

— COOK —



**DON'T MISS
A MOMENT**
Christmas COOKed for you

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

DATES FOR YOUR DIARY

15th September

Get inspired and pre-order at cookfood.net/Christmas



27th October

Release of peak slots (14th-24th Dec)



30th October

Christmas range available in-store



18th December

Last day for editing orders



Give someone you love time out of the kitchen
cookfood.net/giftcards

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



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

Photography: Carolyn Barber Styling: Pip Spence

Hello,

A *Christmas Carol* by Charles Dickens is one of those stories that everyone knows but not many have actually read. We blame The Muppets. Of course, it's a timeless message of compassion, change and the joy of people pulling together. The festive season invites all of us to ignore the whisperings of our inner Scrooge and embrace goodwill to all. And there's no better way of doing that than sharing a meal with others ... whether that's family, friends or your community. It's at the table, not under the tree, that the magic of Christmas really lives.

As you'll discover in the following pages, the chefs and teams in our kitchens have outdone themselves this year. Yes, there are all the spectacular dishes for special occasions: step forward the majestic new **Rib of British Beef**, **Cornish Monkfish Wrapped in Dry-Cured Ham** and **Cherry Bakewell Pavlova**. But don't forget all those everyday meals, ready in the freezer for when you're run off your feet and just want to relax with a home-cooked supper. And if you're planning any big get-togethers for your community, please take advantage of our **30% discount** for those events (see back page).

From all of us at COOK, our heartfelt thanks for your support this year.

Wishing you and yours a joyful festive season,

P & Brie

brother & sister (and COOK co-CEOs)



We love Christmas – decorating the tree, icing the cake, getting the family over... The only downside, if you're the cook, is you miss a lot of the good stuff while you're busy in the kitchen. That's where we come in. Our chefs have done the hard work so, this year, you can enjoy every minute.



Everyday Meals p17



Christmas Dinner p4



Party Season p14



Festive Spreads p10



Perfect Puds p32

“Spend time as a family, not prepping”

Fiona ★★★★★

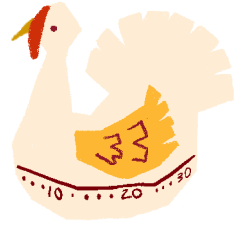
CHRISTMAS DINNER BUNDLES

Every year, thousands of families trust us to COOK the most important meal of the year. Enjoy a hand-prepared, woodland turkey and all the trimmings with simple, clear instructions to make everything stress free.

All our turkeys are raised outdoors in woodlands to the highest welfare standards, by renowned farmer Paul Kelly.

Christmas Bundle Timings Cards

Serve up a meal to remember with minimum effort. Instructions and all the timings are at cookfood.net/timings



TURKEY DINNER FOR 2 (GF)

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

Cooks in 1 hr 30 mins **£41.25**



TURKEY DINNER FOR 4 (GF)

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

Cooks in 2 hrs 15 mins **£77.05**



TURKEY DINNER FOR 8 (GF)

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

Cooks in 3 hrs 20 mins **£132.60**



TURKEY DINNER FOR 12 (GF)

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

Cooks in 4 hrs 5 mins **£199.65**



“Best (and easiest) Christmas dinner in years!”

Hannah ★★★★★



VEGGIE DINNER FOR 2 (V)

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

Cooks in 1 hr 10 mins

£29.95



VEGAN DINNER FOR 2 (DF)(VG)

- **NEW** Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels (1x2ptn)
- Roast Potatoes (1x2ptn)
- Carrots with Orange & Thyme (1x2ptn)
- Trio of Greens (1x2ptn)
- Maple & Thyme Roast Parsnips (1x2ptn)
- Winter Vegetable Gravy (1x200g)

Cooks in 1 hr 15 mins

£27.95

VEGETARIAN FESTIVE MAINS:



Nut Loaf (V) 7.95 (2)

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



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

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



Roasted Vegetable Tarte Tatin (DF)(VG) 6.50 (2x1)

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

Christmas bundles available from 30th October. Pre-order now at cookfood.net



NEW

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing p19

Dinner Party for 6



NEW

Shoulder of Lamb with Cranberry & Pistachio Stuffing p17

Great for Sunday Roast

Limited Edition FESTIVE CENTREPIECES

For a real feast this Christmas, our chefs have pulled out all the stops with these grand centrepieces. Scan the QR code of our chefs' tips on serving...



NEW

Roast Rib of British Beef with a Handmade Stuffing and Cumberland Sauce p19

Great for Boxing Day



I'M BACK

Beef Wellington p19

New Year's Showstopper

Create your own CHRISTMAS DINNER



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.



Stuffed Crown of Turkey (GF) (DF) 65.00 (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.

Every family Christmas has its own little traditions: Grandma's signature roasties, Dad's Christmas gravy, Aunty Emma's special stuffing... You do your thing, we'll fill in the gaps on the menu. Available from 30th October.



Turkey with Pork & Cranberry Stuffing for 4 (GF) (DF) 40.00 (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.



Celebration Crown of Turkey & Duck (GF) (DF) 95.00 (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

NEW SIZE		
Cauliflower Cheese (GF) (V)		3.75 (2) / 4.95 (4)
NEW		
Maple & Thyme Roast Parsnips (GF) (DF) (VG)		3.50 (2) / 4.95 (4)
NEW		
Shredded Brussels Sprouts & Buttered Leeks (GF) (DF) (V)		3.50 (2) / 4.95 (4)
NEW RECIPE		
Trio of Greens (GF) (DF) (VG)	2.35 (1) / 3.50 (2) / 4.95 (4)	
Pigs in Blankets (GF) (DF)	6.50 (pack of 8)	
Pork & Apricot Stuffing (GF) (DF)	6.50 (8)	
Stuffing Balls (GF) (DF)	6.95 (pack of 10)	
Braised Red Cabbage (GF) (V)	3.50 (2) / 4.95 (4)	
Carrots with Orange & Thyme (GF) (DF) (VG)	3.50 (2) / 4.95 (4)	
Creamed Spinach (GF) (V)	3.50 (2)	
Peas & Leeks with a Lemon & Herb Butter (GF) (V)	2.35 (1) / 3.50 (2)	
Creamy Mash (GF) (V)	2.75 (1) / 3.95 (2)	
Dauphinoise Potatoes (GF) (V)	2.75 (1) / 3.95 (2) / 9.00 (6)	
Roast Potatoes (GF) (DF) (VG)	3.50 (2) / 4.95 (4)	
Traditional Gravy (GF) (DF)	4.25 (4)	
Winter Vegetable Gravy (GF) (DF) (VG)	1.95 (2)	
Bread Sauce (V)	3.25 (305g)	
Cranberry Sauce with Port & Orange (GF) (DF) (VG)	3.25 (300g)	

WRAPPING PRESENTS

Not Pigs in Blankets

NEW SIZE



Cauliflower Cheese

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 48 hours in the fridge before cooking.

DON'T MISS THE 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 don't miss out on the fun.



"COOK have been my Christmas lifesavers!"

Joanne ★★★★★



Roasted Pepper & Goat's Cheese Quiche
22.00 (10-12)
Sweet roasted peppers and slices of goat's cheese in a deep, free-range egg quiche.



Quiche Lorraine
22.00 (10-12)
A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes.



Baked Camembert with Port & Red Onion Chutney
12.50 (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.

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

CENTREPIECE:
One ham or salmon (our hams will easily suffice for 15+)

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

PÂTÉ OR TERRINE:
Also add our Sensational Sausage Rolls for kids

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

Oh, don't forget the pud! See p32



NEW

Ham Hock, Broccoli & Cheddar Frittata 22.00 (8)
Free-range egg frittata with shredded ham hock from Dingley Dell Farm, longstem broccoli, Dijon mustard and West Country mature Cheddar.



Caramelised Shallot, Celeriac & Stilton 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. Available 30th October.



Honey Roast Ham

DF 35.00 (15+)

A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve.*



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.



Smoked Salmon Terrine

GF 12.95 (6-8)

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



French Onion Tart

V 16.00 (4 main / 9 buffet)

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



Side of Scottish Salmon with Lemon & Dill

GF DF 30.00 (4 main / 8 buffet)

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

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

37.00 (8)

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

The Grand Moroccan Spiced Lamb Tagine

39.00 (8)

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



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. *(Pictured)*

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.



“Perfect for stress free entertaining”

Mairi ★★★★★

DON'T MISS THE PARTY

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 tray.



“Helped make our New Year’s party extra special.”

Mary ★★★★★

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



Chicken, Ginger & Lemongrass Bites (GF, DF)
Higher-welfare British chicken with the classic Thai flavours of lime leaves, lemongrass and ginger.



Duck & Hoisin Puffs (DF)
Shredded higher-welfare roast duck with our handmade hoisin sauce, wrapped in puff pastry and sprinkled with sesame seeds.



Goat's Cheese & Pesto Whirls (V)
Puff pastry rounds filled with goats cheese, green basil pesto and semi-dried cherry tomatoes.



Mini Salmon Frittatas (GF)
Free-range egg frittatas with kiln-roasted salmon, semi-dried tomato, mature Cheddar cheese, dill and horseradish.



Mini Thai Salmon Fishcakes (GF, DF, V)
Sustainably-sourced salmon and coley with a fragrant mix of lemongrass, ginger and Thai spices.



Tomato & Pine Nut Tarte Tatins (DF, VG)
Crisp puff pastry topped with a homemade tomato and red pepper jam, semi-dried tomatoes and pine nuts.

NIBBLES

I'M BACK **Duck & Plum Pâté** (GF) 6.75 (220g pot)
A smooth, rich handmade duck liver pâté with lightly-spiced poached plums. Available 30th October.

Chicken Liver Pâté (GF) 6.75 (220g pot)
Handmade pâté made with British chicken livers, balsamic vinegar and herbs. Beautifully smooth. Perfect as a starter or canapé.

Roast Salmon Pâté (GF) 6.75 (220g pot)
A smooth, rich handmade pâté made with roast Scottish salmon with a twist of citrus.

Wild Mushroom & Truffle Pâté (V) 6.75 (220g pot)
A smooth, handmade wild mushroom pâté finished with truffle oil.

Sensational Sausage Rolls 6.95 (12 rolls)
Higher-welfare pork sausagemeat with bacon and sage, wrapped in buttery puff pastry and sprinkled with poppy seeds.

Sensational Veggie Rolls (V) 6.95 (12 rolls)
Feta cheese blended with chickpeas, tomato and red pepper, wrapped in buttery puff pastry and sprinkled with cheese.

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.



STARTERS & LIGHT BITES

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

I'M BACK

Baked Camembert with Port & Red Onion Chutney 12.50 (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.

I'M BACK

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.

I'M BACK

Three Cheese Fondant Soufflés 6.50 (2x1)

A vintage Cheddar and thyme souffle with a mature Cheddar and Italian-style hard cheese fondant centre.

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

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



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.

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.

Roasted Mediterranean Vegetable Tarts 5.95 (2x1)

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

Roasted Vegetable Tarte Tatins 6.50 (2x1)

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

Salmon, Horseradish & Spinach Stacks 7.50 (2x1)

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

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.*



Duck & Plum Filo Parcels



Three Cheese Fondant Soufflés

“Takes the hard work out of Christmas”

Margaret ★★★★★



MAIN COURSES

LAMB

NEW

Mediterranean Lamb Stew 5.95 (1) / 10.95 (2)

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

NEW

Shoulder of Lamb with Cranberry & Pistachio Stuffing 50.00 (6)

Slow-roasted boneless British lamb shoulder with handmade stuffing and a port, orange and cranberry jus.

Lamb Casserole with New Potatoes 5.95 (1) / 10.95 (2)

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

Lamb Hotpot 5.95 (1)

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

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

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

Liver, Bacon & Onions 4.95 (1)

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

Moroccan Spiced Lamb Tagine 5.95 (1) / 10.95 (2) / 21.90 (4)

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



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

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



Slow-Cooked Lamb Shanks 15.00 (2)

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



The Grand Moroccan Spiced Lamb Tagine 39.00 (8)

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



Shoulder of Lamb with Cranberry & Pistachio Stuffing



Shepherd's Pie

MAKING SHEPHERD'S COSTUMES

Not Shepherd's Pie

BEEF

NEW

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing (GF) 70.00 (6)

Beef sirloin, aged for 21 days, with a herby smoked back bacon stuffing and a porcini-infused red wine jus.

NEW

Roast Rib of British Beef with a Handmade Stuffing and Cumberland Sauce 90.00 (4-6)English mustard and herb crusted two-bone fore rib, aged for 21 days, with a smoked bacon, chestnut and shallot stuffing on the side, and a port and redcurrant sauce. *Available 30th October.*

I'M BACK

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.

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

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

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

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

Beef Wellington 28.00 (2)

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

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

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

Chilli con Carne 5.50 (1) / 8.95 (2) / 17.90 (4)

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

Korean Spiced Shredded Beef & Rice Bowl 9.95 (2)

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

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

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

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

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

Spaghetti Bolognese 5.50 (1)

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

Steak, Mushroom & Merlot Pie 29.00 (6)

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

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

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

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

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

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

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

The Grand Cottage Pie (GF) 37.00 (8)

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

The Grand Lasagne al Forno 37.00 (8)

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



NEW

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing**Roast Rib of British Beef with a Handmade Stuffing and Cumberland Sauce**

NEW

FISH

NEW
Cornish Monkfish Wrapped in Dry-Cured Ham ^{GF} 25.00 (2)
 Responsibly-caught monkfish fillets rolled in dry-cured ham from Dingley Dell Farm, with a tarragon, lemon and chilli butter sauce.

NEW
Smoked Haddock & Prawn Risotto ^{GF} 5.95 (1) / 10.95 (2)
 Smoked haddock, king prawns, spinach and peas in a creamy risotto with white wine and mature Cheddar.

NEW
Teriyaki Salmon Noodles ^{GF} 5.95 (1) / 10.95 (2)
 Salmon fillet with egg noodles, tenderstem broccoli, mangetout and baby corn in our teriyaki sauce topped with sesame seeds.

NEW RECIPE
Cod Mornay 5.95 (1) / 10.95 (2)
 Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.

NEW RECIPE
Salmon & Asparagus Gratin 6.25 (1) / 11.50 (2) / 23.00 (4)
 Salmon fillet and asparagus in a white wine and lemon zest sauce, topped with sliced potatoes and a Cheddar cheese crumb.

Classic Fish Pie 5.95 (1) / 10.95 (2) / 21.90 (4)
 Salmon, smoked haddock and king prawns in our classic, creamy sauce with white wine, lemon and parsley, topped with a smooth, buttery mash.

Crab & Fennel Linguine 6.25 (1) / 11.50 (2)
 Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives.

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, Chorizo & Artichoke Cassoulet ^{GF} 12.00 (2)
 A Spanish-inspired cassoulet of king prawns, chargrilled artichoke hearts, green olives and cannellini beans in a chorizo, tomato and chilli sauce.

King Prawn Linguine ^{GF} 5.95 (1) / 9.95 (2)
 Linguine with sustainably-sourced king prawns in a lobster, crème fraîche and white wine sauce with semi-dried tomatoes and a squeeze of lemon.

Salmon 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.

Salmon Rarebit with a Lemon & Herb Crumb 40.00 (4)
 A generous fillet of salmon with a rarebit-style topping of kiln-roasted salmon, mature Cheddar, semi-dried tomatoes 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.

Scottish Salmon with Crab & Lemon 15.00 (2)
 A fillet of higher-welfare Scottish salmon topped with an indulgent crab, lemon and tarragon cream cheese, finished with a white crabmeat crumb.

Smoked Haddock & Bacon Gratin 5.95 (1) / 10.95 (2)
 Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.

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.




CHICKEN

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

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

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

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

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

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

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


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

Chicken, Ham & Leek Pie 27.00 (6)

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

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

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

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


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

**Chicken & Pistachio Pappardelle**  9.50 (2)

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

Chicken & Tomato Pasta Bake  5.75 (1)

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

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

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

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

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



Basil & Mascarpone Chicken

Hearty Chicken Casserole   5.75 (1)

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

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

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

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

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

Parmesan Chicken 13.00 (2)

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

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

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

Tomato & Mascarpone Chicken   5.75 (1)

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

“You’ve helped redeem dinner time for us!”

Alissa ★★★★★

VEGETARIAN



Nut Loaf

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

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

Chilli con Vегgie (GF) (V) (V) (V) (V) (V) 5.50 (1)

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

Halloumi & Arrabbiata Pasta Bake (V) 5.50 (1)

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

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

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

Macaroni Cheese (GF) (V) 4.95 (1) / 8.50 (2)

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

Nut Loaf (V) 7.95 (540g)

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

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

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

Roasted Mediterranean Vegetable Tarts (V) 5.95 (2x1)

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

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

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

Parmigiana di Melanzane (V) 5.50 (1) / 8.95 (2)

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

PLAYING MONOPOLY WITH THE FAMILY
Not 'Go Directly to the Kitchen'



Macaroni Cheese

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

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

Portobello Mushroom Wellington (V) 14.00 (2)

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

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

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

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

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

Veggie Bolognese (GF) (V) (V) (V) (V) (V) 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 (GF) (V) 5.50 (1) / 8.95 (2)

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



Portobello Mushroom Wellington



The Grand Roasted Vegetable Lasagne

VEGAN



NEW

Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels (DF)(VG) 12.00 (2)

Speckled lentils slow cooked with lightly spiced leeks and pearl barley, topped with red onion chutney, thyme-roasted squash and sunflower seeds.

NEW RECIPE

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

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

Mexican Three Bean Chili 5.50 (1)

(GF)(DF)(VG) (V) (H)

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

Red Lentil & Mixed Bean Casserole 5.50 (1)

(GF)(DF)(VG) (H)

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

Roasted Cauliflower & Aubergine Dhal 5.50 (1)

(GF)(DF)(VG) (V) (H)

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

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

(GF)(DF)(VG) (H)

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

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

(GF)(DF)(VG) (H)

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

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

(GF)(DF)(VG) (H)

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

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

(GF)(DF)(VG) (H)

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

Wild Mushroom & Aubergine Lasagne 5.95 (1) / 9.75 (2)

(DF)(VG) (H)

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



Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels

ALSO VEGAN...

Green Thai Vegetable Curry (p31)

Kimchi Rice Pot for One (p29)

Tomato & Pine Nut Tarte Tatins (p15)

Roasted Vegetable and Chickpea Curry (p30)

Roasted Vegetable Tarte Tatins (p16)

Sweet Potato & Aubergine Sri Lankan Curry Pot for One (p29)

Yellow Vegetable Curry (p31)

VEGAN SIDES

Bombay Potatoes • Carrots with Orange & Thyme
Coconut & Lime Leaf Rice • Cranberry Sauce
with Port & Orange • Garlic & Coriander Naan
Maple & Thyme Roast Parsnips • Minted Couscous
Onion Bhajis • Peas Pilau • Plain Basmati Rice
Plain Naan • Roast Potatoes • Tarka Dhal
Trio of Greens • Vegetable Spring Rolls
Winter Vegetable Gravy

VEGAN PUDDINGS

Apricot & Orange Almond Torte
Farmhouse Flapjack • Winter Pudding
Mince Pies • Mini Mince Pies

*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.

PORK


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

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


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

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


Pork Dijon 5.95 (1) / 9.95 (2)

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

Rosemary & Sage Porchetta 40.00 (6)

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

Sausage Casserole 5.50 (1)

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

Slow-Roasted Belly of Pork 14.00 (2)

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

Spaghetti Carbonara 5.50 (1)

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



Venison Casserole



Duck & Venison Pithivier Pie

DUCK & GAME



I'M BACK

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.

Available 30th October.

I'M BACK

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.

I'M BACK

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. Available 30th October.

I'M BACK

Venison en Croute 30.00 (2)

Wild British venison fillets with red wine, spinach and chestnut mushrooms, individually wrapped in golden puff pastry.

Available 30th October.

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

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

SIDES

NEW SIZE Cauliflower Cheese (GF) (V)	3.75 (2) / 4.95 (4)
NEW Maple & Thyme Roast Parsnips (GF) (DF) (VG)	3.50 (2) / 4.95 (4)
NEW RECIPE Shredded Brussels Sprouts & Buttered Leeks (GF) (V)	3.50 (2) / 4.95 (4)
NEW RECIPE Trio of Greens (GF) (DF) (VG)	2.35 (1) / 3.50 (2) / 4.95 (4)
Pigs in Blankets (GF) (DF)	6.50 (pack of 8)
Pork & Apricot Stuffing (GF) (DF)	6.50 (8)
Stuffing Balls (GF) (DF)	6.95 (pack of 10)
Braised Red Cabbage (GF) (V)	3.50 (2) / 4.95 (4)
Carrots with Orange & Thyme (GF) (DF) (VG)	3.50 (2) / 4.95 (4)
Creamed Spinach (GF) (V)	3.50 (2)
Peas & Leeks with a Lemon & Herb Butter (GF) (V)	2.35 (1) / 3.50 (2)
Creamy Mash (GF) (V)	2.75 (1) / 3.95 (2)
Dauphinoise Potatoes (GF) (V)	2.75 (1) / 3.95 (2) / 9.00 (6)
Roast Potatoes (GF) (DF) (VG)	3.50 (2) / 4.95 (4)
Garlic Ciabatta (V)	3.25 (4)
Minted Couscous (GF) (DF) (VG)	3.50 (2)
Plain Basmati Rice (GF) (DF) (VG)	1.75 (1) / 2.75 (2)
Traditional Gravy (GF) (DF)	4.25 (4)
Winter Vegetable Gravy (GF) (DF) (VG)	1.95 (2)
Bread Sauce (V)	3.25 (305g)
Cranberry Sauce with Port & Orange (GF) (DF) (VG)	3.25 (300g)



Turkey, Ham & Cranberry Pie

PIES FOR ONE All 5.25

I'M BACK

Turkey, Ham & Cranberry Pie

In a creamy white wine sauce topped with a chestnut, sage and onion stuffing.

Chicken & Portobello Mushroom Pie

Cooked with white wine, thyme and cream.

Classic Steak & Ale Pie

With caramelised red onions.

Ham Hock & Leek Pie

In a cream sauce topped with wholegrain mustard mash.

Roasted Veg, Lentils & Kale Pie (V)

With sweet potatoes and parsnips in a tomato and red wine sauce.

Spinach & Feta Pie (V)

With roasted red pepper, semi-dried tomato, pine kernels and ricotta.

Spring Chicken & Asparagus Pie

With tarragon and peas in a white wine sauce.

Steak & Kidney Pie

With a rich ale sauce and suet pastry lid.

Steak & Stilton Pie

With roasted parsnips and red wine.

KIDS MEALS All 3.50

Beef Lasagne (GF)

Chicken Dinosaur Pie (DF)

Chicken Paella (GF) (DF)

Chicken Tikka & Rice (GF)

Chicken & Tomato Orzo Bake (GF)

Cottage Pie (GF)

Fish Pie (GF)

Macaroni Cheese (GF) (V)

Meatballs & Spaghetti (GF)

Pasta Bolognese (GF) (DF)

Sausage Casserole (GF) (DF)

Tuna Pasta Bake (GF)



At Least
1 of
Your
5 a Day

Source of
Protein
Made Like
You Would
At Home

4.2 Million
Life-Changing
School Meals

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SAUCES

Get inspired at
cookfood.net/sauces



Our Sauces are for all the family. Handmade from great ingredients and ready in minutes from frozen. Perfect with pasta or get creative. **All 5.00** (400g)

Beef & Red Wine Bolognese (GF) (DF)

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

Pesto, Broccoli & Spinach (GF) (V)

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

Roasted Mediterranean Vegetable (GF) (DF) (V)

A wholesome, chunky tomato sauce with balsamic-roasted courgettes, peppers and aubergines. 2 of 5 a day.

Tomato, Mascarpone & Basil (GF) (V)

A family-friendly tomato sauce blended with mascarpone and basil for a creamy smooth finish.



Beef & Red Wine Bolognese

POTS FOR ONE

Our Pots for One are complete, balanced, healthy meals that go from freezer to fork in a flash. **All 5.00**

Scan the QR code for full product information



Chicken Biryani

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

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

Chicken Biryani (GF) (DF) (V) 364 cals

Chicken Noodle Laksa (GF) (DF) 291 cals

Chicken Pad Thai (GF) (DF) 396 cals

Green Thai Chicken Noodles (GF) (DF) (V) 278 cals

Halloumi & Roasted Vegetable Pasta (V) 317 cals

Jerk Chicken with Pineapple Salsa (GF) (DF) (V) 245 cals

Keralan Chicken Curry (GF) (DF) (V) 330 cals

Kimchi Rice (GF) (DF) (VG) (V) 347 cals

Lemon & Herb Chicken (GF) (DF) 274 cals

Mac Cheese with Ham & Cauliflower (GF) 332 cals

Prawn Noodles with Mango & Coconut (GF) (DF) (V) 229 cals

Singapore Noodles (GF) (DF) (V) 275 cals

Sticky Soy & Ginger Beef (GF) (DF) (V) 313 cals

Sweet Potato & Aubergine Sri Lankan Curry (GF) (DF) (VG) 287 cals

Teriyaki Chicken Noodles (GF) (DF) 333 cals

INDIAN MAINS

THAI MAINS



LAST CHANCE

Aubergine, Spinach & Paneer Curry **5.75 (1) / 9.95 (2)**
Cubes of paneer cheese marinated in turmeric with roasted diced aubergine and spinach in a coconut curry sauce with coriander.

LAST CHANCE

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.

Butter Chicken Curry **5.75 (1) / 9.95 (2)**
A Murgh Makhani with a bit of kick, made with traditional spices, tomatoes, cream, and marinated higher-welfare British chicken breast.

Chicken Jalfrezi **5.75 (1) / 9.95 (2)**
Higher-welfare British chicken breast marinated in yoghurt, garlic and paprika in a spicy onion, tomato and red and green pepper sauce.

Chicken Korma **5.75 (1) / 9.95 (2)**
Marinated higher-welfare British chicken breast in a gently spiced and creamy coconut and almond sauce.

Chicken Tikka Masala **5.75 (1) / 9.95 (2)**
Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Garlic Chicken Curry **5.75 (1)**
A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Keralan Prawn & Mango Curry **5.95 (1)**
Plump, sustainably-sourced king prawns in a light, fragrant turmeric and coconut sauce with spinach and curry leaves, topped with sweet mango and chilli.

Lamb Dupiaza **5.95 (1)**
Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot.

Roasted Vegetable & Chickpea Curry **5.75 (1) / 9.95 (2)**
Oven roasted peppers with cauliflower and spinach in a gently spiced chickpea and lentil sauce.

Prawn Karahi **5.95 (1) / 10.95 (2)**
A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Vegetable Korma **5.75 (1)**
A mild, sweet curry of cauliflower florets, chickpeas and baby spinach cooked in a coconut, almond and yoghurt sauce.

INDIAN SIDES

LAST CHANCE

Bombay Potatoes **3.25 (2)**

LAST CHANCE

Chana Masala **3.25 (2)**

LAST CHANCE

Tarka Dhal **3.25 (2)**

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

Garlic & Coriander Naan **1.95 (2)**

Plain Naan **1.95 (2)**

Chicken Samosas **3.50 (2)**

Onion Bhajis **2.95 (2)**

Peas Pilau **1.95 (1) / 2.95 (2)**

Saag Paneer **3.25 (2)**

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

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

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

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

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

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

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

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

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

Red Thai Chicken Curry **5.75 (1) / 9.95 (2)**
A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.

Red Thai Duck Curry **6.95 (1)**
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

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

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

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

Yellow Vegetable Curry **5.75 (1) / 9.95 (2) / 18.95 (4)**
Our popular Indonesian-style curry with roasted vegetables, green beans and toasted cashews.

THAI SIDES

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

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

Duck Spring Rolls **4.50 (2)**

Vegetable Spring Rolls **3.25 (2)**

“Far better than curry house takeaways”

Caroline ★★★★★

DON'T MISS THE PUDDING

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.

NEW

Cherry Bakewell Pavlova ^{GF} ^V 16.75 (8-10)

Almond flavoured cream and handmade cherry jam rolled with meringue, finished with white chocolate and a scattering of dried raspberries. Available 30th October.

LARGE PUDDINGS 8+ people

I'M
BACK



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.



Chocolate & Raspberry Roulade

^{GF} ^V 16.75 (8-10)

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



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 Meringue Pavlova

^V 16.75 (8-10)

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



Chocolate & Salted Caramel Pavlova ^{GF} ^V 16.75 (8-10)

A chocolate-chip meringue roll filled with salted caramel cream and indulgent dark chocolate.



Fruit Vacherin
 GF V 20.00 (10-12)
 Three tiers of classic and hazelnut meringue, layered with cherries, strawberries, redcurrants, fruit coulis and fresh whipped cream, all topped with pistachios, hazelnuts and raspberries.



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



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



Salted Caramel, Chocolate & Honeycomb Cheesecake
 19.00 (10-12)
 A salted caramel cheesecake with honeycomb pieces on a chocolate biscuit base, topped with more caramel, chocolate and chocolate coated honeycomb.



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.



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



**MAKING A NEW
 LEGO SET**

Not a pudding



**I'M
 BACK**

Chocolate & Raspberry Bombe V 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. *Available 30th October.*

MEDIUM PUDDINGS 6-8 people



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.



Apricot & Orange Almond Torte (GF)(DF)(VG) 9.75 (6-8)
 A ground almond and polenta torte soaked in orange syrup, with apricot halves and flaked almonds.



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



Gin & Tonic Semifreddo
 (GF)(V) 9.75 (6-8)
 Frozen lemon gin parfait, topped with lemon curd made with gin and Fever-Tree Indian tonic water.



Classic Lemon Tart
 (V) 9.75 (6-8)
 A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.



Mango & Passion Fruit Cheesecake 9.75 (6-8)
 A light mango and passion fruit cheesecake on a thin buttery biscuit base.



Christmas Pudding (V) 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. Available 30th October.



Chocolate & Almond Torte
 (GF)(V) 9.75 (6-8)
 A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almonds.



Chocolate Brownie Cheesecake
 (V) 9.75 (6-8)
 A baked vanilla cheesecake surrounded by gooey chocolate brownie on our signature digestive biscuit base.



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.



“The puddings are so moreish!”

Jenny ★★★★★



Pear & Ginger Tart
 (V) 9.75 (6-8)

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



Sticky Toffee Pudding
 (V) 8.95 (6)

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



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.



Winter Pudding
 (DF)(VG) 10.95 (6)

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



Christmas Cake (V) 19.00 (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). *Available 30th October.*

DECORATING THE CAKE

Not watching the oven

ICE CREAM by Alder Tree

5.85 (500ml tub) / all (GF)(V)

2.35 (125ml tub) / all (GF)(V)

LIMITED EDITION
 Christmas Pudding

Blackcurrant
 Chocolate
 Raspberry

Gooseberry & Elderflower
 Vanilla

Gooseberry & Elderflower
 Raspberry
 Stem Ginger & Rhubarb
 Vanilla



Gluten-Free Chocolate Brownie
 served with Alder Tree Vanilla ice cream

CAKES & TRAYBAKES

NEW RECIPE

Gluten-Free Chocolate Brownie (GF)(V) 6.50 (6)

I'M BACK
 Christmas Cake (V) 19.00 (16)

I'M BACK
 Chocolate Yule Log (V) 20.00 (8-10)

I'M BACK
 Mince Pies (DF)(VG) 3.95 (pack of 6)

I'M BACK
 Mini Mince Pies (DF)(VG) 4.95 (pack of 12)

Belgian Chocolate Brownie (V) 6.50 (6) / 16.00 (20)

Billionaire's Shortbread (V) 6.50 (6)

Chocolate Celebration Cake (V) 23.00 (16-20)

Classic Chocolate Cake (V) 16.00 (14-16)

Farmhouse Flapjack (DF)(VG) 6.50 (6)

Lemon Drizzle Slice (V) 6.50 (6)

Triple Layered Carrot Cake (V) 17.00 (14-16)

INDIVIDUAL PUDDINGS

I'M BACK
 Chocolate & Hazelnut Meringue Parfait (GF)(V) 5.00 (2)

I'M BACK
 Christmas Pudding (V) 3.75 (1)

I'M BACK
 Mince Pie Crumble Tarts (V) 4.50 (2)

Bramley Apple & Blackberry Crumble (V) 4.25 (2)

Cherry Bakewell (V) 4.25 (2)

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

Gin & Tonic Semifreddos (GF)(V) 4.25 (2x1)

Hot Chocolate Pudding (V) 4.25 (2)

Lemon Cheesecakes 4.25 (2x1)

Lemon Tarts (V) 4.25 (2x1)

Lemon Possets (V) 4.25 (2x1)

Mango & Passion Fruit Cheesecakes 4.25 (2x1)

Red Berry Mousse (GF) 4.25 (2x1)

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

Sticky Toffee Pudding (V) 4.25 (2)

Winter Puddings (DF)(VG) 5.00 (2x1)



Chocolate & Hazelnut Meringue Parfait

Gluten Free & Dairy Free

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of August 2024.

BEEF

Beef Bourguignon	GF	DF
British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing	GF	
Chilli con Carne	GF	
Cottage Pie	GF	
Korean Spiced Shredded Beef & Rice Bowl	GF	DF

LAMB

Lamb Casserole with New Potatoes		DF
Lamb Hotpot		DF
Mediterranean Lamb Stew	GF	DF
Moroccan Spiced Lamb Tagine	GF	DF
Shepherd's Pie	GF	
Shoulder of Lamb with Cranberry & Pistachio Stuffing	GF	
Slow-Cooked Lamb Shanks	GF	DF

CHICKEN

Basil & Mascarpone Chicken	GF	
Chicken Dijon	GF	
Chicken, Pea & Bacon Risotto	GF	
Coq au Vin	GF	
Creamy Chicken with Mushrooms & Bacon	GF	
Hearty Chicken Casserole	GF	
Honey & Ginger Chicken	GF	DF
Moroccan Spiced Harissa Chicken	GF	
Tomato & Mascarpone Chicken	GF	

FISH

Cornish Monkfish Wrapped in Dry-Cured Ham	GF	
King-Prawn, Chorizo & Artichoke Cassoulet	GF	DF
Smoked Haddock & Prawn Risotto	GF	
Teriyaki Salmon Noodles		DF

PORK

Rosemary & Sage Porchetta	GF	DF
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DUCK

Roast Duck with Apple & Wild Boar Stuffing		DF
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VEGGIE

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

VEGAN

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

ENTERTAINING

Butternut Squash & Red Onion Galette		DF
Chicken, Ginger & Lemongrass Bites Canapé	GF	DF
Chicken Liver Pâté / Duck & Plum Pâté / Roast Salmon Pâté	GF	
Duck & Hoisin Puffs Canapé		DF
Duck & Plum Filo Parcels		DF
Garlic Butter Prawns with Lemon & Dill	GF	
Ham Hock, Broccoli & Cheddar Frittata	GF	
Honey Roast Ham		DF
Mini Salmon Frittatas Canapé	GF	
Mini Thai Salmon Fishcakes Canapé	GF	DF
Roasted Vegetable Tarte Tatins		DF
Salmon, Horseradish & Spinach Stacks	GF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Tomato & Pine Nut Tarte Tatins Canapé		DF

KIDS MEALS

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

POTS FOR ONE

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

Visit cookfood.net/loveeatingwell for more information

CHRISTMAS DINNER & SIDES

Braised Red Cabbage	GF	
Carrots with Orange & Thyme	GF	DF
Cauliflower Cheese	GF	
Celebration Crown of Turkey & Duck	GF	DF
Cranberry Sauce with Port and Orange	GF	DF
Creamed Spinach	GF	
Creamy Mash	GF	
Dauphinoise Potatoes	GF	
Maple & Thyme Roast Parsnips	GF	DF
Minted Couscous		DF
Peas & Leeks with a Lemon Herb Butter	GF	
Pigs in Blankets	GF	DF
Pork & Apricot Stuffing	GF	DF
Roast Potatoes	GF	DF
Roasted Butternut Squash, Leek & Pearl Barley Filo Parcels		DF
Shredded Brussels Sprouts & Buttered Leeks	GF	
Stuffed Crown of Turkey	GF	DF
Stuffed Thigh of Turkey	GF	DF
Stuffed Turkey Breast for Two	GF	DF
Stuffing Balls	GF	DF
Traditional Gravy	GF	DF
Trio of Greens	GF	DF
Turkey with Pork & Cranberry Stuffing for 4	GF	DF
Winter Vegetable Gravy	GF	DF

SAUCES

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

PUDDINGS

Apricot & Orange Almond Torte	GF	DF
Cherry Bakewell Pavlova	GF	
Chocolate & Almond Torte	GF	
Chocolate & Hazelnut Meringue Parfait	GF	
Chocolate & Raspberry Roulade	GF	
Chocolate Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Fruit Vacherin	GF	
Farmhouse Flapjack		DF
Gin & Tonic Semifreddo	GF	
Gluten-Free Belgian Chocolate Brownie	GF	
Mince Pies / Mini Mince Pies		DF
Raspberry Pavlova	GF	
Red Berry Mousse	GF	
Winter Pudding		DF
Ice Creams p39	GF	

INDIAN MAINS

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

INDIAN SIDES

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

THAI MAINS

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

THAI SIDES

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



IT WOULDN'T BE CHRISTMAS WITHOUT...



Christmas Cake

£19.00 (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). Available 30th October.



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. Available 30th October.



Chocolate Yule Log

£20.00 (8-10)

A classic dark chocolate sponge covered with chocolate buttercream, with a snowy, sugary dusting. Available 30th October.

WATCHING GAVIN & STACEY

Not making pastry



"I always pass the mince pies off as my own!"

Jane ★★★★★



Mini Mince Pies

COMMUNITY KITCHEN

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It's easy to forget, but we all have so much in common ... and we think that's worth celebrating. If you're part of any group in your community – like a lunch club, a PTA, a sports team, fundraisers or faith group – we'd love to help you get together this Christmas. With our Community Kitchen discount, you'll get 30% off everything for community events. It's already helped hundreds of groups just like yours, so get involved!

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NEW

Cherry Bakewell Pavlova



EXCELLENT, based on 30,000+ reviews, August 2024

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looks and tastes homemade."

Ed & Dale, founders

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