



Every family has its own Christmas traditions – like watching Carols from King's, Buck's Fizz for breakfast, or the dreaded *Now! That's What I Call Christmas* playing on a loop. But one tradition is particularly special: eating together.

Nowhere is the power of a shared meal more evident than at the charities and community centres across Britain who provide a warm, safe environment, with good food and company during the Season of Goodwill. Our shops and kitchens are proud to be partnered with some of them, and they are such a source of inspiration. Places like Caring Hands, the drop-in centre in Chatham that supports people who are homeless or insecurely housed, offering good food, advice, and access to showers and clean clothes. We'll be serving up lunch there on Christmas Day again this year.

We'd be honoured to help your family, friends and community eat together over the coming months. We COOK, you Christmas. Give it go – there's plenty inside to tempt your taste buds.

Wishing you and yours a festive season of peace and joy,

Ed & bre

CEOs (and brother and sister)

KEY CHRISTMAS DATES		
1 <sup>st</sup> Sep	Christmas range available to pre-order.	
19 <sup>th</sup> Oct	Peak slots (13 <sup>th</sup> -24 <sup>th</sup> Dec) for Click & Collect and Home Delivery open. Visit cookfood.net/peakslots for information.	
<b>29</b> <sup>th</sup> Oct	Christmas range available in-store.	
17 <sup>th</sup> Dec	Last day for editing orders online.	



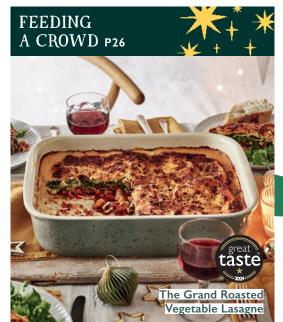
# \* Let Us Lend A \* Hand At Christmas

For cooks at Christmas, 'tis the season to be busy. If you're hosting a houseful, laying on Christmas Day dinner, planning a party, or just fancy spending a bit more time with the family, we're here to help...







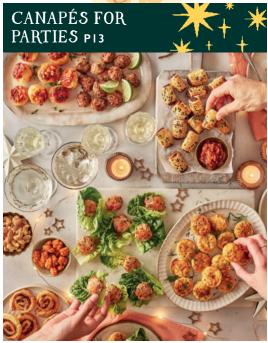










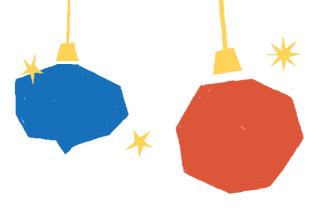












Every year, families turn to our Christmas Dinner bundles for the most important meal of the year. It's all you need: free-range British turkey, stuffing, roasties, veg and gravy ... and it even comes with a clear card with all the timings, making life nice and easy.



# TURKEY DINNER FOR 2 (P) GF

- Stuffed Turkey Breast For Two (Ix2ptn)
- Roast Potatoes (Ix2ptn)
- Roast Carrots with Marmalade (1x2ptn)
- Brussels Sprouts with Maple & Garlic (Ix2ptn)
- Roast Parsnips with Maple & Thyme
- Pigs in Blankets (1xpack of 8)
- Traditional Gravy (1x400g)



# TURKEY DINNER FOR 4 @FGF

- Turkey with Pork & Cranberry Stuffing (Ix4ptn)
- Roast Potatoes (Ix4ptn)
- Roast Carrots with Marmalade (Ix4ptn)
- Brussels Sprouts with Maple & Garlic (Ix4ptn)
- Roast Parsnips with Maple & Thyme
- Pigs in Blankets (Ixpack of 8)
- Pork & Apricot Stuffing (Ix8ptn)
- Traditional Gravy (Ix400g)

Cooks in 2 hrs 15 mins

£78.85



# TURKEY DINNER FOR 8 PGF

- Stuffed Crown of Turkey (Ix8ptn)
- Roast Potatoes (2x4ptn)
- Roast Carrots with Marmalade (2x4ptn)
- Brussels Sprouts with Maple & Garlic (2x4ptn)
- Roast Parsnips with Maple & Thyme (2x4ptn)
- Pigs in Blankets (2xpacks of 8)
- Pork & Apricot Stuffing (Ix8ptn)
- Traditional Gravy (2x400g)

Cooks in 3 hrs 20 mins £135.70

# TURKEY DINNER FOR 12 @ G

- Celebration Crown of Turkey & Duck (IxI2ptn)
- Roast Potatoes (3x4ptn)
- Roast Carrots with Marmalade (3x4ptn)
- Brussels Sprouts with Maple & Garlic (3x4ptn)
- Roast Parsnips with Maple & Thyme
- Pigs in Blankets (3xpacks of 8)
- Pork & Apricot Stuffing (2x8ptn)
- Traditional Gravy (3x400g)

Cooks in 4 hrs 5 mins

£204.55

# The Christmas Drawer

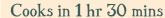
You can fit an entire Christmas Dinner Bundle for 8 in a single freezer drawer. Scan to find out how it's done.



# **Award-winning Turkey**

Working with renowned turkey farmer Paul Kelly we've created the highest welfare standard for our turkeys: freedom to roam 24hrs a day, a 100% natural diet, and grown to maturity to ensure a lovely flavour.





£42.70



# VEGGIE DINNER FOR 2 ⊙

- Portobello Mushroom Wellington (Ix2ptn)
- Roast Potatoes (Ix2ptn)
- Roast Carrots with Marmalade (1x2ptn)
- Roast Parsnips with Maple & Thyme
- Brussels Sprouts with Maple & Garlic  $(1\times2ptn)$
- Winter Vegetable Gravy (1x250g)
- Nut Loaf (1x2ptn)

Cooks in 1 hr 10 mins

£40.90



# VEGAN DINNER FOR 2 of 100

- Butternut Squash, Leek & Beetroot Wellington (Ix2ptn)
- Roast Potatoes (Ix2ptn)
- Roast Carrots with Marmalade (1x2ptn)
- Brussels Sprouts with Maple & Garlic
- Roast Parsnips with Maple & Thyme
- Winter Vegetable Gravy (1x250g)

Cooks in 1 hr 30 mins

£31.95

# OR WHY NOT TRY...





Nut Loaf (v)

Our signature nut loaf made with almonds, cashews and madeira-soaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.



# Butternut Squash & Red Onion Galette OF VG

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



# 18.00 (6) Caramelised Shallot, 16.00 (Celeriac & Stilton Tarte Tatin (V)

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



# Create Your Own Christmas Dinner



Instead of a bundle, you can always build your perfect Christmas meal. If Christmas isn't Christmas without mum's roasties or Uncle Bill's gravy, you focus on the bits you love and leave the rest to us.

# **TURKEY**

# Stuffed Turkey Breast for Two GF DF

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.

# 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

Defrost for 48 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 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 before cooking.

# 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

Defrost for 48 hours in the fridge before cooking.





# ALTERNATIVE ROASTS.

### NEW

Marmalade & Honey Glazed Gammon (GF)(DF) 25.00 (14-18 slices)

A ready-to-roast, Wiltshire-cured gammon from Dingley Dell farm, with a pure honey, marmalade and Dijon mustard glaze.

# NEW

# Whole Stuffed Duck with a Cherry & Marsala Jus GF DF

40.00 (4)

Higher-welfare, part-boned duck from Silverhill farm, filled with an orange, cranberry, prune and sausagemeat stuffing.

### I'M BACK

# 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.

# I'M BACK

# Shoulder of Lamb with Cranberry & Pistachio Stuffing GF

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

# Rosemary & Sage Porchetta (GF)(DF)

40.00 (6)

50.00 (6)

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



# VEGGIE & VEGAN \*

### NEW

# Butternut Squash, Leek & Beetroot Wellington (DF)(VG)

Roasted squash and balsamic beetroot layered with garlic spinach, slow-cooked leeks, and chickpeas, wrapped in crisp puff pastry.

# **NEW RECIPE**

# Nut Loaf (v)

8.95 (2)

15.00 (2)

Our signature nut loaf made with almonds, cashews and madeirasoaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.

### I'M BACK

# 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.

# Portobello Mushroom Wellington (v)

Sliced Portobello mushrooms with celeriac, baby

spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.

# TRIMMINGS T\*

# **NEW RECIPE**

**Brussels Sprouts with** 3.50 (2) / 4.95 (4) Maple & Garlic (SF)(DF)(VG)

### **NEW RECIPE**

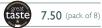
**Roast Carrots** 3.50 (2) / 4.95 (4) with Marmalade GF DF VG

# **NEW RECIPE**

Roast Parsnips with 3.50 (2) / 4.95 (4) Maple & Thyme GF DF VG

Pigs in Blankets (GF)(DF)

Peas & Leeks with a



Pork & Apricot Stuffing GF OF

7.00 (8) 7.50 (pack of 10)

2.35 (1) / 3.50 (2)

Stuffing Balls GF DF Braised Red Cabbage ≅ GF(V) 3.75 (2) / 5.25 (4)

Cauliflower Cheese (GF)(V) 4.00 (2) / 5.50 (4)

Creamed Spinach (□GF)(V) 3.75 (2)

Lemon & Herb Butter GF(V) Trio of Greens (GF) (DF) (VG) 2.35 (1) / 3.50 (2) / 4.95 (4)

Creamy Mash (SF)(V) 3.00 (1) / 4.00 (2)

Dauphinoise Potatoes (GF)(V) 3.25 (I) / 4.50 (2) / 10.00 (6)

Roast Potatoes GF DF VG 3.95 (2) / 5.25 (4)

Traditional Gravy ≅ GF DF 4.25 (4) Winter Vegetable Gravy (SF)(DF)(VG) 2.50 (2)

Bread Sauce (₹) 3.25 (305g)

Cranberry Sauce with Port & Orange 3.50 (300g) ≋ GF DF VG







If you're hosting a houseful, a big winter buffet is your best friend. Some crusty bread, a bit of salad, a stack of plates, and your work is done!



Quiche Lorraine 22.00 (10-12)

A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes.



Roasted Pepper & Goat's Cheese Quiche
(v) 22.00 (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

(V) | 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.



French Onion Tart

(v) 16.00 (4 main / 8 buffet)

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



Honey Roast Ham

©F 35.00 (15+)

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



Shellfish with a Lemon & Caper Butter

GF 17.00 (2)

Shell-on crevettes, king scallops, whole langoustines and king prawns with a classic lemon, caper and parsley butter.



Caramelised Shallot, Celeriac & Stilton Tarte Tatin (V) 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.





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.



Smoked Salmon Terrine GF 14.75 (6-8)

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



If you're throwing a party, remember: the kitchen is for dancing. Our hand-prepared canapés will keep the party going for hours. They all cook from frozen at the same oven temperature in 25 mins or less. All £8.50, 12 per tray.

# 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.

# 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.

# Mini Thai Salmon Fishcakes (GF)(DF)

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

# 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



# **NIBBLES**

### NEW

Sensational Sausage Rolls (DF)

Higher-welfare pork sausagemeat with honey & mustard, wrapped in puff pastry and sprinkled with poppy seeds.

### NEW

Sensational Veggie Rolls (DF)(V)

7.95 (12 rolls)

Spiced butternut, leeks and smashed chickpeas with sage, miso and a touch of chilli, wrapped in puff pastry.

# I'M BACK

Duck & Plum Pâté GF

A smooth, rich handmade duck liver Pâté with lightly-spiced poached plums.



# Chicken Liver Pâté GF

7.50 (220g pot)

Handmade Pâté made with Higher-welfare British chicken livers, balsamic vinegar and herbs. Beautifully smooth. Perfect as a starter or canapé.

# Roast Salmon Pâté GF

7.50 (220g pot)

A smooth, rich handmade Pâté made with roast Scottish salmon with a twist of citrus.

Wild Mushroom & Truffle Pâté V 7.50 (220g pot)
A smooth, handmade wild mushroom Pâté finished with truffle oil.



### NEW

Shellfish with a Lemon & Caper Butter (GF)

17.00 (2)

Shell-on crevettes, king scallops, whole langoustines and king prawns with a classic lemon, caper and parsley butter.

### I'M BACK

Baked Camembert with Port & Red Onion Chutney (v)

12.50

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 (4×1) 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 V

6.50 (2×1)

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

# Butternut Squash, Spinach & Feta Tarts (v)

)

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



7.50 (2×I)

# Duck & Plum Filo Parcels OF

 $\textbf{7.50} \ (2\times 1)$ 

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





# Roasted Mediterranean Vegetable Tarts (v)

7.50 (2×1)

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

**Roasted Vegetable Tarte Tatins** (DF)(VG) 7.00 (2x1) Crisp puff pastry topped with a handmade red onion marmalade

and thyme-roasted beetroot and butternut squash.

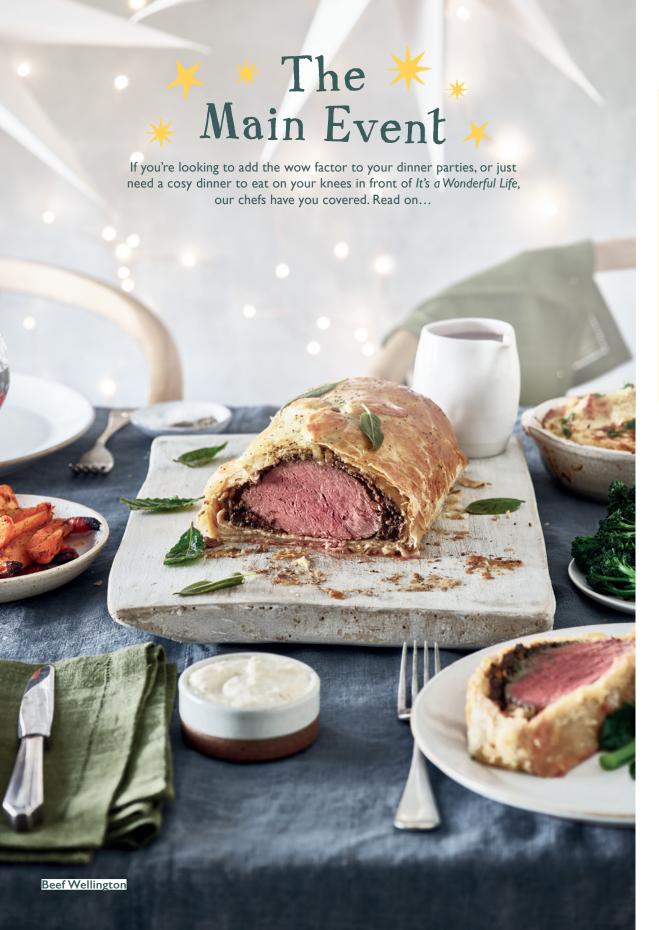
**Salmon, Horseradish & Spinach Stacks** (F) 7.50 (2×1) Flaked kiln-roasted salmon on a base of spinach, crème fraiche and cornichons, topped with a horseradish and mascarpone cream.

# Smoked Salmon Terrine (GF)

14.75 (6-8)

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





# BEEF



### NEW

### Beef Bourguignon Pie

34.00 (6)

Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry.

# Slow-cooked Beef Cheeks with Sauce Diane (GF)

23.50 (2)

Beef cheeks cooked 'sous vide' in a classic shallot, brandy, Madeira. cream and chestnut mushroom reduction.

### 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.

# I'M BACK

# 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.

# Beef Bourguignon (GF)(DF)

6.75 (I) / II.75 (2) / 23.25 (4)

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



### 6.75 (I) / II.75 (2) / 23.25 (4)

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



# **Beef Wellington**

30.00 (2)

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



### Chilli con Carne (GF)(jj)

6.25 (1) / 10.75 (2) / 19.95 (4)

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

# Cottage Pie GF

6.25 (I) / 10.75 (2) / 19.95 (4)

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

### Lasagne al Forno

6.25 (1) / 10.75 (2) / 19.95 (4)

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

# Slow-Cooked

6.75 (I) / II.75 (2)

# Rump Beef with Brandy **≅**

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

# 



6.25 (I)

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

# Steak & Stout Stew with **Cheese Scone Dumplings**

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

### Steak & Red Wine Pie 6.75 (I) / II.75 (2) / 23.25 (4)

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



# The Grand Beef Bourguignon GF/DF

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



45.00 (8)

# The Grand Cottage Pie (GF)

39.00 (8)

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

# The Grand Lasagne al Forno

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



Something special for the festive table: a classic, rich Beef Bourguignon fully encased in our handmade, all-butter shortcrust pastry. A genuine "wow" of a pie.



# LAMB

# I'M BACK

# Shoulder of Lamb with

50.00 (6)

Cranberry & Pistachio Stuffing GF

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

# Lamb Casserole with

**6.75** (1) / 11.75 (2)

New Potatoes **≅** □F Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

# Lamb Hotpot F

6.75 (I)

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

# Lamb Moussaka

6.25 (I) / 10.75 (2) / 19.95 (4)

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

# 

5.25 (1)

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

# Mediterranean

béchamel sauce.

**6.75** (1) / 11.75 (2)

Lamb Stew (SF)(DF)

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

# **Moroccan Spiced**

6.75 (I) / II.75 (2) / 23.25 (4)

Lamb Tagine (SF)(DF)(I) ●

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

# Shepherd's Pie (GF)

6.25 (I) / 10.75 (2) / 19.95 (4

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



Slow-Cooked Lamb Shanks GF(DF)

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



The Grand Moroccan Spiced

Lamb Tagine GF(DF)

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



45.00 (8)







"Takes so much stress out of a big family get-together."

Tom  $\star$   $\star$   $\star$   $\star$ 





# **FISH**

# NEW

### Rainbow Trout with a

17.00 (2)

Tarragon & Lemon Crumb OF

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

# NEW

# Shellfish with a Lemon & Caper Butter (GF)

17.00 (2)

Shell-on crevettes, king scallops, whole langoustines and king prawns with a classic lemon, caper and parsley butter.

# NEW

# **Shellfish Thermidor Pie**

50.00 (6)

King and queen scallops, langoustine tails, king prawns and salmon with buttered leeks and sliced potatoes in a rich thermidor sauce, topped with crisp puff pastry.

# I'M BACK

# 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 RECIPE**

# Salmon Wellington

20.00 (2)

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

# **NEW NAME**

# Salmon Wellington

45.00 (6)

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

### Classic Fish Pie

6.75 (I) / II.75 (2) / 23.25 (4)

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

### Cod Mornay

**6.75** (1) / **11.75** (2)

Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.



### King Prawn Linguine **(≅**)

**6.75** (1) / 11.75 (2)

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



# Salmon & Asparagus Gratin

7.25 (1) / 13.25 (2) / 26.00 (4)

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

# **Smoked Haddock** & Bacon Gratin

**6.75** (1) / 11.75 (2)

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



# Smoked Haddock & Prawn Risotto (SF) (GF)

**6.75** (1) / 11.75 (2)

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

# The Grand Fish Pie

45.00 (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

# NEW

# Chicken Provençal (GF)

6.25 (1) / 10.75 (2)

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

# Basil & Mascarpone Chicken (SF)

5.95 (I) / 9.95 (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 ≅ 5.95 (1) / 9.95 (2) / 19.50 (4)

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

# Chicken Dijon ≅ GF

5.95 (1) / 9.95 (2) / 19.50 (4)

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

### Chicken, Ham & Leek Pie

6.25 (I) / 10.75 (2) / 19.95 (4)

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

# Chicken, Ham & Leek Pie Higher-welfare British chicken and ham with sliced leeks in a cream

30.00 (6)

and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

### 6.25 (I) / 10.75 (2) / 19.95 (4) Chicken & Mushroom Lasagne

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 & 6.25 (I) / 10.75 (2) Bacon Risotto (SF)

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



### Chicken & Tomato Pasta Bake **≅** 6.25 (1)

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

Coq au Vin (□ GF)

6.25 (I) / 10.75 (2) / 19.95 (4)

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



# Creamy Chicken with Mushrooms & Bacon (SF) GF

6.25 (I) / 10.75 (2)

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





# Hearty Chicken Casserole ≅ GF

6.25 (1)

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

# **Moroccan Spiced** Harissa Chicken ≅ GF() •

**6.25** (1) / **10.75** (2)

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

# Parmesan Chicken

7.25 (1) / 13.25 (2) / 26.00 (4)

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



# **Roasted Chicken Breasts**

in a Port & Merlot Jus GF OF

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



15.00 (2)

# Tarragon & Lemon Chicken |≈|

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





# **VEGETARIAN**



# **NEW RECIPE**

Nut Loaf (v)

8.95 (2)

Our signature nut loaf made with almonds, cashews and madeirasoaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.

# Butternut Squash, Spinach & Feta Tarts (v)

**7.50** (2×1)

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



Halloumi & Arrabbiata Pasta Bake ≅ (v) 5.95 (1)

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

Macaroni Cheese ≅ (v)

4.95 (I) / 8.50 (2)

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



Parmigiana di Melanzane (v)

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

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

# Portobello Mushroom Risotto ≅ GF(V)

 $\textbf{5.95} \,\, (\text{I}) \, \textit{/} \, \textbf{9.95} \,\, (\text{2})$ 

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



Portobello Mushroom Wellington (v)

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



15.00 (2)





# Red Lentil & Aubergine Moussaka ©F) V

**5.95** (1) **/ 9.95** (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)

7.50 (2×1)

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

# Roasted Vegetable Lasagne v

**6.25** (1) / **10.75** (2) / **19.95** (4)

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



The Grand Roasted Vegetable Lasagne (v)

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



Tomato, Basil

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

& Mozzarella Risotto ((a) (G) (V) Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts



Veggie Bolognese ≅ ♥

and lemon and parsley butter.

5.95 (I)

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

Veggie Cottage Pie ©FV

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

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

# VEGAN



### NEW

Butternut Squash, Leek & Beetroot Wellington (DF)(VG)

15.00 (2)

Roasted squash and balsamic beetroot layered with garlic spinach, slow-cooked leeks, and chickpeas, wrapped in crisp puff pastry.

### I'M BACK

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.

# 

**5.95** (1)

5.95 (I)

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

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

Spanish Bean Stew with Peppers & Kale | ≋ | GF| DF| VG| ■

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

5.95 (I) / 9.95 (2)

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

# Vegetable & Chickpea Tagine [≋ | GF| DF| VG |

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

# Wild Mushroom &

**6.25** (1) / **10.75** (2)

Aubergine Lasagne OF VG
Slow-roasted wild mushrooms, au

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



### ALSO VEGAN...

Green Thai Vegetable Curry (p32)

Korean Vegetable Rice Pot for One (p29)

**Tomato & Pine Nut Tarte Tatins** (p13)

Roasted Vegetable and Chickpea Curry (p31)

Roasted Vegetable Tarte Tatins (p14)

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

Tofu in Black Bean Sauce (p30)

Yellow Vegetable Curry (p32)

### **VEGAN SIDES**

Aloo Gobi • Coconut & Lime Leaf Rice
Cranberry Sauce with Port & Orange
Dhal Makhani • Edamame Beans
Garlic & Coriander Naan • Gunpowder Potatoes
Minted Couscous • Onion Bhajis • Peas Pilau
Plain Basmati Rice • Plain Naan
Roast Carrots with Marmalade
Roast Parsnips with Maple & Thyme
Roast Potatoes • Soy Garlic Broccoli & Greens
Trio of Greens • Vegetable Gyoza
Vegetable Spring Rolls • Thai Corn Fritters

### **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



### NEW

# Marmalade & Honey Glazed Gammon (GF)(DF)

**25.00** (14-18 slices)

A ready-to-roast, Wiltshire-cured gammon from Dingley Dell farm, with a pure honey, marmalade and Dijon mustard glaze.

### NEW

# Tartiflette GF

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

Caramelised bacon lardons and onions in a garlic, white wine and cream sauce with roasted sliced potatoes, topped with British Ogleshield cheese.

# Mac Cheese with

**6.25** (1) / **10.75** (2)

# Smoky Bacon **≥**

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



Meatballs in a

6.25 (1) / 10.75 (2) / 19.95 (4)

Rustic Tomato Sauce **(≋(!)(•)** 

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



Pork Dijon ≅

**6.25** (1) / **10.75** (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 GF DF

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

# Sausage Casserole ≅

6.25

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

# Spaghetti Carbonara ≅

6.25 (I)

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.





# DUCK & GAME \* \* \*

**Duck Confit with Lentils** GF

**7.25** (1) / **13.25** (2)

Roasted confit duck leg served with baby spinach, red wine-braised lentils and higher-welfare lardons, finished with lemon and parsley.

### NEW

# **Duck & Venison Pithivier Pies**

20.00 (2×1)

Two slow-cooked duck and British venison puff-pastry pies, with caramelised lardons, celeriac, red wine and port.

# NEW

# Whole Stuffed Duck with a Cherry & Marsala Jus GFOF

40.00 (4)

Higher-welfare, part-boned duck from Silverhill farm, filled with an orange, cranberry, prune and sausagemeat stuffing.

### 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.

# Roasted Confit of Duck with Juniper

**7.25** (1) / **13.25** (2)

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



"Eating at home becomes a constant pleasure ... like having a chef on call."



Thelma ★★★★



# We COOK, You Relax

Six of our all-time favourite dishes in a grand size, serving eight.

An essential for hosts over the Christmas holidays.

# The Grand Cottage Pie GF

39.00

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

# The Grand Moroccan Spiced Lamb Tagine GF DF 1

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



45.00 (8)

### The Grand Fish Pie

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 (GF)(DF)

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



39.00 (8)

# The Grand Lasagne al Forno

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

# The Grand Roasted Vegetable Lasagne v

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





# SIDES

Maple & Thyme GF DF VG

# **NEW RECIPE Brussels Sprouts with** 3.50 (2) / 4.95 (4) **NEW RECIPE** 3.50 (2) / 4.95 (4) **Roast Carrots** with Marmalade GF DF VG **NEW RECIPE** Roast Parsnips with 3.50 (2) / 4.95 (4)

Pigs in Blankets GF DF	7.50 (pack of 8)
Pork & Apricot Stuffing GFOF	7.00 (8)
Stuffing Balls GF DF	7.50 (pack of 10)
Braised Red Cabbage ≅ GF V	3.75 (2) / 5.25 (4)
Cauliflower Cheese GF V	4.00 (2) / 5.50 (4)
Creamed Spinach	<b>3.75</b> (2)
Peas & Leeks with a Lemon & Herb Butter (GFV)	2.35 (1) / 3.50 (2)
Trio of Greens GFOFVG 2.35 (1)	/ 3.50 (2) / 4.95 (4)
Creamy Mash ⊠ GF V	3.00 (I) / 4.00 (2)
Dauphinoise Potatoes GF(V) 3.25 (I) /	4.50 (2) / 10.00 (6)
Roast Potatoes GF DF VG	3.95 (2) / 5.25 (4)
Garlic Ciabatta (v)	3.50 (4)
Minted Couscous   □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	4.00 (2)
Plain Basmati Rice ≅ GF DF VG	1.75 (1) / 2.75 (2)
Traditional Gravy	<b>4.25</b> (4)
Winter Vegetable Gravy	2.50 (2)
Bread Sauce <b>≅ v</b>	<b>3.25</b> (305g)
Cranberry Sauce with Port & Orang	ge 3.50 (300g)









"Fabulous sides ... great taste as always."





# PIES FOR ONE All 5.50

# 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

# Spring Chicken & Asparagus Pie

With tarragon and peas in a white wine sauce.

With a rich ale sauce and suet pastry lid.

### Steak & Stilton Pie

Steak & Kidney Pie

With roasted parsnips and red wine.



# SAUCES All 5.00

With a few of these in your freezer, you'll never be stuck for supper. A handmade alternative to jar sauces, and ready in minutes. Perfect with pasta or get creative.

# NEW

# Four Cheese Sauce **Sauce GF**(∇)

A rich cheese sauce with Barber's Cheddar, Mascarpone and Provolone with a touch of roasted cauliflower.

# Beef & Red Wine Bolognese ≅ GF DF

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

# Pesto, Broccoli & Spinach (SF)(V)

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

# Roasted Mediterranean Vegetable GF GF 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.





# POTS FOR ONE All 5.00

Our Healthy Pots are complete, balanced meals under 400 calories that contain at least one of your 5-a-day and a source of protein.

Chicken Pad Thai GF OF 359 KCAL

Green Thai Chicken Noodles (GF) OF (I) 278 KCAL

Halloumi & Roasted Vegetable Pasta (V) 317 KCAL

Jerk Chicken with Pineapple Salsa (DF) 245 KCAL

Keralan Chicken Curry (GF) OF) 303 KCAL

Korean Vegetable Rice OF VG 347 KCAL

Lemon & Herb Chicken (SE)(GF)(DF) 302 KCAL

Mac Cheese with Ham & Cauliflower ≈ 332 KCAL

Prawn Noodles with Mango & Coconut (DF)(1) 229 KCAL

Singapore Noodles GF GF GF 394 KCAL

Slow-cooked Beef Ragu Pasta 390 KCAL

Soy Salmon with Edamame & Grains (PF) 397 KCAL



Sticky Soy & Ginger Beef (GF) OF (J) 367 KCAL

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

Teriyaki Chicken Noodles 🗐 🖭 🕞 333 KCAL

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.

# KIDS MEALS All 3.75

A freezer essential for nursery-aged children. Ready in minutes and, for each one you buy, we'll provide a school meal to a child living in poverty in Malawi.

Beef Lasagne ≅

Chicken Dinosaur Pie OF

Chicken Paella GF OF

Chicken Tikka & Rice GF

Chicken & Tomato Orzo Bake ≅

Cottage Pie (©F)

Fish Pie (SF) (GF)

Macaroni Cheese ≅ (v)

Meatballs & Spaghetti ≅

Pasta Bolognese ≅ DF

Sausage Casserole ≅ DF

Tuna Pasta Bake <sup>∞</sup>

With your help, we've donated over 5 million school meals. Thank you.





# NEW PAN ASIAN MAINS



Cashew Chicken (DF)

6.25 (I) / 10.75 (2)

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

Chicken Chow Mein DF

6.25 (I)

6.25 (1)

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

Chicken in Black Bean Sauce (SF)(DF)

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

Tofu in Black Bean Sauce FVG

5.95 (I)

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

Hoisin Duck Noodles Propriet

6.75 (I)

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

Honey & Ginger Chicken (GF)(DF) **6.25** (1) / **10.75** (2)

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

Sweet & Sour Chicken (SF)(DF)

**6.25** (1) / **10.75** (2)

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

Chicken Ramen ≅ PF

6.25 (I)

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

Tofu & Shiitake Ramen ≅ PF(V)

5.95 (I)

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

**Naked Chicken** Katsu Curry (SF)(DF) 6.25 (I) / 10.75 (2)

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

# **Sweet Potato Katsu Curry**

5.95 (I)

(GF)(DF)(VG)

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

Teriyaki Salmon Noodles (DF)

6.75 (I)

11.75 (2)

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

Korean Spiced Shredded Beef & Rice Bowl GF OF

6.75 (I) / II.75 (2)

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

**Pulled Beef** Rendang & Turmeric Rice (GF)(DF)(j)

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

King Prawn Laksa GF OF F

6.75 (I)

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

Turkey Laab (≋) (pF) (j)

6.25 (I)

3.75 (2)

Our twist on the classic Laotian dish, with rice, mint, coriander, chilli, lime and minced turkey, finished with crispy onions and

# PAN ASIAN SIDES

Vegetable Gyoza (DF)(VG)

NEW RECIPE

Egg Fried Rice ≅ GF DF (V) 2.00 (1) / 3.00 (2)

Chinese-Style Vegetables GF GF OF (V) 3.50 (2)

Edamame Beans ≅ GF DF VG 3.50 (2)

Chicken Katsu Bites (DF) 4.25 (2)

Korean-Style Chicken Wings DF 4.00 (2)

4.00 (2) Teriyaki Chicken Wings (DF)

# INDIAN MAINS



**6.75** (1 / 11.75 (2)

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 (a) (b) (b) (c) (c) (d) (d)**

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

Chicken Balti (□ GF) (j)

6.25 (I)

Higher-welfare British chicken breast, marinated in garlic and chilli, in a medium-spiced curry sauce with roasted green peppers and a squeeze of lime.

Chicken Jalfrezi ≅ GF (ji)

6.25 (1) / 10.75 (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 (≥ GF)

**6.25** (1) / **10.75** (2)

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

great

Chicken Tikka Masala (GF) 6.25 (1) / 10.75 (2)

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

Garlic Chicken Curry (SE) (GF) (J)

6.25 (I)

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

Keralan Prawn & Mango Curry  $\operatorname{Res}(GF)(F)$ 

6.75 (I)

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

taste

Lamb Dupiaza செ

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



6.75 (I)

Lamb Biryani (SF)(DF)

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



Prawn Karahi (≋)(§)

**6.75** (1) / **11.75** (2)

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

Roasted Vegetable

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

& Chickpea Curry (S) (F) (F) Oven roasted peppers with cauliflower and spinach in a gently

spiced chickpea and lentil sauce.

Vegetable Korma (F) (V)

5.95 (I)

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

# INDIAN SIDES

Lamb Samosas OF	<b>3.75</b> (2)
Aloo Gobi ⊠GFDFVG	taste 3.50 (2)
Dhal Makhani GF DF VG	taste 3.50 (2)
Gunpowder Potatoes GF OF VG J	3.50 (2)
Onion Bhajis GF OF VG	3.50 (2)
Saag Paneer  GF ♥ 🕖	3.50 (2)
Garlic & Coriander Naan ©FVG	<b>2.75</b> (2)
Plain Naan OF VG	<b>2.75</b> (2)
Plain Basmati Rice  GF  GF  GF	1.75 (1) / 2.75 (2)
Peas Pilau SGFOFVG	2.00 (1) / 3.00 (2)

"COOK saves us so much money on takeaway!"

Kate  $\star \star \star \star \star$ 

Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

THAI MAINS

A fragrant mild Thai curry infused with lemongrass, ginger and kaffir lime leaf, with higher-welfare British chicken breast.

Chicken Satay **≅** □F

6.25 (1) / 10.75 (2) / 19.95 (4)

A creamy cashew satay, with higher-welfare British chicken, lemongrass, ginger, coconut and lime.

Crispy Roast Half Duck ©F
With 10 pancakes & a rich Hoisin sauce.

13.00 (2)

6.75 (I)

6.25 (1) / 10.75 (2)

Drunken Noodles with King Prawns DF

King prawns, tenderstem broccoli, sweetcorn, toasted cashews and rice noodles in a fiery green peppercorn dressing.

Green Thai 6.25 (1) / 10.75 (2) / 19.95 (4) Chicken Curry (□) (□) (□)

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

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An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Lime & Coconut Chicken © (1)

Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.

 Red Thai Chicken Curry
 6.25 (1) / 10.75 (2)

A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.

Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Yellow Vegetable Curry 5.95 (1) / 9.95 (2) / 19.50 (4) ≈ 100 (4)

Our popular Indonesian-style curry with roasted vegetables, green 13.00 (2) beans and toasted cashews.

# THAI SIDES

NEW

Red Thai Chicken Wings (P) 4.00 (2)

NEW

Soy Garlic Broccoli Greens FP 98 3.50 (2)

NEW

Thai Corn Fritters (DF)(G) 3.50 (2)

NEV

Thai Salmon Fishcakes GF DF (2)

**NEW RECIPE** 

 Vegetable Spring Rolls @F/G
 3.50 (2)

 Coconut & Lime
 2.00 (1) / 3.00 (2)

Leaf Rice (SF)(DF)(VG)

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

≅ GF DF VG

Duck Spring Rolls (j)

**4.75** (2)

6.75 (I) / II.75 (2)





# LARGE PUDDINGS 8+ people

Chocolate Ganache Tart (v)

20.00 (10-12)

Handmade, all-butter shortcrust pastry filled with a silky, dark chocolate ganache, finished with a touch of sea salt and dusted with cocoa powder.

Chocolate & Hazelnut Choux Ring (v) A choux pastry ring filled with whipped cream cheese and hazelnut

dark chocolate mousse, finished with hazelnut brittle, salted caramel and chocolate shards.

# **NEW RECIPE**

### Sicilian Lemon Cheesecake

19.00 (10-12)

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

### 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 Roulade (GF)(V)

16.75 (8-10)

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

# Chocolate & Raspberry Roulade GF(V)

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

# **Chocolate & Salted** Caramel Pavlova (GF)(V)

16.75 (8-10)

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

# Fruit Vacherin (GF)(V)

20.00 (10-12)

Three tiers of classic and hazelnut meringue, layered with cherries, strawberries, redcurrants, fruit coulis and fresh whipped cream, all topped with pistachios, hazelnuts and raspberries.

# Glazed Apple Tart (v)

18.00 (10-12)

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

# taste

# Lemon Meringue Pavlova (V)

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



# Raspberry Pavlova (GF)(V)

16.75 (8-10)

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



# Salted Caramel, Chocolate & Honeycomb Cheesecake

19.00 (10-12)

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





# Pistachio, Passion Fruit & Raspberry Pavlova GF(V)

Handmade pistachio meringue rolled with a passion fruit cream and raspberries, finished with white chocolate, nibbed pistachios and dried raspberries.



# Triple Layered Black Forest Gâteau (v)

30.00 (10-12)

Three layers of kirsch-soaked chocolate sponge, with whipped cream cheese, dark chocolate mousse and kirsch cherry jam, topped with chocolate shavings and whole cherries.





# MEDIUM PUDDINGS 6-8 people





# Mixed Berry & Vanilla Cheesecake (v)

Clotted cream and vanilla cheesecake on a biscuit base, with mixed berry compote and fruit coulis swirls.

# I'M BACK

# Winter Pudding (DF)(VG)

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

# Apricot & Orange Almond Torte GF DF VG

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

# Chocolate & Almond Torte GF(V)

9.95 (6-8) A flourless, rich and indulgent chocolate torte made with dark chocolate and ground almonds.

# Classic Lemon Tart (v)

9.95 (6-8)

9.95 (6-8)

tåste

9.95 (6-8)

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

### 9.95 (6-8) Mango & Passion Fruit Cheesecake

A light mango and passion fruit cheesecake on a thin buttery



# Pear & Ginger Tart (v)

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

# taste 9.95 (6-8)

9.95 (6-8)

Tiramisu (v)

Dark chocolate sponge soaked with Marsala and coffee, layered with mascarpone and fresh whipped cream, all dusted with chocolate.





# HOT PUDS

# **Bramley Apple Tarte Tatin** (v)

9.95 (4)

Crisp puff pastry topped with British Bramley apples roasted in a caramel sauce.

# I'M BACK

# Apple Strudel (v)

A classic strudel made with crisp filo pastry, spiced Bramley apples, pecans, sultanas and a pecan crumble topping.



4.25 (2) / 8.95 (6)

# **Bramley Apple &** Blackberry Crumble (V)

Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty of vanilla ice cream.



# Cherry Bakewell (v)

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



# Hot Chocolate Pudding V

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



# Sticky Toffee Pudding (v)

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



4.25 (2) / 8.95 (6)

# "The puddings are to die for!"





enny \* \* \* \* \*



# Apple Strude



# IT WOULDN'T BE CHRISTMAS WITHOUT... 🔭 🧩 🦼



# **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).



# **Christmas Pudding ≈** (v) 14.50 (8)

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



A classic dark chocolate sponge covered with chocolate buttercream, with a snowy



Chocolate Yule Log v 20.00 (8-10)

# INDIVIDUAL PUDDINGS



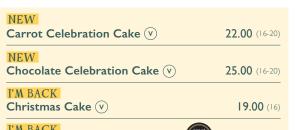
NEW Blackberry & Sloe Gin Panna Cotta ©	<b>4.25</b> (2×1)
NEW RECIPE Sicilian Lemon Cheesecakes	4.25 (2×1)
I'M BACK Chocolate & Hazelnut Meringue Parfait ©	5.00 (2)
I'M BACK Christmas Pudding ≅ ♥	taste 4.25 (I)
I'M BACK Mince Pie Crumble Tarts    V	<b>4.50</b> (2×1)
I'M BACK Winter Puddings © ©	<b>5.00</b> (2×1)
Chocolate & Salted Caramel Mousse v	<b>4.25</b> (2×1)
Lemon Tarts (v)	<b>4.25</b> (2×1)
Lemon Possets (v)	<b>4.25</b> (2×1)
Mango & Passion Fruit Cheesecakes	<b>4.25</b> (2×I)
Red Berry Mousse ©F	4.25 (2×1)
Salted Caramel, Chocolate	9reat 4.25 (2×1)







# CAKES & TRAYBAKES



1	TAY	DAG	$\sim$ $\sim$			
C	hc	col	ate	Yule	Log	V



4.50 (pack of 6)

20.00 (8-10)

I'M BACK

I'M BACK Mince Pies OF VG

Mini Mince Pies OF VG



taste 5.75 (pack of 12)

Belgian Chocolate Brownie (v)	6.75 (6) / 16.50 (20)
Billionaire's Shortbread (v)	<b>6.75</b> (6)
Classic Chocolate Cake (v)	17.50 (14-16)
Farmhouse Flapjack DF VG	<b>6.75</b> (6)
Gluten-Free Chocolate Brownie @F	)(v) 6.75 (6)

Lemon Drizzle Slice (v) 6.75 (6)



ICE CREAM By Alder Tree

# We've found Britain's best ice cream. From Stephany's family-run fruit farm in Suffolk, Alder Tree marries intense fruit flavours and creamy deliciousness. Over 60 Great Taste Awards don't lie. 6.00 (500ml tub) / all (GF)(V)

**Christmas Pudding** served with Alder Tree Christmas Pudding Ice Crean

# LIMITED EDITION **Christmas Pudding**

Blackcurrant

Gooseberry & Elderflower

Pear & Vanilla Raspberry

Stem Ginger & Rhubarb

Vanilla





2.50 (125ml tub) / all (GF)(V)

**Strawberries** 





# Gluten Free & Dairy Free

VEGGIE		PORK	
Portobello Mushroom Risotto	(GF)	Tartiflette	(GF)
Red Lentil & Aubergine Moussaka	(GF)	BEEF	
Tomato, Basil & Mozzarella Risotto	(GF)	Beef Bourguignon British Sirloin Topped	GF (
Veggie Cottage Pie	(GF)	with Bacon, Chestnut & Shallot Stuffing	GF)
MECAN		Chilli con Carne	(GF)
VEGAN		Cottage Pie	(GF)
Butternut Squash, Leek & Beetroot Wellington	(DF)	Slow-cooked Beef Cheeks with Sauce Diane	(GF)
Mexican Three Bean Chilli	GF) (DF)		
Red Lentil & Mixed Bean Casserole	GF DF	CHICKEN  Basil & Mascarpone	
Spanish Bean Stew with Peppers & Kale	GF) (DF)	Chicken	GF)
Vegetable & Chickpea Tagine		Chicken Dijon	(GF)
Wild Mushroom &		Chicken, Pea & Bacon Risotto	(GF)
Aubergine Lasagne	(DF)	Chicken Provençal	GF
		Coq au Vin	(GF)
LAMB Lamb Casserole		Creamy Chicken with Mushrooms & Bacon	(GF)
with New Potatoes	OF)	Hearty Chicken Casserole	(GF)
Lamb Hotpot	(DF)	Moroccan Spiced	
Mediterranean Lamb Stew	GF) (DF)	Harissa Chicken	(GF)
Moroccan Spiced Lamb Tagine	GF DF	Roasted Chicken Breasts in a Port & Merlot Jus	GF) (
Shepherd's Pie	(GF)		
Shoulder of Lamb with Cranberry &	(GF)	SAUCES	
Pistachio Stuffing Slow-Cooked Lamb Shanks	GF DF	Beef & Red Wine Bolognese	GF (
		Four Cheese	GF
DUCK		Pesto, Broccoli & Spinach	GF
Duck Confit with Lentils	(GF)	Roasted Mediterranean Vegetable	(GF)
Whole Stuffed Duck with a Cherry & Marsala Jus	GF DF	Tomato, Mascarpone & Basil	(GF)
FISH			
Shellfish with a Lemon & Caper Butter	(GF)	KIDS MEALS Chicken Dinosaur Pie	
Cornish Monkfish Wrapped in Dry-cured Ham	(GF)	Chicken Paella	GF (
Rainbow Trout with a	(DF)	Chicken Tikka & Rice Cottage Pie	GF)
Tarragon & Lemon Crumb	OF)	Fish Pie	(GF)
Smoked Haddock	(GF)	Pasta Bolognese	(
& Prawn Risotto		Sausage Casserole	(

ENTERTAINING	
Chicken Liver Pâté / Roast Salmon Pâté Duck & Plum Pâté	(GF)
Butternut Squash & Red Onion Galette	DF
Duck & Plum Filo Parcels	DF
Honey Roast Ham	DF
Marmalade & Honey Glazed Gammon	GF DF
Roasted Vegetable Tarte Tatins	DF
Rosemary & Sage Porchetta	GF DF
Salmon, Horseradish & Spinach Stacks	(GF)
Sensational Sausage Rolls	DF
Sensational Veggie Roll	DF
Side of Salmon with Lemon & Dill	GF DF
Smoked Bacon, Broccoli and Cheddar Frittata	(GF)
Smoked Salmon Terrine	(GF)
Chicken, Ginger & Lemongrass Bites Canapé	GF DF
Duck & Hoisin Puffs Canapé	(DF)
Mini Thai Salmon Fishcakes Canapé	GF DF
Mini Salmon Frittatas	(GF)
Tomato & Pine Nut Tarte Tatin Canapé	(DF)
POTS FOR ONE	
Chicken Pad Thai Green Thai	GF DF
Chicken Noodles  Jerk Chicken with	GF DF
Pineapple Salsa Keralan Chicken Curry	OF OF
Korean Vegetable Rice	GF DF
Lemon & Herb Chicken	GF) (DF)
Prawn Noodles with	(DF)
Mango & Coconut	GF) (DF)
Singapore Noodles Soy Salmon with	
Edamame & Grains	(DF)
Sticky Soy & Ginger Beef	GF DF
Sweet Potato & Aubergine Sri Lankan Curry	GF DF

Teriyaki Chicken Noodles

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 2025.

CHRISTMAS DINNER & SIDES	3	A
Braised Red Cabbage	(GF)	D
Brussels Sprouts with Maple & Garlic	GF DF	G
Roast Carrots with Marmalade	GF DF	La
Cauliflower Cheese	(GF)	0
Celebration Crown of Turkey & Duck	GF DF	PI Pe
Cranberry Sauce	GF DF	PI
with Port & Orange		Sa
Creamy Mash	(GF)	
Creamed Spinach	(GF)	
Dauphinoise Potatoes Roast Parsnips with	(GF)	C
Maple & Thyme	GF DF	С
Minted Couscous	(DF)	C
Peas & Leeks with a Lemon Herb Butter	(GF)	С
Pigs in Blankets	GF DF	Н
Pork & Apricot Stuffing	GF DF	Н
Roast Potatoes	(GF) (DF)	K
Stuffed Crown of Turkey	GF (DF)	K
Stuffed Thigh of Turkey	GF DF	В
Stuffed Turkey Breast	GF DF	N K
for Two		Pı
Stuffing Balls	GF DF	Tu
Traditional Gravy	GF DF	S۱
Trio of Greens	GF DF	S۱
Turkey with Pork &	(GF) (DF)	Te
Cranberry Stuffing		То
Winter Vegetable Gravy	GF DF	То
INDIAN MAINS		M Tu
Beef Madras	(GF)	10
Butter Chicken Curry	(GF)	
Chicken Balti	GF)	C
		С
Chicken Jalfrezi	(GF)	E
Chicken Korma	(GF)	Eg
Chicken Tikka Masala	(GF)	K
Garlic Chicken Curry Keralan Prawn	(GF)	C
& Mango Curry	GF DF	Te
Lamb Biryani	GF DF	Ve
Lamb Dupiaza	(GF)	
Prawn Karahi	(GF)	
Roasted Vegetable & Chickpea Curry	GF DF	

Vegetable Korma

INDIAN SIDES	
Aloo Gobi	GF DF
Dhal Makhani	GF DF
Garlic & Coriander Naan	DF
Gunpowder Potatoes	GF DF
Lamb Samosas	DF
Onion Bhajis	GF DF
Plain Naan	DF
Peas Pilau	GF DF
Plain Basmati Rice	GF DF
Saag Paneer	(GF)
PAN ASIAN MAIN	S
Cashew Chicken	(DF)
Chicken Chow Mein	(DF)
Chicken in Black Bean	GF) (DF)
Chicken Ramen	(DF)
Hoisin Duck Noodles	(DF)
Honey & Ginger Chicken	GF) (DF)
King Prawn Laksa	GF) (DF)
Korean Spiced Shredded Beef & Rice Bowl	GF DF
Naked Chicken Katsu Curry	GF DF
Pulled Beef Rendang & Turmeric Rice	GF DF
Sweet & Sour Chicken	(GF) (DF)
Sweet Potato Katsu Curry	GF) (DF)
Teriyaki Salmon Noodles	(DF)
Tofu in Black Bean Sauce	(DF)
Tofu & Shittake	(DF)
Mushroom Turkey Laab	
•	(DF)
PAN ASIAN SIDES	
Chinese-Style Vegetables	GF DF
Chicken Katsu Bites	DF
Edamame Bites	GF DF
Egg Fried Rice	GF DF
Korean-Style Chicken Wings	(DF)
Teriyaki Chicken Wings	DF
Vegetable Gyoza	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
Lime & Coconut Chicken	GF DF
Red Thai Chicken Curry	GF DF
Red Thai Duck Curry	GF DF
Yellow Thai Prawn Curry	GF DF
Yellow Vegetable Curry	DF
THAI SIDES	
Coconut & Lime Leaf Rice	GF DF
Plain Basmati Rice	GF DF
Red Thai Chicken Wings	DF
Soy Garlic Broccoli & Greens	GF DF
Thai Corn Fritters	DF
Thai Salmon Fishcakes	GF DF
Vegetable Spring Rolls	(DF)
PUDDINGS	
Apricot & Orange Almond Torte	GF DF
Blackberry & Sloe Gin Panna Cotta	(GF)
Chocolate & Almond Torte	(GF)
Chocolate & Raspherry	_

& Greens	GF) (DF)
Thai Corn Fritters	DF
Thai Salmon Fishcakes	GF DF
Vegetable Spring Rolls	DF
PUDDINGS	
Apricot & Orange Almond Torte	GF DF
Blackberry & Sloe Gin Panna Cotta	(GF)
Chocolate & Almond Torte	(GF)
Chocolate & Raspberry Roulade	(GF)
Chocolate Roulade	(GF)
Chocolate & Hazelnut Meringue Parfait	(GF)
Chocolate & Salted Caramel Pavlova	(GF)
Fruit Vacherin	(GF)
Pistachio, Passionfruit & Raspberry Pavlova	(GF)
Raspberry Pavlova	(GF)
Red Berry Mousse	(GF)
Winter Pudding	DF
Farmhouse Flapjack	DF
Gluten-Free Chocolate Brownie	(GF)
Ice Creams p38	(GF)
Mince Pies (all versions)	DF

# COMMUNITY KITCHEN

# Celebrate with Your Community

We all have more in common than we think ... and that's worth celebrating. If you're involved in a community group - like lunch clubs, PTAs, sports teams, fundraisers or faith groups - 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!



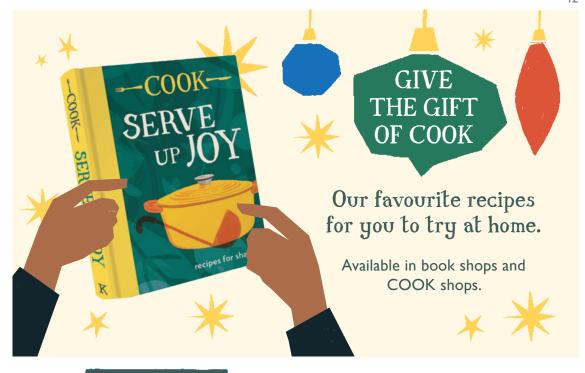
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This Christmas. give the gift of good food and time out of the kitchen.

cookfood.net/giftcards



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# KEY









\*Warm me up' spicy • \*W Nice and spicy

Love Eating Well • ( ) Portion sizes are in brackets LOVE EATING WELL: Fewer than 400 cals • 23g of fat 6g of saturated fat • 30g of sugars • 2g of salt

or symbols before our next ection of the COOK Prient, for which we apologise. But all prices, ingredients and symbols were correct at the time of going to print (August 2025). 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: Sarah Vassallo &



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Ed & Dale, founders

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