

# — COOK —

MAKE IT A COOK

CHRISTMAS



We deliver! Order online at [cookfood.net](https://www.cookfood.net)  
or call 01732 759000



Hello,

Christmas dinner in our family can get lively, with “just” the 22 of us round the table. Think the Waltons crossed with the Simpsons, with a sprinkling of the Roys from Succession on top. The cooking could be a big drama for whoever’s hosting. Instead, we always cater with our Christmas Dinner bundles, making it wonderfully stress free.

Sadly, not everybody will have a big festive gathering to look forward to. It’s why we’re always so keen to **support community events**. Amazing things happen when we eat together. Getting as many people as possible sharing food can only be a good thing.

This year, we’re teaming up with The Long Table, a community food project based in Stroud, Gloucestershire, for **The Longest Table**. It’s a campaign encouraging you to bring people together locally and share a bite to eat. We’ve pulled together a guide to show you how easy it can be. And there’s **30% off at your local COOK shop** for anything you might need. See the back page for details.

Help us create The Longest Table and share the joy of eating together this Christmas.

*bro* brother & sister (and COOK CEOs)



Certified

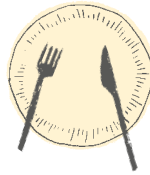


Corporation  
Since 2013

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 CHRISTMAS DATES

1 <sup>st</sup> Sept	Christmas range available to pre-order.
29 <sup>th</sup> Oct	Peak slots (14 <sup>th</sup> -24 <sup>th</sup> Dec) for Click & Collect and Home Delivery open. Visit <a href="http://cookfood.net/peakslots">cookfood.net/peakslots</a> for information.
1 <sup>st</sup> Nov	Christmas range available in-store.
13 <sup>th</sup> Dec	Last day for editing orders online.



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.cookfoodnet](http://www.cookfoodnet) or phone 01732 759000 for more details).

Photography: Carolyn Barber Styling: Pip Spence

Nature's Preservative

Freezing locks in flavour and cuts down waste.  
 Nearly all our dishes cook straight from frozen.  
 So you've always got time for a home-COOKed meal.

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 600 cals • 23g of fat • 6g of saturated fat • 30g of sugars • 2g of salt

MAKE IT A COOK  
CHRISTMAS

Give yourself more time to enjoy Christmas Day. We've done the hard work so you can relax and spend time with the people you love. Whether it's the full dinner or just the bits you don't like doing, make it a COOK Christmas.



“Never had such a carefree Christmas”

★★★★★ Richard



# CHRISTMAS DINNER BUNDLES

Everything you need for a delicious and stress-free Christmas dinner.

A hand-prepared, woodland turkey and all the trimmings with simple, clear instructions to make it oh-so-easy. All Turkey bundles are Gluten Free and we don't use nuts in our stuffing.\*

Working with renowned turkey farmer, Paul Kelly, we've created the highest welfare standard possible for our birds, recognized by a Good Turkey Award from Compassion In World Farming. We've carefully tested all the timings so you can relax and enjoy your day.

\*Please be aware we do still handle nuts in our kitchens.

## Christmas Timings Cards Available

Instructions and all  
the timings are at  
[cookfood.net/timings](http://cookfood.net/timings)



## TURKEY DINNER FOR 2

- Stuffed Turkey Breast For Two (1x2ptn)
- Pigs in Blankets (1xpack of 8)
- Roast Potatoes (1x2ptn)
- Carrots with Orange & Thyme (1x2ptn)
- Roast Parsnips (1x2ptn)
- Brussels Sprouts & Buttered Leeks (1x2ptn)
- Traditional Gravy (1x400g)

GF | cooks in 1 hr 30 mins | £38.30



## TURKEY DINNER FOR 4

- Turkey with Pork & Cranberry Stuffing (1x4ptn)
- Pigs in Blankets (1xpack of 8)
- Roast Potatoes (1x4ptn)
- Carrots with Orange & Thyme (1x4ptn)
- Roast Parsnips (1x4ptn)
- Brussels Sprouts & Buttered Leeks (1x4ptn)
- Traditional Gravy (1x400g)
- Pork & Apricot Stuffing (1x8ptn)

GF | cooks in 2 hrs 15 mins | £70.15



## TURKEY DINNER FOR 8

- Stuffed Crown of Turkey (1x8ptn)
- Pork & Apricot Stuffing (1x8ptn)
- Pigs in Blankets (2xpacks of 8)
- Roast Potatoes (2x4ptn)
- Carrots with Orange & Thyme (2x4ptn)
- Roast Parsnips (2x4ptn)
- Brussels Sprouts & Buttered Leeks (2x4ptn)
- Traditional Gravy (2x400g)

GF | cooks in 3 hrs 20 mins | £119.35



## TURKEY DINNER FOR 12

- Celebration Crown of Turkey & Duck (1x12ptn)
- Pork & Apricot Stuffing (2x8ptn)
- Pigs in Blankets (3xpacks of 8)
- Roast Potatoes (3x4ptn)
- Carrots with Orange & Thyme (3x4ptn)
- Roast Parsnips (3x4ptn)
- Brussels Sprouts & Buttered Leeks (3x4ptn)
- Traditional Gravy (3x400g)

GF | cooks in 4 hrs 5 mins | £189.50

“Brilliant home tasting  
Christmas lunch ...  
I was able to join in  
the celebrations.”

★★★★★ Ben



**DON'T  
FORGET  
PUDDING**  
see p32

Prefer to create your own Christmas Dinner? See p8





## VEGGIE DINNER FOR 2

- Portobello Mushroom Wellington (1x2ptn)
- Roast Potatoes (1x2ptn)
- Carrots with Orange & Thyme (1x2ptn)
- Roast Parsnips (1x2ptn)
- Brussels Sprouts & Buttered Leeks (1x2ptn)
- Winter Vegetable Gravy (1x200g)

🍷 | cooks in 1 hr 10 mins | £27.75

### OR CHOOSE FROM:



**NEW**

#### Caramelised Shallot, Celeriac & Stilton Tarte Tatin

🍷 16.00 (4)

Puff pastry topped with red onion marmalade, roasted celeriac, with a ring of shallots, and a Stilton and Somerset Cheddar fondant centre.



#### 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.



#### Trio of Parsnip Rosti

🍷 12.00 (2x1)

Two rostis of julienned parsnip and carrot with speckled lentils and a garlic and mushroom cream centre, topped with a parsnip and Cheddar cream, finished with parsnip ribbons.



#### 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.



#### Roasted Vegetable Tarte Tatin

🍷 6.50 (2x1)

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



## VEGAN DINNER FOR 2

- Butternut Squash Nut Roasts (1x2ptn)
- Carrots with Orange & Thyme (1x2ptn)
- Roast Potatoes (1x2ptn)
- Trio of Greens (1x2ptn)
- Winter Vegetable Gravy (1x200g)

🍷 🍷 | cooks in 55 mins | £22.80

### VEGAN TRIMMINGS For details see p9

Carrots with Orange & Thyme

Winter Vegetable Gravy

Trio of Greens

Cranberry Sauce with Port & Orange

Roast Potatoes

"Best (and easiest) Christmas dinner in years!"

★★★★★ Hannah

### OR CHOOSE FROM:



#### Butternut Squash & Red Onion Galette

🍷 🍷 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.



#### Butternut Squash Nut Roast

🍷 🍷 12.00 (2x1)

Our famous cashew and almond nut roast, spiced red onion chutney and roasted butternut squash, layered and topped with pistachios and cranberries.

### VEGAN PUDDINGS



#### Apricot & Orange Almond Torte

🍷 🍷 🍷 8.95 (6)

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



#### Winter Pudding

🍷 🍷 5.00 (2x1) / 10.95 (6)

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





# CREATE YOUR OWN CHRISTMAS DINNER

Do the bits you enjoy and let us look after the rest.

Whether it's a juicy, higher welfare turkey, or some of those time-consuming side dishes, we COOK so you don't have to. All our turkeys are raised on small farms in East Anglia with freedom to roam 24hrs a day.



**Turkey with Pork & Cranberry Stuffing for 4** (GF) (DF) 35.00 (4)

Succulent higher-welfare turkey breast with lemon and parsley, topped with a cranberry, apricot and pork stuffing, wrapped in streaky bacon. Defrost for 48 hours in the fridge or 12 hours at room temperature before cooking.



**Stuffed Crown of Turkey** (GF) (DF) 55.00 (8)

A higher-welfare English turkey crown wrapped in sweet-cure bacon, stuffed with a spiced apricot, ginger and higher-welfare sausagemeat from Speldhurst butchers. Defrost for 48 hours in the fridge or 12 hours at room temperature before cooking.



**Stuffed Turkey Breast for Two** (GF) (DF) 16.50 (2)

A higher-welfare English turkey breast wrapped in sweet-cure bacon, stuffed with a spiced apricot, ginger and higher-welfare sausagemeat from Speldhurst butchers. Defrost for 12 hours in the fridge before cooking.



**Celebration Crown of Turkey & Duck** (GF) (DF) 90.00 (12)

A generous higher-welfare English turkey crown, with six duck breasts rolled inside, stuffed with a spiced apricot, ginger and higher-welfare sausagemeat from Speldhurst butchers. Defrost for 72 hours in the fridge or 12 hours at room temperature before cooking.

## TRIMMINGS



If you like dark meat as well as breast, add our Stuffed Turkey Thigh to your Christmas Dinner table.

**Stuffed Thigh of Turkey** (GF) (DF) 20.00 (6)

A succulent, higher-welfare English turkey thigh rolled with a spiced apricot, ginger and higher-welfare sausagemeat stuffing from Speldhurst butchers. Defrost for 24 hours in the fridge before cooking.

“Makes Christmas dinner that little bit more special”

★★★★★ Andrea

**NEW** Carrots with Orange & Thyme (GF) (DF) (VG) 2.95 (2) / 4.75 (4)

**NEW** Cauliflower Cheese (GF) (V) 3.50 (2)

Brussels Sprouts with Buttered Leeks (GF) (V) 2.95 (2) / 4.75 (4)

Trio of Greens (GF) (DF) (VG) 1.95 (1) / 2.95 (2) / 4.75 (4)

Roast Potatoes (GF) (DF) (VG) 2.95 (2) / 4.95 (4)

Roast Parsnips (GF) (V) 2.95 (2) / 4.75 (4)

Braised Red Cabbage (GF) (V) 2.95 (2) / 4.75 (4)

Pork & Apricot Stuffing (GF) (DF) 5.95 (8)

Pigs in Blankets (GF) (DF) 6.25 (pack of 8)

Stuffing Balls (GF) (DF) **great taste** 6.95 (pack of 10)

Traditional Gravy (GF) (DF) 3.75 (400g)

Winter Vegetable Gravy (GF) (DF) (VG) 1.95 (200g)

Cranberry Sauce with Port & Orange (GF) (DF) (VG) 3.25 (300g)

Bread Sauce (GF) (V) 3.25 (305g)

Dauphinoise Potatoes (GF) (V) 2.25 (1) / 3.35 (2) / 8.75 (6)



Cauliflower Cheese

All our Christmas turkeys are prepared, stuffed and rolled by hand at The COOK Kitchen.

All Turkey bundles are Gluten Free & we don't use nuts in our stuffing.\*

\*Please be aware we do still handle nuts in our kitchens.





GREAT FOR

# GET TOGETHERS

Having people over is what the festive season is all about. Whether it's a big spread, kitchen supper, dinner party, or drinks and nibbles, we can do the cooking so you can do the fun. Make it a COOK Christmas.



“More time with friends and family”

★★★★★ Janie

**What makes our pastry so darn good?**  
The secret lies in the pastry room at the COOK Kitchen. It's where our experienced pastry chefs prepare all our shortcrust pastry by hand. Dusting, blind baking, shaping, filling .... just like you would at home.



**NEW**



**Caramelised Shallot, Celeriac & Stilton Tarte Tatin** 16.00 (4)  
Puff pastry topped with red onion marmalade, roasted celeriac, with a ring of shallots, and a Stilton and Somerset Cheddar fondant centre.

For a great spread, we'd suggest that for every 8 people you select...

**CENTREPIECE**  
One ham or salmon  
(our hams are huge and will easily suffice for 15+)

+

**PASTRY**  
One large quiche, frittata or two smaller pastry tarts

+

**ONE PATÉ OR TERRINE**  
Add our Sensational Sausage Rolls for kids

+

**THEN ADD**  
Prawns, camembert and your own bread, new potatoes, salad and pickles

Oh, don't forget the pud! See p32



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



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



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





**Baked Camembert with Port & Red Onion Chutney**

Ⓢ 10.00 (4)  
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.



**Smoked Salmon Terrine**

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



**French Onion Tart**

Ⓢ 15.00 (9 buffet portions)  
Caramelised onions in shortcrust pastry, topped with Swiss cheese and thyme.



**Kiln-Roasted Salmon Frittata** Ⓢ 21.00 (8)

A crustless quiche of kiln-roasted salmon and baby spinach, with dill, horseradish, mascarpone and West Country Cheddar.



**Side of Scottish Salmon with Lemon & Dill**

Ⓢ 30.00 (4-8)  
Scottish salmon glazed with wholegrain mustard, lemon and dill, topped with lemon slices.



**Garlic Butter Prawns with Lemon & Dill**

Ⓢ 15.00 (4)  
Sixteen big, sweet prawns with our handmade lemon and parsley butter, ready to cook from frozen. A perfect starter for four.



**Sensational Sausage Rolls**

6.95 (12 rolls)

**Sensational Veggie Rolls**

6.95 (12 rolls)



**Duck & Plum Pâté**

**Pâtés 6.50 (220g pot)**

**Duck & Plum Chicken Liver** Ⓢ

**Wild Mushroom & Truffle** Ⓢ

**Roast Salmon** Ⓢ

# GRAND MEALS FOR 8

Six of our all-time favourite dishes in a grand size, serving eight people or more. An essential for the freezer over the festive period.

**The Grand Cottage Pie** Ⓢ 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** Ⓢ 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 and parsley mash and finished with a crispy crumb and lemon zest.

**The Grand Beef Bourguignon** Ⓢ 39.00 (8)

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

**The Grand 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** Ⓢ 37.00 (8)

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



**"I have to admit I didn't tell my guests who the real chef was...."**

★★★★★ Sue



# CANAPÉS

Our best-ever handmade nibbles will add a touch of class to any gathering.

Cook from frozen in 25 mins or less. All 8.50, 12 per box.



“Simple for me... Special for my guests!”

★★★★★ Cally-Ann



NEW

### Duck & Hoisin Puffs

Silver Hill duck, shredded and mixed with hoisin sauce, wrapped in all-butter puff pastry decorated with sesame seeds.



NEW

### Chicken, Ginger & Lemongrass Bites

Higher-welfare British chicken with the classic Thai flavours of lime leaves, lemongrass and ginger.



NEW

### Mini Salmon Frittatas

Free-range egg frittatas with kiln-roasted salmon, semi-dried tomato, mature Cheddar cheese, dill and horseradish.



NEW

### Mini Thai Salmon Fishcakes

Sustainably-sourced salmon and colely with a fragrant mix of lemongrass, ginger and Thai spices.



### Tomato & Pine Nut Tarte Tatins

Crisp puff pastry topped with a handmade tomato and red pepper jam, semi-dried tomatoes and pine nuts.



### Goat's Cheese & Pesto Whirls

Puff pastry rounds filled with goat's cheese, green basil pesto and semi-dried cherry tomatoes.



## COLD CANAPÉS

A single pot of our handmade paté will make at least 25 delicious, cold canapés.

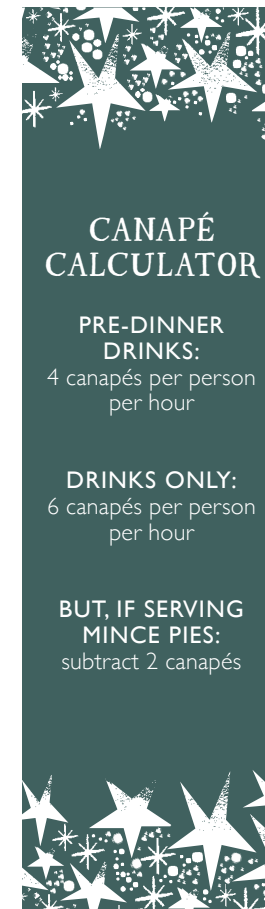
Patés listed on p12.



## SWEET GOODBYES

Finish your party or dinner with a tray of sweet canapés, sprinkled with icing sugar or gold dust. It's easy with our delicious traybakes.

Find them on p39.



## CANAPÉ CALCULATOR

### PRE-DINNER DRINKS:

4 canapés per person per hour

### DRINKS ONLY:

6 canapés per person per hour

### BUT, IF SERVING MINCE PIES:

subtract 2 canapés



## GIFT CARDS

Give someone you love time out of the kitchen

Buy in-store or at [cookfood.net/giftcards](https://cookfood.net/giftcards)





# STARTERS & LIGHT BITES

Smaller dishes and sharing plates, perfect as a starter or ideal for lunch served with warm, crusty bread and salad.

**NEW**



Lobster Thermidor Fondant Soufflés



Salmon, Horseradish & Spinach Stacks

**NEW Lobster Thermidor Fondant Soufflés** 20.00 (4x1)  
Light and airy soufflés with a melt-in-the-middle lobster thermidor sauce, topped with lobster and a dill crumb.

LIMITED EDITION

**Three Cheese Fondant Soufflés** 6.50 (2x1)  
A vintage Cheddar and thyme souffle with a mature Cheddar and Italian-style hard cheese fondant centre.

**Baked Camembert with Port & Red Onion Chutney** 10.00 (4)  
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.

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

**Butternut Squash, Spinach & Feta Tarts** 5.75 (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** 5.75 (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** 7.50 (2x1)  
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** 7.50 (2x1)  
Flaked kiln-roasted salmon on a base of spinach, crème fraîche and cornichons, topped with a horseradish and mascarpone cream.

**Garlic Butter Prawns with Lemon & Dill** 15.00 (4)  
Sixteen big, sweet prawns with our handmade lemon and parsley butter, ready to cook from frozen. A perfect starter for four.

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

“COOK is a godsend when entertaining.”

★★★★★ Jill

# MAIN COURSES

**NEW**



Duck & Venison Pithivier Pie

**NEW**



Venison en Croute

## DUCK & GAME

**NEW Duck & Venison Pithivier Pie** 35.00 (6)  
A slow-cooked duck and British venison puff-pastry pie, with caramelised lardons, celeriac, red wine and port.

**NEW Venison en Croute** 30.00 (2)  
Wild British venison fillets with red wine, spinach and chestnut mushrooms, individually wrapped in golden puff pastry.

**Roast Duck with Apple & Wild Boar Stuffing** 25.00 (4)  
Boneless higher-welfare duck with a handmade stuffing of wild boar, smoked bacon, Bramley apples and pistachios, finished with orange slices.

**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.

**Venison Casserole** 7.50 (1) / 15.00 (2) / 30.00 (4)  
Slow-cooked British venison in a red wine sauce with mushrooms, chestnuts and cranberries.

LIMITED EDITION

**Roasted Confit of Duck with Juniper** 6.75 (1) / 12.50 (2)  
Confit duck leg in a juniper berry and orange zest sauce with cranberries.





Chicken, Ham & Leek Pie served with Creamy Mash and Peas & Leeks

## CHICKEN

**NEW**



Roasted Chicken Breasts in a Port & Merlot Jus

**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.

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.

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.

Chicken & Mushroom Lasagne 5.75 (1) / 9.50 (2) / 18.95 (4)

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

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.

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.

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.

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.

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.

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.

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.

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.

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, 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.



Chicken & Mushroom Lasagne





VEGAN



**NEW Butternut Squash Nut Roasts** (DF) (VG) 12.00 (2x1)

Our famous cashew and almond nut roast, spiced red onion chutney and roasted butternut squash, layered and topped with pistachios and cranberries.

**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.

LIMITED EDITION

**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** (GF) (DF) (VG) 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** (GF) (DF) (VG) (F) 5.50 (1) / 8.50 (2)

A Middle-Eastern dish of chargrilled aubergines, peppers and chickpeas in a tomato, cinnamon and cumin sauce, topped with spiced cauliflower.

**Spanish Bean Stew with Peppers & Kale** (GF) (DF) (VG) (F) 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** (DF) (VG) 5.75 (1) / 9.50 (2)

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

“So many tasty options to choose from.”

★★★★★ Greg



Butternut Squash & Red Onion Galette

A Festive Vegan Treat

ALSO VEGAN...

Sweet Potato & Aubergine Sri Lankan Curry Pot

Mexican Black Bean & Mushroom Chilli Pot

Yellow Vegetable Curry

Green Thai Vegetable Curry

Roasted Vegetable & Chickpea Curry

VEGAN SIDES

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

VEGAN PUDDINGS

- Apricot & Orange Almond Torte • Winter Pudding
- Farmhouse Flapjack

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



Wild Mushroom & Aubergine Lasagne

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.



Red Lentil & Mixed Bean Casserole



## VEGETARIAN



Portobello Mushroom Risotto




Chilli con Veggie

Trio of Parsnip Rosti   12.00 (2x1)

Two rostis of julienned parsnip and carrot with speckled lentils and a garlic and mushroom cream centre, topped with a parsnip and Cheddar cream, finished with parsnip ribbons.

LIMITED EDITION

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.

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.

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.

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.

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 fraîche 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 fraîche and mascarpone sauce.



## “Their rack of lamb made Christmas lunch simply amazing!”

★★★★★ Michael



Perfect for a Special Meal

Garlic &amp; Herb Crusted Rack of Lamb



## LAMB

Garlic & Herb Crusted Rack of Lamb 

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

50.00 (6)



LIMITED EDITION

Shepherd's Pie  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.

Slow-Cooked Lamb Shanks   15.00 (2)

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

Liver, Bacon & Onions  4.75 (1)

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

Lamb Hotpot   5.95 (1)

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

## 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.

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

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

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     39.00 (8)

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



Order online at cookfood.net



## FISH

**Salmon en Croute**

45.00 (6)

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

LIMITED EDITION

**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.

**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.

**King Prawn Linguine**

5.95 (1) / 9.95 (2)

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

**Crab & Fennel Linguine**

5.95 (1) / 10.95 (2)

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

**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**

5.95 (1) / 9.95 (2)

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

**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 Wellington**

17.00 (2)

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

**Garlic Butter Prawns with Lemon & Dill**

15.00 (4)

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

**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.



Scottish Salmon with Crab &amp; Lemon



Classic Fish Pie

“A life-saver... I no longer dread the ‘what’s for dinner’ challenge.”

★★★★★ Denise

Deliciously  
Different  
Salmon Dish



Salmon Rarebit with a Lemon &amp; Herb Crumb





Beef Wellington

## BEEF

### 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.

### 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.

LIMITED EDITION

### Spaghetti Bolognese 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.

### 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 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 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.

### Cottage Pie 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 35.00 (8)

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

### 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.

### 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 39.00 (8)

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

### 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.

### Steak, Mushroom & Merlot Pie 26.00 (6)

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



Meatballs in a Rustic Tomato Sauce



Beef Bourguignon

## PORK

### Rosemary & Sage Porchetta 38.00 (6)

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

LIMITED EDITION

### Mac Cheese with Smoky Bacon 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.

### 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 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 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 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 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.



Rosemary &amp; Sage Porchetta


Easy  
Dinner with  
Friends

“Easy to cook, takes all the stress out of entertaining!”

★★★★★ Mary



## SIDES

- NEW** Carrots with Orange & Thyme GF DF VG 2.95 (2) / 4.75 (4)
- NEW** Cauliflower Cheese GF V 3.50 (2)
- Pork & Apricot Stuffing GF DF 5.95 (8)
- Pigs in Blankets GF DF 6.25 (pack of 8)
- Stuffing Balls GF DF  6.95 (pack of 10)
- Roast Parsnips GF V 2.95 (2) / 4.75 (4)
- Brussels Sprouts & Buttered Leeks GF V 2.95 (2) / 4.75 (4)
- Braised Red Cabbage GF V 2.95 (2) / 4.75 (4)
- Trio of Greens GF DF VG 1.95 (1) / 2.95 (2) / 4.75 (4)
- Peas & Leeks with a Lemon & Herb Butter GF V 1.95 (1) / 2.95 (2)
- Creamed Spinach GF V 3.35 (2)
- Roast Potatoes GF DF VG 2.95 (2) / 4.95 (4)
- Creamy Mash GF V 2.25 (1) / 3.35 (2)
- Dauphinoise Potatoes GF V 2.25 (1) / 3.35 (2) / 8.75 (6)

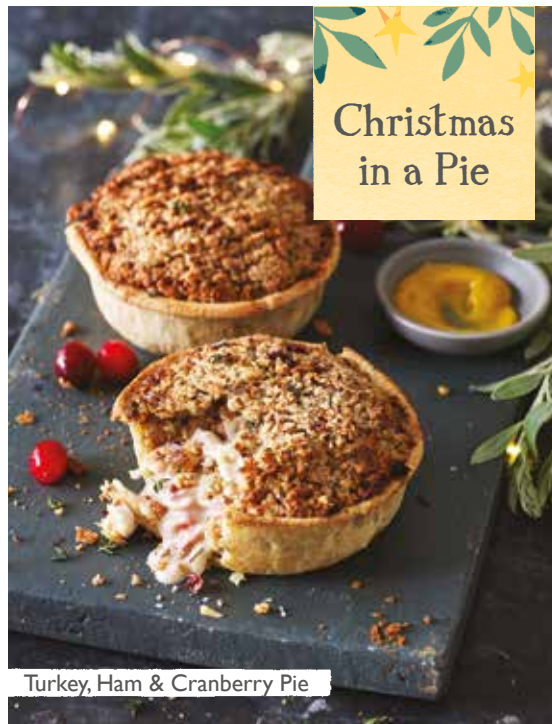
## NEW







Cauliflower Cheese

- Minted Couscous GF VG 3.50 (2)
- Plain Basmati Rice GF DF VG 1.50 (1) / 2.25 (2)
- Traditional Gravy GF DF 3.75 (4)
- Winter Vegetable Gravy GF DF VG 1.95 (2)
- Cranberry Sauce with Port & Orange GF DF V 3.25 (300g)
- Bread Sauce GF V 3.25 (305g)
- Garlic Ciabatta V 2.95 (4)

## PIES FOR ONE All 5.00



Christmas in a Pie

- Turkey, Ham & Cranberry Pie**  
In a creamy white wine sauce topped with a chestnut, sage and onion stuffing. LIMITED EDITION
- 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.
- Ham Hock & Leek Pie**   
In a cream sauce topped with wholegrain mustard mash.
- Steak & Kidney Pie**  
With a rich ale sauce and suet pastry lid.
- Spinach & Feta Pie** V  
With roasted red pepper, semi-dried tomato, pine kernels and ricotta.
- Roasted Veg, Lentils & Kale Pie** V   
With sweet potatoes and parsnips in a tomato and red wine sauce.

Turkey, Ham & Cranberry Pie

## KIDS MEALS All 3.25

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

At Least 1 of Your 5 a Day

Source of Protein

Made Like You Would At Home



one feeds two




Chicken Dinosaur Pie

## 3.7 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.

## HEALTHY MEALS - POTS FOR ONE

Balanced, complete meals providing a source of protein. All just 4.75

- Prawns with Chorizo & Lentils** GF DF  
246 CALS 2 OF 5 A DAY SOURCE OF FIBRE HIGH PROTEIN
- Mexican Black Bean & Mushroom Chili** GF DF VG  
272 CALS 2 OF 5 A DAY SOURCE OF FIBRE SOURCE OF PROTEIN
- Green Thai Chicken Noodles** GF DF  
278 CALS 1 OF 5 A DAY LOW SAT FAT HIGH PROTEIN
- Sweet Potato & Aubergine Sri Lankan Curry** GF DF VG  
287 CALS 2 OF 5 A DAY SOURCE OF FIBRE SOURCE OF PROTEIN
- Singapore Noodles** GF DF  
289 CALS 1 OF 5 A DAY LOW SAT FAT HIGH PROTEIN
- Chicken Noodle Laksa** GF DF  
291 CALS 1 OF 5 A DAY LOW SAT FAT HIGH PROTEIN
- Lemon & Herb Chicken** GF DF  
300 CALS LOW SAT FAT LOW SUGAR HIGH PROTEIN
- Sticky Soy & Ginger Beef** GF DF  
313 CALS LOW SAT FAT LOW SUGAR HIGH PROTEIN
- Sticky Veg Satay** GF DF VG  
313 CALS 1 OF 5 A DAY LOW SAT FAT SOURCE OF PROTEIN
- Halloumi & Roasted Vegetable Pasta** V  
317 CALS 2 OF 5 A DAY LOW SAT FAT HIGH PROTEIN
- Keralan Chicken Curry** GF DF  
330 CALS LOW SAT FAT LOW SUGAR HIGH PROTEIN
- Mac Cheese with Ham & Cauliflower** GF  
332 CALS 1 OF 5 A DAY LOW SUGAR HIGH PROTEIN
- Teriyaki Chicken Noodles** GF DF  
333 CALS 1 OF 5 A DAY SOURCE OF FIBRE HIGH PROTEIN
- Chicken Pad Thai** GF DF  
396 CALS LOW SUGAR LOW SAT FAT SOURCE OF PROTEIN



Mac Cheese with Ham & Cauliflower



Halloumi & Roasted Vegetable Pasta



Chicken Noodle Laksa

Our Love Eating Well Pots for One are healthy, balanced, complete meals providing a source of protein.

*Protein contributes to the maintenance of muscle mass.*





## INDIAN MAINS

### 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.

### 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.

### 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.

### Lamb Dupizza 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.

## INDIAN SIDES

### **NEW** Chicken Samosas 3.25 (2)

### Plain Naan 1.75 (2)

### Garlic & Coriander Naan 1.75 (2)

### Onion Bhajis 2.95 (2)

### Bombay Potatoes 2.95 (2)

### Saag Paneer 2.95 (2)

### Tarka Dal 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)

“Delicious food, much cheaper than a takeaway!”

★★★★★ Rebecca



## THAI MAINS

### 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 tamarind 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 choy 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.

## THAI SIDES

### **NEW** Duck Spring Rolls 4.50 (2)

### 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)



# PUDDINGS

Treat everybody to a majestic, handmade pudding or two. Add a few berries and a dusting of icing sugar and nobody will know you didn't make it yourself. Make it a COOK Christmas.



“Hassle free puds – perfect for entertaining!”



## LARGE PUDDINGS 8+ people



### 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 & 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.



### Chocolate Roulade

GF V 16.75 (8-10)

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



### 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.





### Glazed Apple Tart

€ 18.00 (10-12)

Slices of Bramley apple tossed in cinnamon and brown sugar; with a layer of apple puree and spiced frangipane, topped with almonds. *Can also be served warm.*



### Chocolate Mousse Torte

€ 18.00 (10-12)

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



### Lemon Cheesecake

€ 18.00 (10-12)

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



### Fruit Vacherin

GF € 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.



### White Chocolate & Raspberry Cheesecake

€ 18.00 (10-12)

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

### Chocolate & Hazelnut Meringue Parfait

GF € 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.



A Truly  
Spectacular  
Dessert



**Chocolate & Raspberry Bombe** € 18.00 (8-10)  
Layers of rich chocolate mousse, whipped cream and handmade raspberry compote inside a chocolate sponge, finished with cream and dark chocolate shavings.



MEDIUM PUDDINGS 6-8 people



NEW



Rhubarb & Custard Pudding

£ 8.95 (6-8)  
A handmade sponge, layered with a deliciously tangy rhubarb compote and vanilla custard, topped with roasted flaked almonds.



Winter Pudding

DF VG 10.95 (6)  
Seasonal twist on a traditionally summer recipe bursting with blackberries, apple, raspberries, cranberries & blueberries enriched with cinnamon.



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.*



Pear & Ginger Tart

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



Mango & Passion Fruit Cheesecake

£ 8.95 (6-8)  
A light mango and passion fruit cheesecake on a thin buttery biscuit base.



Classic Lemon Tart

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



Apricot & Orange Almond Torte

GF DF VG 8.95 (6-8)  
A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.



Chocolate Brownie Cheesecake

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



Christmas Pudding

£ 13.00 (8)  
Handmade to a 40 year-old family recipe, a classic Christmas pudding made with vine fruits and citrus peel soaked in Sussex Stout, with a delicate warmth from winter spices and a dash of brandy.

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).

HANNAH  
THIS IS HOW WE ROLL







**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.



**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.



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



“The puddings are epic for when people come round impulsively!”

★★★★★ Fern

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



**ICE CREAM** by Alder Tree

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

**LIMITED EDITION** Christmas Pudding

- Blackcurrant
- Chocolate
- Raspberry
- Gooseberry & Elderflower
- Vanilla

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

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



Lemon Cheesecakes



Winter Pudding

**INDIVIDUAL PUDDINGS**

**HOT PUDDINGS**

Hot Chocolate Pudding (V)		4.00 (2)
Cherry Bakewell (V)		4.00 (2)
Christmas Pudding (GF) (V)		3.75 (1)
Sticky Toffee Pudding (V)		4.00 (2)
Bramley Apple & Blackberry Crumble (V)		4.00 (2)

**COLD PUDDINGS**

Chocolate & Hazelnut Meringue Parfait (GF) (V)		5.00 (2)
Mince Pie Crumble Tarts (V)		4.50 (2x1)
Winter Pudding (DF) (VG)		5.00 (2x1)
Lemon Tarts (V)		4.25 (2x1)
Red Berry Mousse (GF)		4.00 (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)
Lemon Possets (V)		4.00 (2x1)
Mango & Passion Fruit Cheesecakes		4.00 (2x1)

**CAKES & TRAYBAKES**

Mince Pies (DF) (V)		3.95 (pack of 6)
Mini Mince Pies (DF) (V)		4.95 (pack of 12)
Belgian Chocolate Yule Log (V)		18.00 (8-10)
Christmas Cake (V)		18.00 (16)
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 Slice (V)		5.95 (6)
Belgian Chocolate Cake (V)		14.00 (8)
Triple Layered Carrot Cake (V)		15.00 (10)
Celebration Cake (V)		20.00 (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.

VEGGIE	
Chilli con Veggie	GF
Portobello Mushroom Risotto	GF
Trio of Parsnip Rosti	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

FISH	
Salmon, Horseradish & Spinach Stacks	GF
Garlic Butter Prawns with Lemon & Dill	GF
Smoked Haddock & Leek Risotto	GF

BEEF	
Beef Bourguignon	GF DF
Chilli con Carne	GF
Cottage Pie	GF

DUCK & PORK	
Duck & Plum Filo Parcels	DF
Roast Duck with Apple & Wild Boar Stuffing	DF
Rosemary & Sage Porchetta	GF DF

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

LAMB	
Garlic & Herb Crusted Rack of Lamb	DF
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

CHRISTMAS DINNER & SIDES	
Stuffed Turkey Breast for Two	GF DF
Turkey with Pork & Cranberry Stuffing for 4	GF DF
Stuffed Crown of Turkey	GF DF
Celebration Crown of Turkey & Duck	GF DF
Stuffed Thigh of Turkey	GF DF
Butternut Squash Nut Roasts	DF
Pork & Apricot Stuffing	GF DF
Stuffing Balls	GF DF
Pigs in Blankets	GF DF
Carrots with Orange & Thyme	GF DF
Brussels Sprouts & Buttered Leeks	GF
Braised Red Cabbage	GF
Roast Potatoes	GF DF
Roast Parsnips	GF
Trio of Greens	GF DF
Creamed Spinach	GF
Dauphinoise Potatoes	GF
Creamy Mash	GF
Minted Couscous	DF
Peas & Leeks with a Lemon Herb Butter	GF
Garlic Ciabatta	DF
Cranberry Sauce with Port and Orange	GF DF
Traditional Gravy	GF DF
Winter Vegetable Gravy	GF DF
Cauliflower Cheese	GF

PUDDINGS	
Chocolate & Hazelnut Parfait	GF
Espresso Martini Pavlova	GF
Chocolate Roulade	GF
Chocolate & Raspberry Roulade	GF
Chocolate & Salted Caramel Pavlova	GF
Raspberry Pavlova	GF
Fruit Vacherin	GF
Gin & Tonic Semifreddo	GF
Apricot & Orange Almond Torte	GF DF
Chocolate & Almond Torte	GF
Winter Pudding	DF
Gluten-Free Belgian Chocolate Brownie	GF
Mince Pies & Mini Mince Pies	DF
Red Berry Mousse	GF
Farmhouse Flapjack	DF
Ice Creams p38	

ENTERTAINING	
Honey Roast Ham	DF
Kiln Roasted Salmon Frittata	GF
Garlic Butter Prawns with Lemon & Dill	GF
Side of Salmon with Lemon & Dill	GF DF
Smoked Salmon Terrine	GF
Pâtés: Duck & Plum, Chicken Liver, Roast Salmon	GF
Tomato & Pine Nut Tarte Tatins Canapé	DF
Mini Thai Salmon Fishcakes Canapé	GF DF
Chicken, Ginger & Lemongrass Bites	DF
Duck & Venison Pithivier Pie	DF

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
Prawn 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](http://cookfood.net/loveeatingwell) for more information

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 Bread	DF
Garlic & Coriander Naan Bread	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

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



## IT WOULDN'T BE CHRISTMAS WITHOUT...



### Christmas Cake

🍷 18.00 (16)

A classic rich Christmas cake packed with dried fruits, cherries and almonds and soaked generously with brandy. Ready for icing or to eat naked (the cake, not you).



### Christmas Pudding

🍷 13.00 (8)

Handmade to a 40 year-old family recipe, a classic Christmas pudding made with vine fruits and citrus peel soaked in Sussex Stout, with a delicate warmth from winter spices and a dash of brandy.

“The Yule Log is the best that we have ever tasted”

★★★★★ Fran



### Belgian Chocolate Yule Log

🍷 18.00 (8-10)

A classic dark chocolate sponge covered with chocolate buttercream, with a snowy, sugary dusting.

## KEY CHRISTMAS DATES

1 <sup>st</sup> Sept	Christmas range available to pre-order.
29 <sup>th</sup> Oct	Peak slots (14 <sup>th</sup> -24 <sup>th</sup> Dec) for Click & Collect and Home Delivery open. Visit <a href="http://cookfood.net/peakslots">cookfood.net/peakslots</a> for information.
1 <sup>st</sup> Nov	Christmas range available in-store.
13 <sup>th</sup> Dec	Last day for editing orders online.

## HOW TO SHOP

### Home Delivery

Order online at [cookfood.net](http://cookfood.net) or call us on 01732 759000

### Click & Collect

Order online and collect for free – same day when you order 2hrs ahead

### Local COOK Shop

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

### Local Stockist

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

## Grab Christmas by the Baubles

Order early for a chance to win your order back!

Collect or take delivery of a turkey or Christmas dinner bundle before 10th December and you'll be entered into our draw to win the total value of your order back. There will be 10 winners!\*

\* Winners will be reimbursed for their total order value (at the time of the draw) once dispatched. Full terms apply. Find out more at [www.cookfood.net/earlybirdprizes](http://www.cookfood.net/earlybirdprizes)



COOK  
x  
THE LONGEST TABLE

## Take Your Seat At The Longest Table

Amazing things happen when we eat together. Be part of The Longest Table this Christmas, our community dining campaign with The Long Table.

We'll show you how easy it is to bring local people together, celebrate and connect over good food – including **30% off at COOK** for your community events.



Scan or visit [cookfood.net/thelongesttable](http://cookfood.net/thelongesttable) to find out more



# GIFT CARDS

Give someone you love  
time out of the kitchen

Buy in-store or at  
[cookfood.net/giftcards](https://cookfood.net/giftcards)

“Small & dangerous,  
two packs is never enough”

★★★★★ Emma



Mini Mince Pies



★ **Trustpilot** ★★★★★

EXCELLENT, based on 22,130 reviews, August 2023

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.”

A handwritten signature in black ink, appearing to read 'Ed &amp; Dale'.

Ed & Dale, founders

The COOK Kitchen • Sittingbourne • Kent • ME10 3HH  
01732 759000 • [edwardanddale@cookfood.net](mailto:edwardanddale@cookfood.net)