

— COOK —

★ ★ ★
MAKE IT A
COOK
NIGHT
★ ★ ★



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**DEREK
RELISHING A
SECOND CHANCE**



LIFE-CHANGING MEALS

Meet Derek. Years in prison left him so traumatised he isolated himself from the world when he came out. Then he found our RAW Talent scheme. Through it we support people into sustainable work after prison, homelessness or mental health challenges. As we write, Derek has been with us for nearly two years. He's made friends, rediscovered laughter and a sense of pride in himself. So many people at COOK have helped support him. And every time you shop with us, a little bit of money goes towards helping grow the impact of RAW Talent. Thank you for making it possible.

Ed & Lorie brother & sister (and COOK CEOs)

Certified



Corporation
Since 2013

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

COOK
RAW
TALENT

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



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 • ✓VG Vegan • ✓GF Gluten Free • ✓DF 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 cals • 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 (August 2023). 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

MAKE IT A
COOK
NIGHT



Steak & Red
Wine Pie p16

Great Value COOK Nights

Every week through the autumn, we'll be saving you time in the kitchen with 20% off one of our bestselling recipes in one, two or four portions. We'll announce the dish every Wednesday and it'll be on offer until the following Tuesday, when the next great deal arrives.

20% OFF

**A BESTSELLER
EVERY WEEK**



Don't miss out – scan or visit
cookfood.net/cooknights to sign up
to our e-newsletter.



MAKE IT A CHILLI NIGHT

Chilli Con Carne

5.50 (1) / 8.50 (2) / 16.95 (4)

As well as good old Chilli con Carne, there's our con Veggie (dodgy Spanish, we know), and our vegan-friendly Mexican Three Bean. What all our chillis share are rich, deep flavours and just the right level of heat. Oh, and being absurdly tasty, under 320 calories per portion, quick to cook in the microwave, and super flexible. **Sign up to our emails to make sure you don't miss the 20% Off Chilli offer.**

“More time for precious family fun” ★★★★★ Shan

MAKE IT A MAC CHEESE NIGHT

Macaroni Cheese

4.95 (1) / 7.95 (2)

There are some very good reasons why our Macaroni Cheese is right up there in our list of most popular meals: Italian macaroni; vintage cheese from Barbers, the longest-standing Cheddar-makers in the world; a little English mustard; a pinch of white pepper... Make it a COOK night and tuck into the world's best comfort food.

“More time with our young children” ★★★★★ Andrew



Great For Get Togethers

Hosting should never be a hassle. Don't let the prospect of hours in the kitchen stop you from inviting friends or family over. Let us do all the hard work. Relax and make it a COOK night.

“More time talking and laughing” ★★★★★ Corrine





The Grand Beef Bourguignon p8

PARTY FOOD

Butternut Squash & Red Onion Galette (DF) (VG) 18.00 (6)
Roasted butternut squash slices on pickled red onions, pearl barley and red quinoa, wrapped in puff pastry and garnished with pomegranate seeds and nibbed pistachios. *Available 4th Sept*

Kiln-Roasted Salmon Frittata (GF) 21.00 (8)
A crustless quiche of kiln-roasted salmon and baby spinach, with dill, horseradish, mascarpone and West Country Cheddar. *Available 4th Sept*

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. 

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

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

Side of Scottish Salmon with Lemon & Dill (GF) (DF) 30.00 (4-8)
Scottish salmon glazed with wholegrain mustard, lemon and dill, topped with lemon slices.

Honey Roast Ham (DF) 35.00 (10+)
A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve.*

Smoked Salmon Terrine (GF) 12.95 (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.*



THE TASTE OF HOME COOKING

“Homemade” – worrying when describing gin or jumpers; cause for rejoicing when it comes to food. Since 1997 we've been all about bringing you the taste of home cooking. Visit our kitchens in Kent (please do, you're welcome) and you'll find lovely people slicing, rolling, braising and roasting just like good home cooks. It's how we make sure everything looks and tastes homemade. We COOK so you don't have to.



GRAND MEALS FOR 8

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

The Grand Cottage Pie (GF) 35.00 (8)

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

The Grand Moroccan Spiced Lamb Tagine (GF, DF, V, ♡) 39.00 (8)

Leg of lamb, slow-cooked to perfection with chickpeas and an authentic blend of Moroccan spices, garnished with almond flakes.

The Grand Fish Pie 39.00 (8)

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

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

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



The Grand Lasagne al Forno 37.00 (8)

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

The Grand Roasted Vegetable Lasagne (V) 37.00 (8)

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



“Takes the stress out of entertaining guests”

★★★★★ Jacquie ★ Trustpilot

STARTERS AND LIGHT BITES

NEW Lobster Thermidor 20.00 (4)

Fondant Soufflés

Light and airy soufflés with a melt-in-the-middle lobster thermidor sauce, topped with lobster and a dill crumb.

Available 4th Sept

Three Cheese Fondant Soufflé (V) 6.50 (2)

A vintage Cheddar and thyme soufflé with a mature Cheddar and Italian-style hard cheese fondant centre. Available 4th Sept

Baked Camembert with Port & Red Onion Chutney (V) 10.00

A whole French camembert wrapped in golden puff pastry and topped with garlic, rosemary and honey. Perfect for sharing with crusty bread. Includes a handmade port and red onion chutney. Available 4th Sept

NEW Butternut Squash, Spinach & Feta Tarts (V) 5.75 (2)

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

NEW Roasted Mediterranean Vegetable Tarts (V) 5.75 (2)

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 (2)

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

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

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

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

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



Roasted Vegetable Tarte Tatins



Lobster Thermidor Fondant Soufflés



Salmon, Horseradish & Spinach Stacks

CANAPÉS All 7.50 (12 per pack)

Duck & Hoisin Puffs

Garlic Chicken Bites

Satay Chicken Bites (DF)

Mini Thai Fishcakes (GF, DF, V, ♡)

Goat's Cheese & Pesto Whirls (V)

Tomato & Pine Nut Tarte Tatin (DF, VG)

NEW Sensational Sausage Rolls 6.95 (12 rolls)

NEW Sensational Veggie Rolls 6.95 (12 rolls)

Pâtés 6.50 (220g tub)

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

VEGETARIAN



Portobello Mushroom Risotto

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 a knob of lemon and parsley butter.

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

Veggie Cottage Pie 5.50 (1) / 8.50 (2) Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, grated cheese and parsley.

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.

Nut Loaf 7.50 (2) An amazing blend of flavours and textures with toasted nuts, apricots, mushrooms and herbs, and a layer of red onion marmalade on top.

Macaroni Cheese 4.95 (1) / 7.95 (2) Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Chilli con Veggie 5.50 (1) A classic, rich chilli made with Quorn mince, kidney beans and sweetcorn, garnished with spring onions.



Vegetable and Chickpea Tagine

“Superb food and incredibly good value”

★★★★★ Jan

Halloumi & Arrabbiata Pasta Bake 5.50 (1) Roasted courgettes, aubergines and halloumi with cannolicchi pasta in a spicy tomato sauce, topped with crumbled feta.

Red Lentil & Aubergine Moussaka 5.50 (1) / 8.50 (2) Layers of spiced lentils, roasted aubergines, potatoes and béchamel sauce, topped with crumbled feta and oregano.

Parmigiana di Melanzane 5.50 (1) / 8.95 (2) A classic Italian dish of sliced aubergines roasted in garlic and rosemary, layered with a tomato sauce and finished with a mozzarella crumb.

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.

Roasted Vegetable Lasagne 5.75 (1) / 9.50 (2) / 18.95 (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 37.00 (8) Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraiche and mascarpone sauce.

VEGAN

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

Sweet Potato Katsu Curry 5.50 (1) / 8.50 (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) / 8.50 (2) Sweet roasted peppers and aubergines with dates and a blend of Moroccan spices.

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.

Shepherdless Pie 5.50 (1) / 8.50 (2) A vegan-friendly twist, with rosemary and red wine-infused lentils, quinoa and mushrooms topped with sweet potato mash and roasted chickpeas.

Spiced Cauliflower & Aubergine Shakshuka 5.50 (1) / 8.50 (2) A Middle-Eastern dish of aubergines, peppers and chickpeas in a tomato, cinnamon and cumin sauce, topped with spiced cauliflower.

Spanish Bean Stew with Peppers & Kale 5.50 (1) / 8.50 (2) Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale.

Wild Mushroom & Aubergine Lasagne 5.75 (1) / 9.50 (2) Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce between Italian pasta with a vegan-friendly bechamel sauce.



Spanish Bean Stew with Peppers & Kale

ALSO VEGAN...

Butternut Squash & Red Onion Galette (p7)

Roasted Vegetable Tarte Tatin (p9)

Mexican Black Bean & Mushroom Chilli (p21)

Sweet Potato & Aubergine Sri Lankan Curry Pot (p21)

Roasted Vegetable and Chickpea Curry (p22)

Yellow Vegetable Curry (p25)

Green Thai Vegetable Curry (p25)

VEGAN SIDES

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

VEGAN PUDDINGS

- Apricot & Orange Almond Torte
- Farmhouse Flapjack

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

MAKE IT A CHICKEN & MUSHROOM LASAGNE NIGHT

“More
time for
entertaining.”

★★★★★ Luke



CHICKEN

NEW **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. Available 4th Sept

Tomato & Mascarpone Chicken 5.50 (1)
Higher-welfare British chicken pieces, marinated in basil, in a creamy mascarpone and tomato sauce, with baby spinach and semi-dried tomatoes.

Creamy Chicken with Mushrooms & Bacon 5.50 (1) / 8.95 (2)
Marinated higher-welfare British chicken breast in a creamy porcini and garlic sauce with bacon and roasted mushrooms.

Basil & Mascarpone Chicken 5.50 (1) / 8.95 (2)
Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with semi-dried cherry tomatoes.

Hearty Chicken Casserole 5.50 (1)
A comforting one-pot meal of higher-welfare British chicken leg and thigh, with chunky root vegetables in a rich gravy with white wine and herbs

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.

Coq au Vin 5.50 (1) / 8.95 (2) / 17.90 (4)
Succulent higher-welfare British chicken on the bone, slow-cooked in red wine with back bacon and mushrooms.

Chicken, Pea & Bacon Risotto 5.50 (1) / 8.95 (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 Dijon 5.50 (1) / 8.95 (2) / 17.90 (4)
Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.

Chicken & Mushroom Lasagne 5.75 (1) / 9.50 (2) / 18.95 (4)
Layers of higher-welfare British chicken in a rich tomato sauce, and mushroom and spinach, with béchamel topped with mature Cheddar and basil.

Honey & Ginger Chicken 5.50 (1) / 8.95 (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 Harissa Chicken 5.50 (1) / 8.95 (2) / 17.90 (4)

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

Chicken Alexander 5.50 (1) / 8.95 (2) / 17.90 (4)
Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

Tarragon & Lemon Chicken 5.50 (1) / 8.95 (2)
Higher-welfare British chicken and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

Chicken & Tomato Pasta Bake 5.50 (1)
Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Chicken, Ham & Leek Pie 5.50 (1) / 8.95 (2) / 17.90 (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 26.00 (6)
Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.



Roasted Chicken Breasts in a Port & Merlot Jus



GOOD CHICKEN AWARD 2017
COMPASSION in world farming

MAKE IT A CHICKEN, HAM & LEEK PIE NIGHT

“More time
for me.”

★★★★★ Jaqueline

LAMB

Lamb Moussaka 5.75 (1) / 9.50 (2) / 18.95 (4)

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

Shepherd's Pie (GF) 5.50 (1) / 8.95 (2) / 17.90 (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.

Liver, Bacon & Onions (GF) 4.75 (1)

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

Lamb Hotpot (DF) (GF) 5.95 (1)

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

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

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

Slow-Cooked Lamb Shanks (GF) (DF) 15.00 (2)

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



Garlic & Herb Crusted Rack of Lamb (DF) 50.00 (6)

Two whole racks of lamb from British farms with a mustard, garlic, rosemary, chive and parsley crust. Available 4th Sept

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

Leg of lamb, slow-cooked to perfection with chickpeas and an authentic blend of Moroccan spices, garnished with almond flakes.



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

Leg of lamb, slow-cooked to perfection with chickpeas and an authentic blend of Moroccan spices, garnished with almond flakes.



Slow-Cooked Lamb Shanks



MAKE IT A
**MOUSSAKA
NIGHT**

“More time
to catch up
with friends”

★★★★★ Richard

FISH

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 en Croute 45.00 (6)

Salmon fillets filled with spinach, caper, lemon, crème fraiche and dill, wrapped in all-butter puff pastry and glazed with dill and juniper. Available 4th Sept

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.

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.

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

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

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

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

Crab & Fennel Linguine (GF) 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.

Salmon Wellington 17.00 (2)

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

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.

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 (GF) 5.95 (1) / 9.95 (2)

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

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.

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.



Salmon Rarebit with a Lemon & Herb Crumb

20% OFF

A BESTSELLER
EVERY WEEK

Every week through the autumn you'll be able to get **20% off one of our bestselling dishes**. We'll announce the dish every Wednesday and it'll be on offer until the following Tuesday, when the next great deal arrives. **Scan the QR code to sign up to our newsletter** and make sure you don't miss out!



BEEF

Cottage Pie (GF) 5.50 (1) / 8.95 (2) / 17.90 (4)

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

The Grand Cottage Pie (GF) 35.00 (8)

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

Spaghetti Bolognese (V) ♥ 5.50 (1)

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



Chilli con Carne 5.50 (1) / 8.50 (2) / 16.95 (4)

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



Lasagne al Forno 5.75 (1) / 9.50 (2) / 18.95 (4)

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

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.

Steak & Red Wine Pie 5.75 (1) / 9.95 (2) / 19.90 (4)

Tender top rump beef, cooked slowly with vegetables and Merlot wine, topped with shortcrust pastry.

Beef Stroganoff (V) 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.



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

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



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

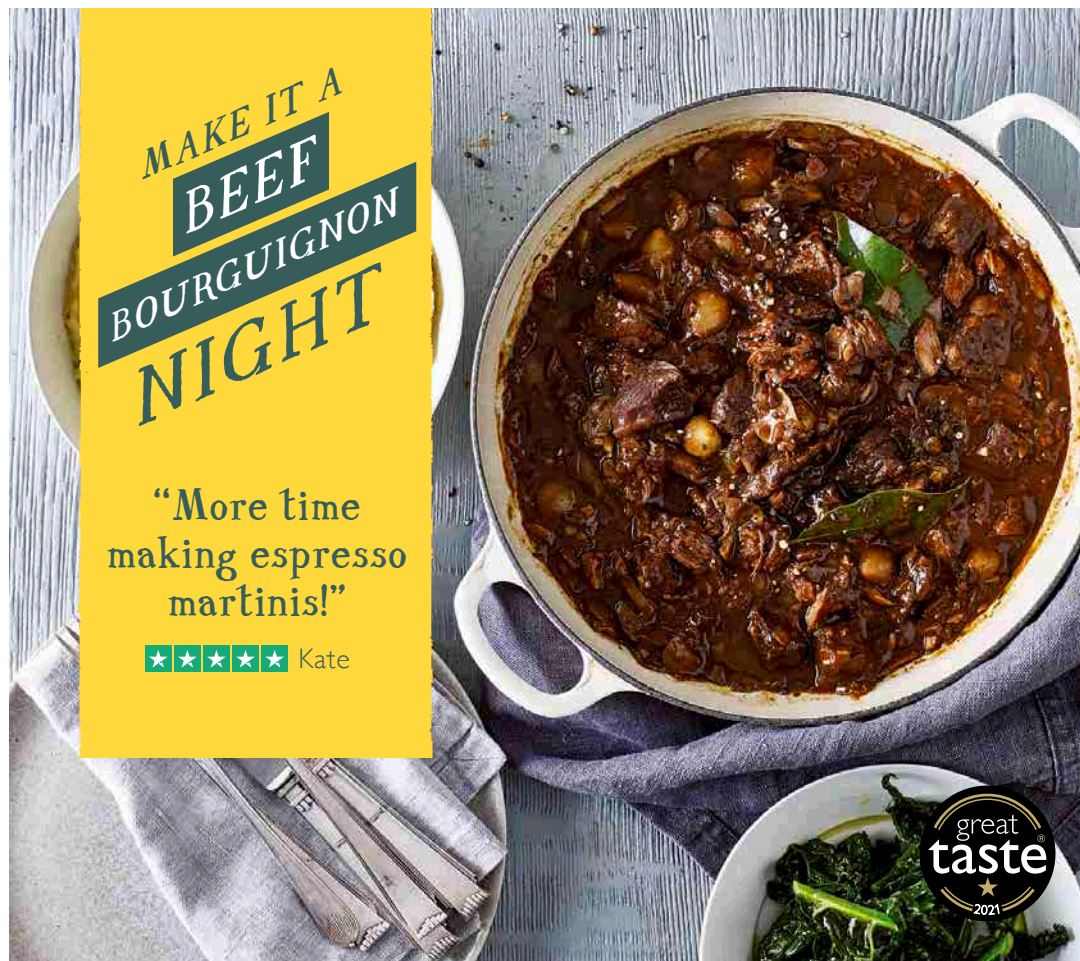
A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings.

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.

Beef Wellington 90.00 (6)

Seared fillet of beef topped with a porcini and Portobello mushroom duxelles and chicken liver paté, wrapped in crisp puff pastry, and served with a velvety port and red wine jus. Available 4th Sept



Beef Fillet & Béarnaise 70.00 (6)

A prime beef fillet, coated with creamed horseradish and wrapped in Dingley Dell higher-welfare, air-dried ham, served with a Béarnaise-style sauce with a hint of tarragon. Available 4th Sept

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.



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

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



Steak, Mushroom & Merlot Pie 26.00 (6)

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

DUCK & GAME

Roasted Confit of Duck 6.75 (1) / 12.50 (2)

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

Venison Haunch with a Sloe Gin & Blackberry Jus 40.00 (4)

A haunch of British venison, boned and rolled in a sweet and smoky crumb, with a handmade sloe gin and blackberry jus. Available 4th Sept

Roast Duck With Apple & Wild Boar Stuffing (DF) 25.00 (4)

Boneless higher-welfare duck with a handmade stuffing of wild boar, smoked bacon, Bramley apples and pistachios, finished with orange slices. Available 4th Sept

PORK

Mac Cheese with Smoky Bacon (V) 5.50 (1) / 8.50 (2)

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

Rosemary & Sage Porchetta (GF) (DF) 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. Available 4th Sept

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.

Sausage Casserole (V) 5.50 (1)

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

Meatballs in a Rustic Tomato Sauce (V) ♥ 5.50 (1) / 8.95 (2) / 17.90 (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 (V) 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.



Spaghetti Carbonara (V) 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.



Meatballs in a Rustic Tomato Sauce
Served with spaghetti



Spring Chicken & Asparagus Pie

PIES FOR ONE All 5.00

- Turkey, Ham & Cranberry Pie**
In a creamy white wine sauce topped with a chestnut, sage and onion stuffing. Available 4th Sept
- Spinach & Feta Pie**
With roasted red pepper, semi-dried tomato, pine kernels and ricotta.
- Roasted Veg, Lentils & Kale Pie**
With sweet potatoes and parsnips in a tomato and red wine sauce.
- Ham Hock & Leek Pie**
In a cream sauce topped with wholegrain mustard mash.



- Classic Steak & Ale Pie**
With caramelised red onions.
- Steak & Stilton Pie**
With roasted parsnips and red wine.
- Spring Chicken & Asparagus Pie**
With tarragon and peas in a white wine sauce.
- Chicken & Portobello Mushroom Pie**
Cooked with white wine, thyme and cream.
- Steak & Kidney Pie**
With a rich ale sauce and suet pastry lid.

SIDES

- Peas & Leeks with a Lemon & Herb Butter** 1.95 (1) / 2.95 (2)
- Braised Red Cabbage** 2.95 (2)
- Creamy Mash** 2.25 (1) / 3.35 (2)
- Creamed Spinach** 3.35 (2)
- Trio of Greens** 1.95 (1) / 2.95 (2)
- Dauphinoise Potatoes** 2.25 (1) / 3.35 (2) / 8.75 (6) 6pt available 4th Sept
- Minted Couscous** 3.50 (2)
- Plain Basmati Rice** 1.50 (1) / 2.25 (2)
- Garlic Ciabatta** 2.95 (4)

KIDS MEALS All 3.25

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

3.5 MILLION LIFE CHANGING SCHOOL MEALS

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



Chicken Dinosaur Pie

HEALTHY MEALS IN MINUTES

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

All just £4.75.

Lunch just got more interesting.



1 OF 5 A DAY LOW SAT FAT SOURCE OF PROTEIN **313** CALORIES

Sticky Veg Satay

Aubergines cooked in honey and tamari in a cashew satay sauce with rice, soya beans, carrots, spring onions and coriander.



LOW SAT FAT LOW SUGAR HIGH PROTEIN **313** 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.



1 OF 5 A DAY HIGH PROTEIN LOW SAT FAT **291** 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.



LOW SUGAR LOW SAT FAT SOURCE OF PROTEIN **396** CALORIES

Chicken Pad Thai

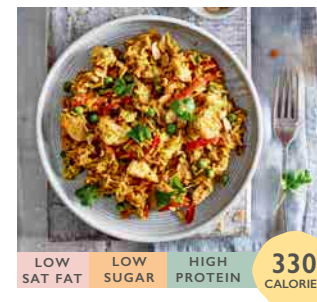
Rice noodles, higher-welfare British chicken, spring onions and green beans in a sweet and salty cashew dressing with tamari soy sauce.



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

Halloumi & Roasted Vegetable Pasta

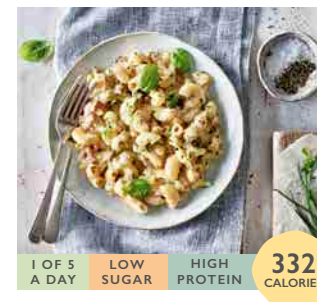
Halloumi cheese with roasted courgettes, yellow peppers and cherry tomatoes with cannolicchi pasta and a tomato and basil pesto sauce.



LOW SAT FAT LOW SUGAR HIGH PROTEIN **330** CALORIES

Keralan Chicken Curry

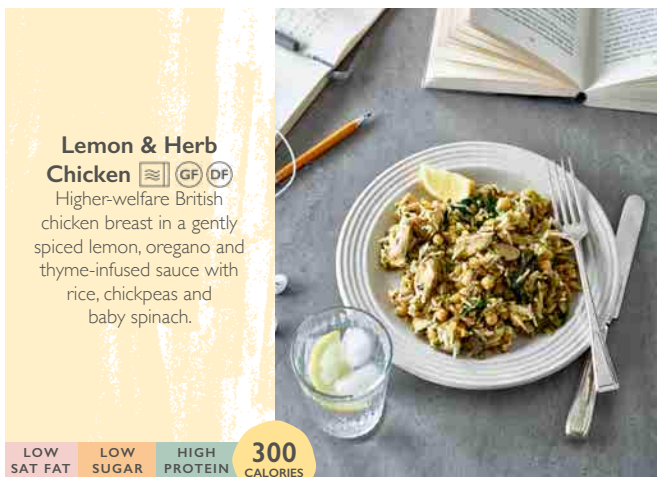
Tender higher-welfare British chicken with cauliflower and red pepper in a mild coconut sauce with pilau rice and toasted flaked almonds.



1 OF 5 A DAY LOW SUGAR HIGH PROTEIN **332** CALORIES

Mac Cheese with Ham & Cauliflower

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



Lemon & Herb Chicken

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

LOW SAT FAT LOW SUGAR HIGH PROTEIN **300** CALORIES

“So handy for a quick healthy lunch”

★★★★★ Jessica

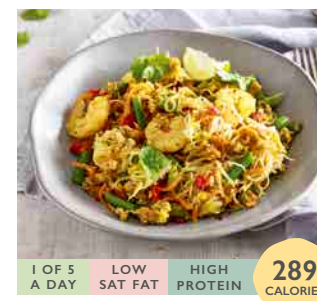
All of our Pots contain a source of protein. Protein contributes to the maintenance of muscle mass. Enjoy as part of a varied and balanced diet, and a healthy lifestyle.



2 OF 5 A DAY SOURCE OF FIBRE HIGH PROTEIN **246** CALORIES

Prawns with Chorizo & Lentils

King prawns and free-range pork chorizo with soft, speckled lentils, chickpeas, piquillo peppers, baby spinach and tomatoes.



1 OF 5 A DAY LOW SAT FAT HIGH PROTEIN **289** 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 SOURCE OF FIBRE HIGH PROTEIN **333** 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.

INDIAN

Chicken Korma 5.75 (1) / 8.95 (2)

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



Chicken Tikka Masala 5.75 (1) / 8.95 (2)

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



Chicken Jalfrezi 5.75 (1) / 8.95 (2)

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

Garlic Chicken Curry 5.75 (1)

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

Roasted Vegetable & Chickpea Curry 5.75 (1) / 8.95 (2)

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



Vegetable Korma 5.75 (1)

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



Aubergine, Spinach & Paneer Curry 5.75 (1) / 8.95 (2)

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

Butter Chicken Curry 5.75 (1) / 8.95 (2)

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



Keralan Prawn & Mango Curry

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.

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.

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.



Prawn Karahi 5.95 (1) / 10.00 (2)

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

SIDES

Plain Naan 1.75 (2)

Garlic & Coriander Naan 1.75 (2)

NEW Chicken Samosas 3.25 (2)

Onion Bhajis 2.95 (2)

Bombay Potatoes 2.95 (2)

Saag Paneer 2.95 (2)

Tarka Dhal 2.95 (2)

Chana Masala 2.95 (2)

Plain Basmati Rice 1.50 (1) / 2.25 (2)

Peas Pilau 1.75 (1) / 2.80 (2)

“So authentic and taste like homemade”

★★★★★ Cathy







Yellow Thai
Prawn Curry



Vegetable
Spring Rolls


Red Thai
Chicken Curry

Green Thai
Vegetable
Curry




THAI


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.

Chicken Satay   5.75 (1) / 8.95 (2) / 17.90 (4)
A fragrant cashew and coconut sauce with higher-welfare British chicken breast, green beans and toasted cashews.

Green Thai Chicken Curry    5.75 (1) / 8.95 (2) / 17.90 (4)
A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.

Red Thai Chicken Curry    5.75 (1) / 8.95 (2)
A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.




Chicken Panang Curry    5.75 (1) / 8.95 (2)
A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.



Yellow Vegetable Curry    5.75 (1) / 8.95 (2)
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.



Green Thai Vegetable Curry    5.75 (1) / 8.95 (2)
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

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.



Hoisin Duck Noodles   5.95 (1)
Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Thai Steamed Sea Bass    6.25 (1)
A fillet of sea bass gently steamed on a bed of choi sum, spring onions and julienne carrots in a mild and fragrant red curry 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.



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





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

Red Thai Duck Curry   6.25 (1)
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Crispy Roast Half Duck  11.00 (2)
With 10 pancakes & a rich Hoisin sauce.

SIDES

Vegetable Spring Rolls   3.25 (2)

Plain Basmati Rice 1.50 (1) / 2.25 (2)
   

Coconut & Lime Leaf Rice    1.75 (1) / 2.80 (2)



Crispy Roast Half Duck

“Delicious food, much cheaper than takeaway!”

★★★★★ Rebecca

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. Make it a COOK night.



Chocolate & Raspberry Roulade

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 & Hazelnut Meringue Parfait (GF) (V) 20.00 (10-12)

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

Available 4th Sept

White Chocolate & Raspberry Cheesecake 18.00 (10-12)

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

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.



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.



Chocolate Mousse Torte

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

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

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



Lemon Cheesecake 18.00 (10-12)

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

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.

Salted Caramel, Chocolate & Honeycomb Cheesecake 18.00 (10-12)

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



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

MEDIUM PUDDINGS for 4 or more

Tiramisu (V) 8.95 (6-8)
Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate. *Available 4th Sept*

Chocolate Brownie Cheesecake (V) 8.95 (6-8)
A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.

Apricot & Orange Almond Torte (GF) (DF) (VG) 8.95 (6)
A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.

Pear & Ginger Tart (V) 8.95 (6-8)
Soft pears and ginger in a classic frangipane tart, finished with flaked almonds. *Can also be served warm.*

Classic Lemon Tart (V) 8.95 (6-8)
A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.

Mango & Passion Fruit Cheesecake 8.95 (6-8)
A light mango and passion fruit cheesecake on a thin buttery biscuit base.

Chocolate & Almond Torte (GF) (V) 8.95 (6-8)
A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.

Gin & Tonic Semifreddo (GF) (V) 8.95 (6-8)
Frozen lemon gin parfait, topped with lemon curd made with gin and Fever-Tree Indian tonic water. *Serve straight from freezer.*

Winter Pudding (GF) (VG) *Available 4th Sept* 10.95 (6)
Seasonal twist on a traditionally summer recipe bursting with blackberries, apple, raspberries, cranberries & blueberries enriched with cinnamon. *Available 4th Sept*



Rhubarb & Custard Pudding

HOT PUDS

NEW Rhubarb & Custard Pudding (V) 8.95 (6)
A handmade sponge, layered with a deliciously tangy rhubarb compote and vanilla custard, topped with roasted flaked almonds. *Available 4th Sept*

Apple Strudel (V) 8.95 (6-8)
A classic strudel made with crisp filo pastry, spiced Bramley apples, pecans, sultanas and a pecan crumble topping. *Available 4th Sept*

Hot Chocolate Pudding (V) 4.00 (2)
An intense and gooey chocolate sponge, dark chocolate chips, and spoonfuls of hot chocolate fondant sauce, finished with a speculoos biscuit crumb.

Cherry Bakewell (V) *Available 4th Sept* 4.00 (2)
Perfectly fluffy almond frangipane sponge with sour cherries and two spoonfuls of handmade sweet cherry jam.

Sticky Toffee Pudding (V) 4.00 (2) / 7.95 (6)
The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.

Bramley Apple & Blackberry Crumble (V) 4.00 (2) / 7.95 (6)
Bramley apples and blackberries with a crunchy oat crumble.

CRÈME DE LA CRÈME

We believe in buying local whenever we can: it cuts down food miles, helps support local farmers and ensures we're using really fresh ingredients. That's why one of the dairies we use is just a few miles from COOK Puddings in Somerset. Some of our team pass the cows on their way to work, which invariably lifts their mooood (sorry).



Pear & Ginger Tart

“Hassle free puds - perfect for entertaining”

★★★★★ Jo


INDIVIDUAL PUDDINGS

COLD PUDDINGS

Chocolate & Hazelnut Meringue Parfait **GF** **V** Available 4th Sept 5.00 (2)

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

Chocolate & Salted Caramel Mousse **V** 4.00 (2x1)

Gin & Tonic Semifreddos **GF** **V**  4.00 (2x1)

Salted Caramel, Chocolate & Honeycomb Cheesecakes  4.00 (2x1)

Lemon Cheesecakes 4.00 (2x1)

Mango & Passion Fruit Cheesecakes  4.00 (2x1)

Red Berry Mousse **GF** 4.00 (2x1)

Lemon Possets **V** 4.00 (2x1)

Winter Puddings **DF** **VG** Available 4th Sept 5.00 (2x1)

HOT PUDDINGS

Hot Chocolate Pudding **V** 4.00 (2)

Cherry Bakewell **V** 4.00 (2)

Sticky Toffee Pudding **V**  4.00 (2)

Bramley Apple & Blackberry Crumble **V**  4.00 (2)



Mango & Passion Fruit Cheesecakes



Red Berry Mousse



Gin & Tonic Semifreddos



Introducing...
**BRITAIN'S VERY
BEST ICE CREAM**

OK, we've found it: Britain's very best ice cream! From a family-run fruit farm in Suffolk, AlderTree marries intense fruit flavours and creamy deliciousness. Over 60 Great Taste Awards don't lie.

5.75 (500ml tub) / all **GF** **V**

Gooseberry & Elderflower
Raspberry
Blackcurrant
Vanilla
Chocolate

2.25 (125ml tub) all **GF** **V**

Gooseberry & Elderflower
Raspberry
Vanilla
Stem Ginger & Rhubarb

CAKES & TRAYBAKES

Farmhouse Flapjack **DF** **VG** 5.95 (6)

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

Gluten-Free Belgian Chocolate Brownie **GF** **V** 5.95 (6)

Billionaire's Shortbread **V** 5.95 (6)

Lemon Drizzle **V** 5.95 (6)

Belgian Chocolate Cake **V** 14.00 (8)

Triple Layered Carrot Cake **V** 15.00 (10)

Chocolate Celebration Cake **V** 20.00 (12)

FEELING FESTIVE?

Mince Pies **DF** **VG** Available 4th Sept 3.95 (6)

Mini Mince Pies **DF** **VG** Available 4th Sept 4.95 (12)

GF Gluten Free & Dairy Free DF

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 August 2023.

Love Eating Well

Classic COOK recipes containing fewer than 600 calories and under a third of an adult's daily Reference Intake of fat, saturated fat, sugar and salt.

	Calories per portion	
	cal	RI
Chilli con Veggie	202	10%
Red Lentil & Mixed Bean Casserole	218	11%
Spiced Cauliflower & Aubergine Shakshuka	223	11%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Mexican Three Bean Chilli	300	15%
Moroccan Lamb Tagine	307	15%
Chilli con Carne	314	16%
Moroccan Harissa Chicken	327	16%
Lamb Hotpot	328	16%
Spanish Bean Stew with Peppers & Kale	332	17%
Vegetable & Chickpea Tagine	355	18%
Veggie Bolognese	367	18%
Meatballs in a Rustic Tomato Sauce	375	19%
Sweet Potato Katsu Curry	389	19%
Spaghetti Bolognese	491	25%

Nutrition correct as of August 2023. As always, the label on the back of pack is most accurate.

POTS FOR ONE

Singapore Noodles	GF	DF
Prawns with Chorizo and Lentils	GF	DF
Sweet Potato & Aubergine	GF	DF
Sri Lankan Curry	GF	DF
Green Thai Chicken Noodles	GF	DF
Lemon & Herb Chicken	GF	DF
Sticky Soy & Ginger Beef	GF	DF
Keralan Chicken Curry	GF	DF
Chicken Pad Thai	GF	DF
Mexican Black Bean & Mushroom Chilli	GF	DF
Teriyaki Chicken Noodles	DF	
Chicken Noodle Laksa	GF	DF
Sticky Veg Satay	GF	DF

Visit cookfood.net/loveeatingwell for more information

BEEF

Beef Bourguignon	GF	DF
Chilli con Carne	GF	
Cottage Pie	GF	

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
Garlic & Herb Crusted Rack of Lamb	DF	

PORK

Rosemary & Sage Porchetta	GF	DF
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CHICKEN

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

FISH

Salmon, Horseradish & Spinach Stacks	GF
Smoked Haddock & Leek Risotto	GF
Kiln-Roasted Salmon Frittata	GF
Garlic Butter Prawns with Lemon & Dill	GF

VEGGIE

Chilli con Veggie	GF
Portobello Mushroom Risotto	GF
Tomato, Basil & Mozzarella Risotto	GF
Veggie Cottage Pie	GF

VEGAN

Roasted Vegetable Tarte Tatins	DF	
Sweet Potato Katsu Curry	GF	DF
Wild Mushroom & Aubergine Lasagne	DF	
Mexican Three Bean Chilli	GF	DF
Red Lentil & Mixed Bean Casserole	GF	DF
Spiced Cauliflower & Aubergine Shakshuka	GF	DF
Spanish Bean Stew with Peppers & Kale	GF	DF
Vegetable & Chickpea Tagine	GF	DF
Shepherdless Pie	GF	DF
Butternut Squash & Red Onion Galette	DF	

DUCK

Duck & Plum Filo Parcels	DF
Roast Duck With Apple & Wild Boar Stuffing	DF

ENTERTAINING

Honey Roast Ham	DF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Chicken Liver Pâté / Roast Salmon Pâté	GF	
Mini Thai Fishcakes Canapés	GF	DF
Satay Chicken Bites	DF	
Tomato & Pine Nut Tarte Tatins	DF	
Roasted Vegetable Tarte Tatins	DF	
Duck & Plum Filo Parcels	DF	
Salmon, Horseradish & Spinach Stacks	GF	

SIDES

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

COOK FOR KIDS

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

PUDDINGS

Chocolate Roulade	GF	
Chocolate & Raspberry Roulade	GF	
Espresso Martini Pavlova	GF	
Raspberry Pavlova	GF	
Chocolate & Salted Caramel Pavlova	GF	
Fruit Vacherin	GF	
Apricot & Orange Almond Torte	GF	DF
Gin & Tonic Semifreddo	GF	
Red Berry Mousse	GF	
Chocolate & Almond Torte	GF	
Winter Pudding	DF	
Gluten-Free Belgian Chocolate Brownie	GF	
Chocolate & Hazelnut Meringue Parfait	GF	
Farmhouse Flapjack	DF	
Mince Pies & Mini Mince Pies	DF	

INDIAN MAINS

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

INDIAN SIDES

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

THAI MAINS

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

THAI SIDES

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

NEW COOK Subscription

No need to tie a knot in your hanky to remind you to order. **Subscribe for regular deliveries and you'll get £10 off your first order.** There's no pesky small print or set length you have to do it for – **you're in complete control** of what you get and when you get it. Eating well has never been so easy!



Find out more at
cookfood.net/subscription
or call 01732 759000



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Ed & Dale, founders

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