grated Cheddar.

Meatballs & Spaghetti

Italian spaghetti with handmade beef, pork and lentil meatballs with a hidden veg tomato sauce.

Pasta Bolognese

Italian pasta with beef mince cooked in a tomato sauce made with carrots, courgettes and red peppers.



Broccoli & Pea Pesto Pasta



Chicken & Vegetable Rice



Sausage & Mash



Honey-Roasted Duck Noodles

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.





TIME FOR A TAKEAWAY

On those days the British summer isn't delivering on sunshine, bring an Award-Winning taste of Asia to the table and take your taste buds on holiday.

INDIAN MAINS

NEW

Chicken Tikka Masala with Pilau Rice

7.00 (1) / 12.00 (2)

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

Beef Madras

7.00 (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

6.50 (1) / 11.00 (2)

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

Chicken Balti

6.50 (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

6.50 (1) / 11.00 (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

6.50 (1) / 11.00 (2)

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

Chicken Tikka Masala

6.50 (1) / 11.00 (2)

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

Garlic Chicken Curry

6.50 (1)

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



NEW
Chicken Tikka Masala
with Pilau Rice

Keralan Prawn & Mango Curry

7.00 (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

7.00 (1)

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



Lamb Biryani

7.00 (1)

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



Prawn Karahi

7.00 (1) / 12.00 (2)

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

Roasted Vegetable & Chickpea Curry

6.25 (1) / 10.25 (2)

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

INDIAN SIDES

Aloo Gobi

3.50 (2)

Dhal Makhani

3.50 (2)

Gunpowder Potatoes

3.50 (2)

Garlic & Coriander Naan

2.75 (2x1)

Lamb Samosas

3.75 (2)

Onion Bhajis

3.50 (2)

Plain Naan

2.75 (2x1)

Plain Basmati Rice

1.75 (1) / 2.75 (2)

Peas Pilau

2.00 (1) / 3.00 (2)

Saag Paneer

3.50 (2)



NEW
Gunpowder Potatoes



great taste
2025
Aloo Gobi

"Far superior to a takeaway meal, that's for sure."

AI ★★★★★

PAN ASIAN MAINS

NEW BIGGER PORTION

Pulled Beef Rendang & Turmeric Rice 7.50 (1) / 13.00 (2)

Slow-cooked spiced beef in a fragrant coconut sauce, finished with coriander, chilli and desiccated coconut, with a portion of turmeric rice.

Cashew Chicken 6.50 (1) / 11.00 (2)

Higher-welfare British chicken breast in oyster sauce, with tamari, peppers, spring onion and cashews.

Chicken Chow Mein 6.50 (1)

Egg noodles, higher-welfare British chicken breast with beansprouts, spring onion, tamari and oyster sauce.

Chicken in Black Bean Sauce 6.50 (1)

Higher-welfare British chicken breast, spring onions, and red and green peppers in a classic black bean sauce.

Chicken Ramen 6.50 (1)

Higher-welfare British chicken thigh, shiitake mushrooms, choy sum and egg noodles in a tamari, ginger and garlic broth.

Crispy Roast Half Duck 13.50 (2)

With 10 pancakes & a rich Hoisin sauce.

Hoisin Duck Noodles 7.00 (1)

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

Honey & Ginger Chicken 6.50 (1) / 11.00 (2)

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

Sweet & Sour Chicken 6.50 (1) / 11.00 (2)

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

Korean Spiced Shredded Beef & Rice Bowl 12.00 (2)

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

King Prawn Laksa 7.00 (1)

King prawns, choy sum, red pepper and rice noodles in a coconut laksa broth.

Naked Chicken Katsu Curry 6.50 (1) / 11.00 (2)

Higher-welfare British chicken breast in a katsu sauce with pickled red onion and radish.



Pulled Beef Rendang & Turmeric Rice



Naked Chicken Katsu Curry

Sweet Potato Katsu Curry 6.25 (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 7.00 (1)

Salmon fillet with egg noodles, tenderstem broccoli, mangetout and baby corn in our teriyaki sauce topped with sesame seeds.

Tofu in Black Bean Sauce 6.25 (1)

Tofoo™ tofu, spring onions, and red and green peppers in a classic black bean sauce.

Tofu & Shiitake Ramen 6.25 (1)

Tofoo™ tofu, egg noodles, shiitake mushrooms, edamame beans in a tamari, ginger and garlic broth.

Turkey Laab 6.50 (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

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.

Vegetable Gyoza 3.75 (2)

Japanese-style dumplings filled with water chestnut, cabbage, carrot, and shiitake mushroom.






Chicken Katsu Bites



THAI MAINS

NEW





Green Thai Chicken Curry 7.00 (1) / 12.00 (2)
with **Coconut & Lime Leaf Rice**    
Higher-welfare British chicken breast in a mild Thai green curry sauce made with green peppers, lemongrass and coriander, served with coconut and lime leaf rice.

Beef Massaman Curry   7.00 (1)
Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Chicken Panang Curry 6.50 (1) / 11.00 (2)
  
A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay   6.50 (1) / 11.00 (2) / 19.95 (4)
A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.

Drunken Noodles with King Prawns   7.00 (1)
King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.

Green Thai Chicken Curry 6.50 (1) / 11.00 (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 6.25 (1)
   
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Lime & Coconut Chicken   6.50 (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 6.50 (1) / 11.00 (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 7.50 (1)
  
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger. 

Yellow Thai Prawn Curry 7.00 (1)
  
King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 6.25 (1) / 10.25 (2)
   
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.



THAI SIDES

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)
Vegetable Spring Rolls  	3.50 (2)



A TASTE OF OF SUMMER

Mango & Passion
Fruit Cheesecake

LARGE PUDDINGS 8+ people

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 Roulade (GF)(V) 16.75 (8-10)

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

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.

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 Meringue Pavlova (V) 16.75 (8-10)

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



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.



Sicilian Lemon Cheesecake 19.00 (10-12)

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



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.



Raspberry Pavlova (GF)(V) 16.75 (8-10)

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



MEDIUM PUDDINGS 6+ people



Apricot & Orange Almond Torte

NEW
Sicilian Lemon & Gin Parfait (GF)(V) 10.95 (6-8)
 An aromatic parfait made with Sicilian lemon juice, gin and cream, topped with Sicilian lemon curd and a sprinkle of lemon zest.

TM BACK
Summer Pudding (DF)(VG) 10.95 (6-8)
 Traditional recipe bursting with blackcurrants, redcurrants, blackberries, strawberries & raspberries.

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

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

Chocolate Brownie Cheesecake (V) 9.95 (6-8)
 A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.

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

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

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

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

Tiramisu (V) 9.95 (6-8)
 Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate.



Sicilian Lemon & Gin Parfait

HOT PUDDS

Bramley Apple & Blackberry Crumble (V) 4.25 (2) / 8.95 (6)
 Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty vanilla ice cream.

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

Cherry Bakewell (V) 4.25 (2)
 Perfectly fluffy almond frangipane sponge with sour cherries and two spoonfuls of handmade sweet cherry jam.

Hot Chocolate Pudding (V) 4.25 (2)
 An intense and gooey chocolate sponge with dark chocolate chips and spoonfuls of hot chocolate fondant sauce, finished with a speculoos biscuit crumb.

Sticky Toffee Pudding (V) 4.25 (2) / 8.95 (6)
 The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.

"Perfect crumble and lots of fruit ... It tasted homemade! Perfection."

Emma ★★★★★



Sticky Toffee Pudding




Bramley Apple & Blackberry Crumble



Cherry Bakewell

INDIVIDUAL PUDDINGS

- I'M BACK**
Eton Mess Parfait (GF)(V) 5.00 (2)

- I'M BACK**
Summer Puddings (DF)(VG)  5.00 (2x1)

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


- 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)

- Sicilian Lemon Cheesecakes 4.25 (2x1)



Blackberry & Sloe Gin Panna Cotta



Sicilian Lemon Cheesecakes



I'M BACK
Eton Mess Parfait

CAKES & TRAYBAKES

- 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.

- 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) 7.25 (6) / 16.50 (20)

- Billionaire's Shortbread** (V) 7.25 (6)

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

- Gluten-Free Chocolate Brownie** (GF)(V) 7.25 (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.

6.50 (500ml tub) / all (GF)(V)

- Blackcurrant
- Gooseberry & Elderflower
- Pear & Vanilla
- Raspberry
- Stem Ginger & Rhubarb
- Vanilla



2.75 (125ml tub) / all (GF)(V)

- Raspberry
- Strawberries & Cream
- Stem Ginger & Rhubarb
- Vanilla



LOLLIES by Paletas

Mexican-style lollies made by hand from fresh fruit by our friends at Paletas in Bristol. If you think lollies are just for kids, think again...

All 2.95 / all (GF)(V)

- Mango Passionfruit (DF)(VG)
- Orange & Lemon (DF)(VG)
- Pina Colada
- Pineapple Raspberry (DF)(VG)
- Strawberries & Cream
- Strawberry Lemonade (DF)(VG)



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 March 2026.

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	
Garlic Butter Prawns with Lemon & Dill	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

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
Roasted Mediterranean Vegetable	GF DF

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
Duck & Plum Filo Parcels	DF
Honey Roast Ham	DF
Roasted Vegetable Tarte Tatins	DF
Rosemary & Sage Porchetta	GF DF
Side of Salmon with Lemon & Dill	DF
Smoked Salmon Terrine	GF
Sensational Sausage Rolls	DF
Sensational Veggie Rolls	DF
Chicken, Ginger & Lemongrass Bites Canapé	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
Chicken Tikka Masala with Pilau Rice	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

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
Crispy Roast Half Duck	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 & Shiitake Mushroom Ramen	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 Tikka Rice	GF
Chicken & Vegetable Rice	GF DF
Cottage Pie	GF
Fish Pie	GF
Honey-Roasted Duck Noodles	DF
Pasta Bolognese	DF
Meatballs & Spaghetti	DF
Sausage & Mash	GF

THAI MAINS

Beef Massaman Curry	GF DF
Chicken Panang Curry	GF DF
Chicken Satay	DF
Drunken Noodles with King Prawns	DF
Green Thai Chicken Curry	GF DF
Green Thai Chicken Curry with Coconut & Lime Leaf Rice	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
Duck Spring Rolls	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 & Salted Caramel Pavlova	GF
Eton Mess Parfait	GF
Fruit Vacherin	GF
Pistachio, Passion Fruit & Raspberry Pavlova	GF
Raspberry Pavlova	GF
Red Berry Mousse	GF
Summer Pudding	DF
Sicilian Lemon & Gin Parfait	GF
Farmhouse Flapjack	DF
Gluten-Free Chocolate Brownie	GF
Ice Creams p35	GF



Photography: Carolyn Barber. Styling: Libby Silberman

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 (March 2026). 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).



The Grand Lasagne al Forno

★ Trustpilot ★★★★★ EXCELLENT, based on 47,000+ reviews

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

Your local COOK shop:

Our founding statement from 1997:
"To COOK using the same ingredients and techniques you would at home, so everything looks and tastes homemade."

 Ed & Dale, founders

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



Planet Positive printing by certified B Corp, Seacourt, using waterless and chemical-free processes, 100% renewable energy, zero waste to landfill and net positive carbon emissions.