COOK



Hello!

To-do lists at the ready, everyone. Here comes Christmas. To the meticulous planners of this world, I salute you. We're here for you. And to the last-minute merchants, I empathise. We're here for you, too. Christmas means a lot of planning and a lot of work, especially if you're hosting, like a festive shadow that hangs over late autumn.

Still, once the festivities are over, the memories made, and people look back years from now, what do they remember? The food? The decorations? The presents? Not really. What they remember are the people. The conversations. The laughs. The relationships. The feeling of being together. All the preparation matters, of course. It makes those moments possible. But it's the shared experiences that lasts.

That's how we think about our small role at COOK. Not simply to make delicious food, but to make hosting a little easier, so you can spend less time in the kitchen and more time being present with the people around your table. Inside these pages you'll find plenty of ideas for Christmas, whether you're already planning every little detail or haven't given it a second thought yet. Whatever your approach, we hope we can help make your Christmas just that little bit easier, happier and more memorable.

COOK Founder

KEY CHRISTMAS DATES

18th Oct	Peak slots (12th-24th Dec) for Click & Collect and Home Delivery open. Visit cookfood.net/peakslots for information.
28th Oct	Christmas range available in-store.
17th Dec	Last day for editing orders online.



Hello, Early Birds!

If you know what you're doing at Christmas, tick 'turkey' off your to-do list and get it delivered by 6th December for the chance to win your entire Christmas order. We'll pick a winner every week.

Scan to find out more

ON THE 12TH DAY OF CHRISTMAS

There's a lot more to hosting at Christmas than just lunch on the 25th.
Let us lend a hand in the kitchen and you can take it easy.

Christmas dinner bundles



Stuffed Crown of Turkey

Vegetarian showstoppers



Butternut Squash, Leek & Beetroot Wellington

Feeding a crowd



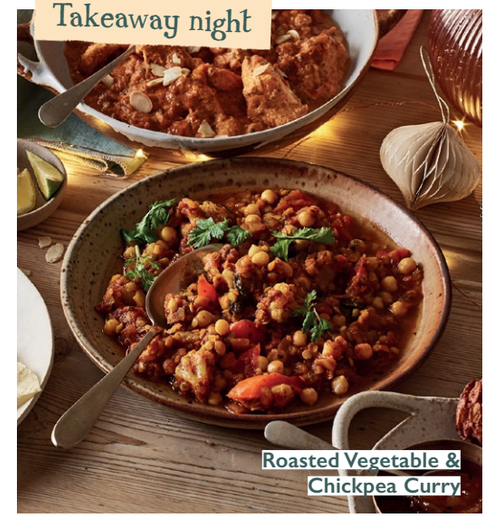
The Grand Roasted Vegetable Lasagne

Christmas essentials



Beef Wellington

Takeaway night



Roasted Vegetable & Chickpea Curry

Party food



Smoked Salmon Pinwheels

Perfect puddings



Chocolate Yule Log

EXPLORE THE MENU

Our full selection of meals and puddings awaits, including…

Christmas dinner bundles - p6
Don't spend Christmas Day in the kitchen! Here's everything you need for the perfect feast.

A very veggie Christmas - p8
If you're dreaming of a meat-free Christmas or hosting a veggie or vegan, you're in for a treat.

Build your own menu - p10
All you need to create a bespoke Christmas menu, from main courses to those essential sides.

Feeding a crowd - p30
If you have family staying or friends round for a meal, here's how to entertain without the faff.

Party time - p12-14
This year's tempting menu of canapés for all your parties over Christmas and New Year.

Takeaways - p31-33
For those nativity nights, late-night shopping trips and all the evenings when cooking isn't an option.

Puddings galore! - p34
Save room for pudding! Discover this year's menu of comforting classics and fancy new arrivals.

CHRISTMAS DINNER. DONE.

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 GF ND

NEW STUFFING

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

cooks in 1 hr 30 mins £45.50

TURKEY DINNER FOR 4 GF ND

NEW STUFFING

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



cooks in 2 hrs 15 mins £82.50



TURKEY DINNER FOR 8 GF ND

NEW STUFFING

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

cooks in 3 hrs 20 mins £147.50

TURKEY DINNER FOR 12 GF ND

NEW STUFFING

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



cooks in 4 hrs 5 mins £220.00

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.





Cooks in 1 hr 10 mins £43.50

VEGGIE DINNER FOR 2 (V)

- Portobello Mushroom Wellington (1x2ptn)
- Nut Loaf (1x2ptn)
- Roast Potatoes (1x2ptn)
- Roast Carrots with Marmalade (1x2ptn)
- Roast Parsnips with Maple & Thyme (1x2ptn)
- Brussels Sprouts with Chestnuts & Cranberries (1x2ptn)
- Winter Vegetable Gravy (1x250g)

VEGAN DINNER FOR 2 (ND)(VG)

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



Cooks in 1 hr 30 mins £34.50

OR WHY NOT TRY...



Nut Loaf (V) 9.00 (2)
Our signature nut loaf made with almonds, cashews and madeira-soaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.



Butternut Squash & Red Onion Galette (ND)(VG) 20.00 (6)
Pearl barley, quinoa, tahini and roasted butternut squash wrapped in puff pastry, topped with pickled red onions and pumpkin seeds.



Brie, Portobello Mushroom & Caramelised Onion Wreath (V) 20.00 (4-6)
Garlic and thyme sautéed wild and portobello mushrooms, kale, Brie and caramelised red onion chutney, wrapped in puff pastry.



CREATE YOUR OWN CHRISTMAS DINNER

Instead of a bundle, you can always build your perfect 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)(ND) 16.50 (2)
A higher-welfare English turkey breast wrapped in sweet-cure bacon, with our new stuffing of cranberry, apricot and sausagemeat from Speldhurst butchers.
Defrost for 12 hours in the fridge before cooking.

Turkey with Pork & Cranberry Stuffing for 4 (GF)(ND) 40.00 (4)
Succulent higher-welfare English turkey breast with lemon and parsley, topped with our new stuffing of cranberry, apricot and sausagemeat, and wrapped in sweet-cure bacon.
Defrost for 48 hours in the fridge before cooking.

Stuffed Crown of Turkey (GF)(ND) 70.00 (8)
A higher-welfare English turkey crown wrapped in sweet-cure bacon, with our new stuffing of cranberry, apricot and sausagemeat from Speldhurst butchers.
Defrost for 48 hours in the fridge before cooking.

Celebration Crown of Turkey & Duck (GF)(ND) 100.00 (12)
A generous higher-welfare English turkey crown, with six duck breasts rolled inside, with our new stuffing of cranberry, apricot and sausagemeat from Speldhurst butchers.
Defrost for 72 hours in the fridge before cooking.

Stuffed Thigh of Turkey (GF)(ND) 23.00 (6)
A succulent, higher-welfare English turkey thigh rolled with our new stuffing of cranberry, apricot and sausagemeat from Speldhurst butchers.
Defrost for 48 hours in the fridge before cooking.





ALTERNATIVE ROASTS

NEW RECIPE
Beef Wellington 100.00 (6)
Fillet of British beef rolled in a shallot, thyme and mushroom duxelles, wrapped in bresaola and encased in all-butter puff pastry. Served with a rich port and red wine jus.

I'M BACK
Marmalade & Honey Glazed Gammon (GF)(ND) 25.00 (14-18 slices)
A ready-to-roast, Wiltshire-cured gammon from Dingley Dell Farm, with a honey, marmalade and Dijon mustard glaze.

I'M BACK
Whole Stuffed Duck with a Cherry & Marsala Jus (GF)(ND) 40.00 (4)
Part-boned, higher-welfare duck from Silver Hill 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) 55.00 (6)
Slow-roasted boneless British lamb shoulder with handmade stuffing and a port, orange and cranberry jus.

Rosemary & Sage Porchetta (GF)(ND) 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.



VEGGIE & VEGAN

I'M BACK
Butternut Squash & Red Onion Galette (ND)(VG) 20.00 (6)
Pearl barley, quinoa, tahini and roasted butternut squash wrapped in puff pastry, topped with pickled red onions and pumpkin seeds.

Butternut Squash, Leek & Beetroot Wellington (ND)(VG) 15.00 (2)
Roasted squash and balsamic beetroot layered with garlic spinach, slow-cooked leeks, and chickpeas, wrapped in crisp puff pastry.

Nut Loaf (V) 9.00 (2)
Our signature nut loaf made with almonds, cashews and madeira-soaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.

Portobello Mushroom Wellington (V) 15.00 (2)
Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.

ORDER EARLY AND RELAX

Home Delivery
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or call us on 01732 759000

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

Local COOK Shop
Find your nearest shop at cookfood.net/shops

Local Stockist
You'll also find us in 1000+ independent retailers nationwide stocked with some of our most popular dishes. Find your nearest at cookfood.net/shops

TRIMMINGS

NEW RECIPE
Brussels Sprouts with Chestnuts & Cranberries (≋)(GF)(ND)(VG) 4.00 (2) / 5.50 (4)

NEW RECIPE
Pork & Apricot Stuffing (GF)(ND) 7.50 (8)

NEW RECIPE
Stuffing Balls (GF)(ND) 8.00 (pack of 10)

I'M BACK
Pigs in Blankets (GF)(ND) 8.00 (pack of 8)

I'M BACK
Roast Carrots with Marmalade (GF)(ND)(VG) 4.00 (2) / 5.50 (4)

I'M BACK
Roast Parsnips with Maple & Thyme (GF)(ND)(VG) 4.00 (2) / 5.50 (4)

Braised Red Cabbage (≋)(GF)(V) 4.00 (2) / 5.50 (4)

Trio of Greens (≋ ONE)(GF)(ND)(VG) 2.35 (1) / 3.50 (2) / 4.95 (4)

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

Creamy Mash (≋)(GF)(V) 3.00 (1) / 4.00 (2)

Creamed Spinach (≋)(GF)(V) 3.75 (2)

Dauphinoise Potatoes (GF)(V) 3.25 (1) / 4.50 (2) / 10.00 (6)

Peas & Leeks with a Lemon & Herb Butter (≋ ONE)(GF)(V) 2.35 (1) / 3.50 (2)

Roast Potatoes (GF)(ND)(VG) 4.50 (2) / 6.00 (4)

Traditional Gravy (≋)(GF)(ND) 4.50 (400g)

Winter Vegetable Gravy (≋)(GF)(ND)(VG) 3.00 (250g)

Bread Sauce (≋)(V) 3.25 (305g)

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





WE COOK YOU ENTERTAIN

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.



Honey Roast Ham (ND) **37.50** (15+)
A Wiltshire-cured gammon from Dingley Dell coated with honey and mustard, and studded with cloves. *Thaw & Serve*



Brie, Portobello Mushroom & Caramelised Onion Wreath (V) 20.00 (4-6)
Garlic and thyme sautéed wild and portobello mushrooms, kale, Brie and caramelised red onion chutney, wrapped in puff pastry.



Ham Hock, Broccoli & Cheddar Frittata (GF) **18.00** (8)
Free-range egg frittata with shredded ham hock from Dingley Dell Farm, longstem broccoli, Dijon mustard and West Country mature Cheddar.



Festive Turkey Pie 32.00 (6)
An open-topped pie filled with British turkey, carrots and parsnips in a rich gravy, wrapped in all-butter shortcrust pastry, and finished with a crispy sage and onion crumb.



Roasted Pepper & Goat's Cheese Quiche (V) **22.00** (10-12)
Roasted red peppers with sliced and crumbled goat's cheese in a deep, free range egg quiche.



Baked Camembert with Port & Red Onion Chutney (V) **13.50** (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.



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



Side of Scottish Salmon with Lemon & Dill
(ND) **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.

WE COOK YOU PARTY

CANAPÉS 8.50 (12 per tray)

If you're throwing a party, remember: the kitchen is for dancing. Our hand-prepared canapés will keep the party going for hours.

NEW
Mini Koftas with Romesco Dip GF ND
Beef and pork koftas made with red pepper, onion, cumin, coriander and aromatic spices, served with a smoky romesco dip.

NEW
Smoked Salmon Pinwheels GF
Delicate Scottish smoked salmon pinwheels filled with a cream cheese and smoked salmon pâté, lightly seasoned with lemon juice and black pepper. *Thaw & Serve*

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

Duck & Hoisin Puffs ND
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.

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


Chicken, Ginger & Lemongrass Bites



Smoked Salmon Pinwheels

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

LIGHT BITES

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 V 7.00 (2x1)
A vintage Cheddar and thyme soufflé with a mature Cheddar and Italian-style hard cheese fondant centre.

I'M BACK
Baked Camembert with Port & Red Onion Chutney V 13.50 (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.

Butternut Squash, Spinach & Feta Tarts V 7.50 (2x1)
Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.
great taste 2024

Roasted Mediterranean Vegetable Tarts V 7.50 (2x1)
Roasted red peppers, tomatoes, aubergines and courgettes in an all-butter pastry case, topped with a cheese, pine nut and basil crumb.

Duck & Plum Filo Parcels ND 7.75 (2x1)
Chinese five spice roasted duck from Silver Hill, with shredded carrot and spring onion in a ginger, plum and orange sauce.

Roasted Vegetable Tarte Tatins ND VG 7.50 (2x1)
Crisp puff pastry topped with a handmade red onion marmalade and thyme-roasted beetroot and butternut squash.

Salmon, Horseradish & Spinach Stacks 7.75 (2x1)
Flaked kiln-roasted salmon on a base of spinach, crème fraîche and cornichons, topped with a horseradish and mascarpone cream.


Chicken Liver Pâté



Three Cheese Fondant Soufflés

NIBBLES

I'M BACK
Duck & Plum Pâté GF 7.50 (220g pot)
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, butter and herbs.

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.

Sensational Sausage Rolls ND 7.95 (12 rolls)
Higher-welfare pork sausagemeat with honey & mustard, wrapped in puff pastry and sprinkled with poppy seeds.

Sensational Veggie Rolls ND VG 7.95 (12 rolls)
Spiced butternut, leeks and smashed chickpeas with sage, miso and a touch of chilli, wrapped in puff pastry.



ITALIAN

The taste of Italian home cooking. Inspired by deliciously messy spaghetti dinners and bunches of fresh basil.

Chefs' Favourites
Top picks from our kitchen

NEW RECIPE

Lasagne al Forno 6.50 (1) / 11.00 (2) / 19.95 (4)
A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar crumb topping.

NEW RECIPE

The Grand Lasagne al Forno 39.00 (8)
A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar crumb topping.

Macaroni Cheese ≋ V 5.25 (1) / 9.00 (2)
Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Meatballs in a Rustic Tomato Sauce ≋ 6.50 (1) / 11.00 (2) / 19.95 (4)
Hand-rolled balls of minced beef and pork, seasoned with red pesto, chilli, basil and garlic, served in a rich tomato sauce.

Portobello Mushroom Risotto ≋ GF V 6.25 (1) / 10.25 (2)
Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of lemon and parsley butter.

Roasted Vegetable Lasagne V 6.50 (1) / 11.00 (2) / 19.95 (4)
Layers of roasted peppers, mushrooms, courgettes and spinach between sheets of Italian pasta with a light crème fraîche and mascarpone sauce.

The Grand Roasted Vegetable Lasagne V 39.00 (8)
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce.

NEW

Slow-Cooked Turkey & Winter Vegetable Lasagne 11.00 (2)
Slow-cooked shredded turkey thigh in a rich thyme and winter vegetable gravy, sheets of Italian pasta, sage and onion béchamel, and a crisp Cheddar crumb.

NEW

Three-Cheese Macaroni with Caramelised Red Onion V 11.00 (2)
Made with Barber's mature Cheddar, Camembert and kale, topped with a caramelised red onion chutney, slices of Brie and finished with a chestnut, sage and onion crumb.

Basil & Mascarpone Chicken ≋ GF 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with semi-dried cherry tomatoes.

Chicken & Tomato Pasta Bake ≋ 6.50 (1)
Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Chicken & Mushroom Lasagne 6.50 (1) / 19.95 (4)
Layers of higher-welfare British chicken in a rich tomato sauce, and mushrooms and spinach, with béchamel topped with mature Cheddar and basil.





Chicken, Pea & Bacon Risotto ≋ GF 6.50 (1) / 11.00 (2)
Ribe risotto rice, shredded higher-welfare British chicken, bacon and peas with a mascarpone and crème fraîche sauce with white wine and garlic.

Halloumi & Arrabbiata Pasta Bake ≋ V 6.25 (1)
Roasted courgettes, aubergines and halloumi with cannolicchi pasta in a spicy tomato sauce, topped with crumbled feta.

King Prawn Linguine ≋ 7.00 (1) / 12.00 (2)
Linguine with sustainably-sourced king prawns in a lobster, crème fraîche and white wine sauce with semi-dried tomatoes and a squeeze of lemon.

Mac Cheese with Smoky Bacon ≋ 6.50 (1) / 11.00 (2)
An indulgent macaroni cheese with vintage West Country Cheddar and smoked bacon, topped with a crispy garlic and parsley crumb.

Parmesan Chicken 7.50 (1) / 13.50 (2) / 26.75 (4)
Parmesan-crusted, higher-welfare British chicken breast with roasted new potatoes and tomatoes in a creamy spinach and red pepper sauce.

Parmigiana di Melanzane V 10.25 (2)
A classic Italian dish of garlic-roasted aubergines layered with a creamy tomato sauce, finished with mozzarella, rosemary and pine nuts.

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

Smoked Haddock & Prawn Risotto ≋ GF 7.00 (1) / 12.00 (2)
Smoked haddock, king prawns, spinach and peas in a creamy risotto with white wine and mature Cheddar.

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

Spaghetti Carbonara ≋ 6.50 (1)
Italian spaghetti in an authentic, indulgent and creamy sauce made with egg yolk and Grana Padano, with smoked back bacon and a touch of parsley.

Tomato, Basil & Mozzarella Risotto ≋ GF V 6.25 (1)
Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and a knob of lemon and parsley butter.

Veggie Bolognese ≋ V 6.25 (1)
A rich, slow-cooked ragu of Quorn mince, red wine and tomato, served with wholewheat spaghetti and topped with cheese.

Wild Mushroom & Aubergine Lasagne ND VG 6.50 (1) / 11.00 (2)
Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce between Italian pasta sheets with a vegan-friendly béchamel sauce.

KEY V Vegetarian • VG Vegan • GF Gluten Free • ND No Dairy Ingredients
≋ Microwaveable • ≋ ONLY Must be microwaved • (i) 'Warm me up' spicy • (ii) Nice and spicy • ( ) Portion sizes are in brackets

Please note that some of our four-portion meals require conventional oven cooking and are not suitable for microwave preparation. Always refer to the back-of-pack instructions for the correct cooking method, temperature, and time.

FRENCH & MEDITERRANEAN

French & Mediterranean cuisine.
Inspired by olive groves
and pots slowly simmering
in farmhouse kitchens.

Chefs' Favourites

Top picks from our kitchen

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

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

Coq au Vin 6.50 (1) / 11.00 (2) / 19.95 (4)
Higher-welfare British chicken cooked on the bone with red wine, pearl onions, mushrooms and bacon.

Duck Confit with Lentils 13.50 (2)
Roasted confit duck leg served with baby spinach, red wine-braised lentils and higher-welfare lardons, finished with lemon and parsley.

Moroccan Spiced Harissa Chicken 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast, marinated in harissa, in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds.

Moroccan Spiced Lamb Tagine 7.00 (1) / 12.00 (2) / 23.75 (4)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

The Grand Moroccan Spiced Lamb Tagine 46.00 (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.



Pulled Beef in Sauce Diane with Truffle Mash

NEW
Halloumi & Chickpea Stew with Paprika-Roasted Potatoes 11.00 (2)
Halloumi baked in a smoky tomato, chickpea and cumin sauce, served with garlic and paprika-roasted patatas.

NEW
Moroccan-Spiced Chicken Tagine with Fruity Couscous 12.00 (2)
Higher-welfare British chicken breast in an aromatic Moroccan-spiced sauce, served with a preserved lemon and sultana couscous.

NEW
Pulled Beef in Sauce Diane with Truffle Mash 18.00 (2)
Slow-cooked beef in a classic cream, brandy and shallot sauce, with chestnut mushrooms and a Gruyère crumb. Served with a buttery truffle mash.

Beef Bourguignon Pie 35.00 (6)
Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry.

Chicken Dijon 6.50 (1) / 11.00 (2) / 19.95 (4)
Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.

Chicken Provençal 6.50 (1) / 11.00 (2)
Roasted higher-welfare chicken leg cooked on the bone, in a classic Provençal sauce of shallots, white wine, tomatoes, olives and artichokes.

Lamb Moussaka 6.50 (1) / 11.00 (2) / 19.95 (4)
Grass-fed minced lamb seasoned with cinnamon and mint, with layers of roasted aubergine, topped with potato slices and a creamy béchamel sauce.

Mediterranean Lamb Stew 7.00 (1) / 12.00 (2)
Slow-cooked leg of lamb in a rich tomato sauce with kale, cannellini beans, roasted red onions, cherry tomatoes and finely chopped preserved lemon.

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

Red Lentil & Aubergine Moussaka 6.25 (1) / 10.25 (2)
Layers of roasted aubergine and potatoes with a rich tomato sauce, lentils and a nutmeg béchamel, all topped with roasted cherry tomatoes.

Roasted Confit of Duck with Juniper 7.50 (1) / 13.50 (2)
Confit duck leg in a juniper berry and orange zest sauce with cranberries.

Spanish Bean Stew with Peppers & Kale 6.25 (1) / 10.25 (2)
Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale.

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

Vegetable & Chickpea Tagine 6.25 (1) / 10.25 (2)
Sweet roasted peppers and aubergines with prunes and a blend of Moroccan spices.

A Majestic Wine Pairing

For a classic French dish like Chicken Provençal, you'll want a classic French wine. Try the Aimé Arnoux Viognier from the Rhône Valley.

See p39 for more details


Coq au Vin



Beef Bourguignon Pie

CLASSICS

Classic meals from around the world. Inspired by handwritten recipes and the comforting chaos of family dinners.

Chefs' Favourites

Top picks from our kitchen

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

Chilli con Carne ≋ GF — 6.50 (1) / 11.00 (2) / 19.95 (4)
A rich, slow-cooked chilli with minced beef, kidney beans and a bit of a kick.

Chicken Alexander ≋ — 6.50 (1) / 11.00 (2) / 19.95 (4)
Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

Classic Fish Pie — 7.00 (1) / 12.00 (2) / 23.75 (4)
Salmon, smoked haddock and king prawns in our classic, creamy sauce with white wine, lemon and parsley, topped with a smooth, buttery mash.

The Grand Fish Pie — 46.00 (8)
Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery and parsley mash and finished with a crispy crumb and lemon zest.

Smoked Haddock & Bacon Gratin — 7.00 (1) / 12.00 (2)
Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.

great taste 2024

A Majestic Wine Pairing

For something as special as a Beef Wellington, go for a Château de Sales from the Pommerol region in Bordeaux.

See p39 for more details



Beef Wellington (6)

NEW
Fajita Chicken with Mexican Rice ≋ GF ND — 12.00 (2)
Higher welfare British chicken thigh in a lightly spiced tomato sauce with peppers and onions, served with black bean and jalapeño rice.

NEW
Pulled BBQ Beef with Mac & Cheese ≋ — 13.00 (2)
Slow-cooked beef with beans in a sweet BBQ sauce, alongside a rich Barber's mature Cheddar mac and cheese.

NEW RECIPE
Beef Wellington ND — 35.00 (2)
Fillet of British beef rolled in a shallot, thyme and mushroom duxelles, wrapped in bresaola and encased in puff pastry.

NEW RECIPE
Beef Wellington — 100.00 (6)
Fillet of British beef rolled in a shallot, thyme and mushroom duxelles, wrapped in bresaola and encased in all-butter puff pastry. Served with a rich port and red wine jus.

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.

Butternut Squash, Leek & Beetroot Wellington ND VG — 15.00 (2)
Roasted squash and balsamic beetroot layered with garlic, spinach, slow-cooked leeks and chickpeas, wrapped in crisp puff pastry.

Butternut Squash, Spinach & Feta Tarts V — 7.50 (2x1)
Creamy spinach and Somerset Cheddar in an all-butter pastry case, topped with roasted butternut squash, feta and a pumpkin and sunflower seed crumb.

great taste 2024

Chicken, Ham & Leek Pie — 6.50 (1) / 11.00 (2) / 19.95 (4)
Higher-welfare British chicken and ham with sliced leeks in a cream and white wine sauce, topped with melt-in-the-mouth shortcrust pastry.

Chicken, Ham & Leek Pie — 32.00 (6)
Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

Cod Mornay — 7.00 (1) / 12.00 (2)
Cod and chopped spinach baked in a classic Mornay sauce of mature Cheddar, cream and English mustard with a cheesy gratin top.

great taste 2025

Cottage Pie GF — 6.50 (1) / 11.00 (2) / 19.95 (4)
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

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.

Creamy Chicken with Mushrooms & Bacon ≋ GF — 6.50 (1) / 11.00 (2)
Marinated higher-welfare British chicken breast in a creamy porcini and garlic sauce with bacon and roasted mushrooms.

great taste 2024

Hearty Chicken Casserole ≋ GF — 6.50 (1)
Higher-welfare British chicken leg and thigh with roasted leeks, swede and carrots, in a tomato, chicken and herb sauce.

Lamb Casserole with New Potatoes ≋ ND — 7.00 (1) / 12.00 (2)
Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

Lamb Hotpot ND — 7.00 (1)
Slow-cooked leg of lamb with vegetables topped with sliced potatoes and rosemary.

Liver, Bacon & Onions ≋ — 5.25 (1)
Tender pieces of lamb's liver in red wine sauce garnished with onions and smoked back bacon.

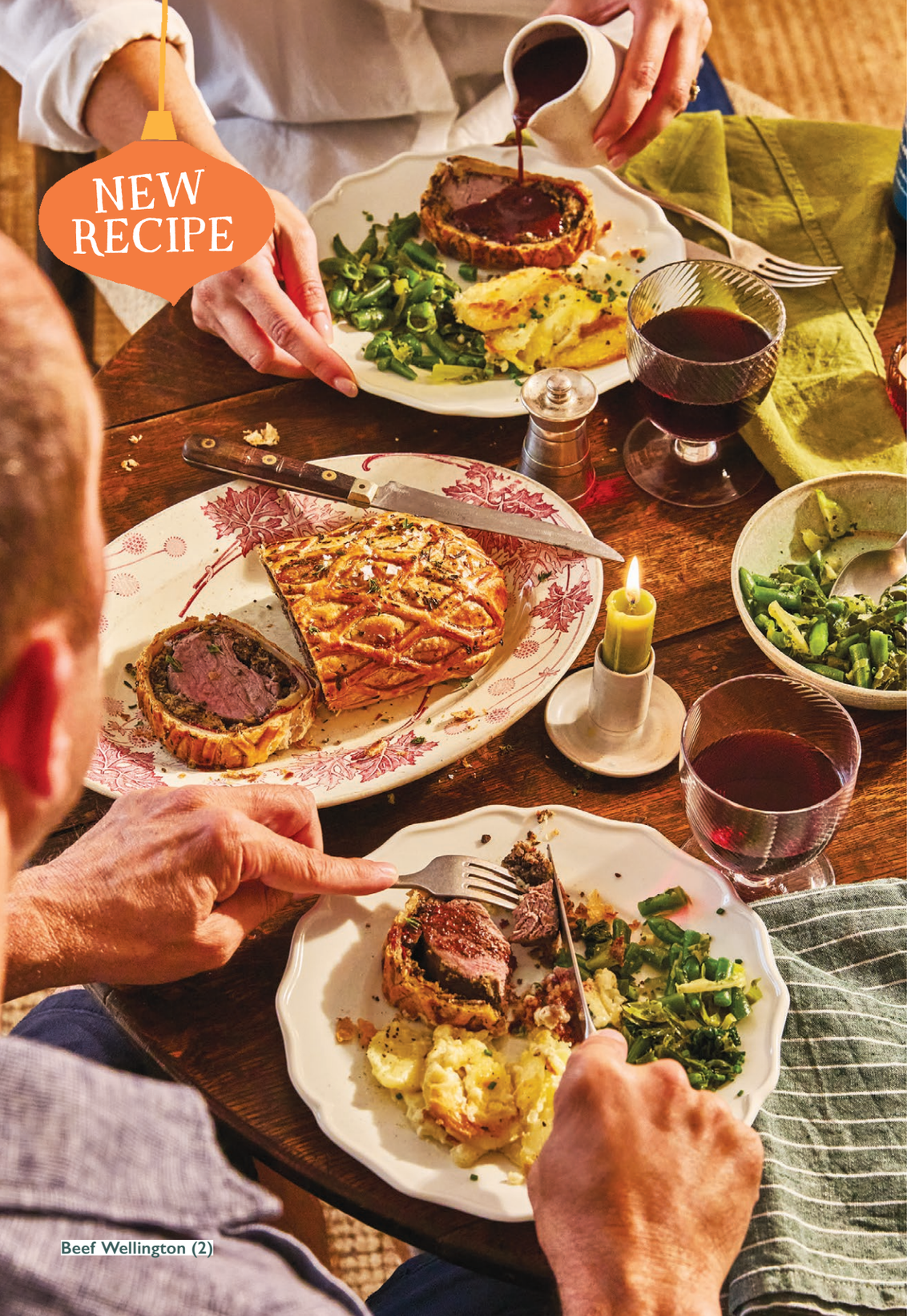
Mexican Three Bean Chilli ≋ GF ND VG — 6.25 (1)
A warming chilli with cannellini, red kidney and black turtle beans in a smoky tomato sauce, topped with sweetcorn, sweet potato and coriander.

Nut Loaf V — 9.00 (2)
Our signature nut loaf made with almonds, cashews and madeira-soaked apricots, topped with red onion marmalade and caramelised whole pecans, almonds and Brazil nuts.

great taste 2024



Pulled BBQ Beef with Mac & Cheese



Beef Wellington (2)

CLASSICS

Portobello Mushroom Wellington (V) 15.00 (2)
Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.

Rainbow Trout with a Tarragon & Lemon Crumb (ND) 20.00 (2)
Sustainably-caught rainbow trout with a tarragon and lemon crumb, slow-cooked fennel, cherry tomatoes and roasted new potatoes.

Red Lentil & Mixed Bean Casserole (GF)(ND)(VG) 6.25 (1)
Tender lentils, beans and fresh spinach with seasonal vegetables in a tomato and basil sauce.

Roasted Chicken Breasts in a Port & Merlot Jus (GF)(ND) 15.00 (2)
Two higher-welfare British chicken breasts in a classic Port and Merlot wine jus with roasted shallots and chestnut mushrooms.

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.

Salmon & Asparagus Gratin 7.50 (1) / 13.50 (2) / 26.75 (4)
Salmon fillet and asparagus in a white wine and lemon zest sauce, topped with sliced potatoes and a Cheddar cheese crumb.

Salmon Wellington 20.00 (2)
A generous salmon fillet topped with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry.

Salmon Wellington 50.00 (6)
Salmon fillets filled with spinach, lemon, crème fraîche and dill, wrapped in all-butter puff pastry and glazed with dill and juniper.

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

Shepherd's Pie (GF) 6.50 (1) / 11.00 (2) / 19.95 (4)
Grass-fed minced lamb slow-cooked with red wine, rosemary, carrots and a touch of redcurrant jelly, topped with buttery mash and a herb crumb.

Slow-Cooked Lamb Shanks (GF)(ND) 20.00 (2)
With a red wine and rosemary jus.

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

Steak & Red Wine Pie 7.00 (1) / 12.00 (2) / 23.75 (4)
Top rump beef braised in Merlot wine, with vegetables and thyme, topped with a shortcrust pastry lid.

Steak & Stout Stew with Cheese Scone Dumplings 7.00 (1)
A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings.

Tarragon & Lemon Chicken 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

Veggie Cottage Pie (GF)(V) 6.25 (1) / 10.25 (2)
Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, grated cheese and parsley.

A Majestic Wine Pairing

The Pelleriti Signature Malbec from Argentina is the perfect accompaniment to your Steak & Red Wine Pie.

See p39 for more details

SAUCES All 5.00

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

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

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

VEGETARIAN

Chefs' Favourites
Top picks from our kitchen

Macaroni Cheese (≋)(V) 5.25 (1) / 9.00 (2)
Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Portobello Mushroom Risotto (≋)(GF)(V) 6.25 (1) / 10.25 (2)
Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of lemon and parsley butter.

Roasted Vegetable Lasagne (V) 6.50 (1) / 11.00 (2) / 19.95 (4)
Layers of roasted peppers, mushrooms, courgettes and spinach between sheets of Italian pasta with a light crème fraîche and mascarpone sauce.

The Grand Roasted Vegetable Lasagne (V) 39.00 (8)
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce.

Veggie Bolognese (≋)(V) 6.25 (1)
A rich, slow-cooked ragu of Quorn mince, red wine and tomato, served with wholewheat spaghetti and topped with cheese.

Butternut Squash, Spinach & Feta Tarts (V)	7.50 (2x1)
Halloumi & Arrabbiata Pasta Bake (≋)(V)	6.25 (1)
Nut Loaf (V)	9.00 (2)
Parmigiana di Melanzane (V)	10.25 (2)
Portobello Mushroom Wellington (V)	15.00 (2)
Red Lentil & Aubergine Moussaka (GF)(V)	6.25 (1) / 10.25 (2)
Roasted Mediterranean Vegetable Tarts (V)	7.50 (2x1)
Tomato, Basil & Mozzarella Risotto (≋)(GF)(V)	6.25 (1)
Veggie Cottage Pie (GF)(V)	6.25 (1) / 10.25 (2)

"Great choice of our veggie favourites."
Valerie ★★★★★





GIFT CARDS
The perfect present for your favourite foodie.
cookfood.net/giftcards

VEGAN

Chefs' Favourites
Top picks from our kitchen

Mexican Three Bean Chilli (≋)(GF)(ND)(VG) 6.25 (1)
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 (≋)(GF)(ND)(VG) 6.25 (1)
Tender lentils, beans and fresh spinach with seasonal vegetables in a tomato and basil sauce.

Vegetable & Chickpea Tagine (≋)(GF)(ND)(VG) 6.25 (1) / 10.25 (2)
Sweet roasted peppers and aubergines with prunes and a blend of Moroccan spices.

I'M BACK

Butternut Squash & Red Onion Galette (ND)(VG)	20.00 (6)
Butternut Squash, Leek & Beetroot Wellington (ND)(VG)	15.00 (2)
Spanish Bean Stew with Peppers & Kale (≋)(GF)(ND)(VG)	6.25 (1) / 10.25 (2)
Wild Mushroom & Aubergine Lasagne (ND)(VG)	6.50 (1) / 11.00 (2)

*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.



ALSO VEGAN

Korean Vegetable Rice Pot for One *(p28)*
Sweet Potato & Aubergine Sri Lankan Curry Pot for One *(p28)*
Roasted Vegetable Tarte Tatins *(p15)*
Tomato & Pine Nut Tarte Tatins *(p14)*
Roasted Vegetable & Chickpea Curry *(p32)*
Green Thai Vegetable Curry *(p33)*
Yellow Vegetable Curry *(p33)*

VEGAN SIDES

Brussel Sprouts with Chestnuts & Cranberries
Coconut & Lime Leaf Rice
Cranberry Sauce with Port & Orange
Dhal Makhani • Garlic & Coriander Naan
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 Spring Rolls
Thai Corn Fritters • Winter Vegetable Gravy

VEGAN PUDDINGS

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



SIDES







NEW RECIPE
Brussels Sprouts with Chestnuts & Cranberries ≋ GF ND VG — 4.00 (2) / 5.50 (4)

NEW RECIPE
Pork & Apricot Stuffing GF ND — 7.50 (8)

NEW RECIPE
Stuffing Balls GF ND — 8.00 (pack of 10)

I'M BACK
Pigs in Blankets GF ND — great taste — 8.00 (pack of 8)

I'M BACK
Roast Carrots with Marmalade GF ND VG — 4.00 (2) / 5.50 (4)

I'M BACK
Roast Parsnips with Maple & Thyme GF ND VG — great taste — 4.00 (2) / 5.50 (4)

Braised Red Cabbage ≋ GF V — 4.00 (2) / 5.50 (4)

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

Creamy Mash ≋ GF V — 3.00 (1) / 4.00 (2)

Creamed Spinach ≋ GF V — 3.75 (2)

Dauphinoise Potatoes GF V — 3.25 (1) / 4.50 (2) / 10.00 (6)

Garlic Ciabatta V — 3.50 (4)

Minted Couscous ≋ ND VG — 4.00 (2)

Plain Basmati Rice ≋ GF ND VG — 1.75 (1) / 2.75 (2)

Peas & Leeks with a Lemon & Herb Butter ≋ ONLY GF V — 2.35 (1) / 3.50 (2)

Roast Potatoes GF ND VG — great taste — 4.50 (2) / 6.00 (4)

Traditional Gravy ≋ GF ND — great taste — 4.50 (400g)

Trio of Greens ≋ ONLY GF ND VG — 2.35 (1) / 3.50 (2) / 4.95 (4)

Winter Vegetable Gravy ≋ GF ND VG — 3.00 (250g)

Bread Sauce ≋ V — 3.25 (305g)

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



PIES. Britain's greatest culinary achievement.

Individual pies for one — All 6.00

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.

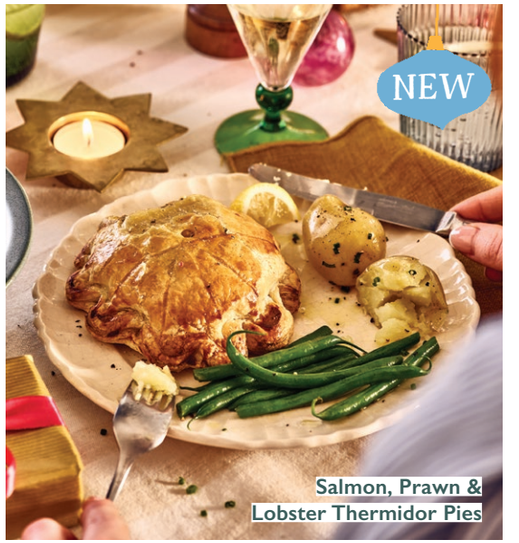
Spring Chicken & Asparagus Pie
With tarragon and peas in a white wine sauce.

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

Steak & Stilton Pie
With roasted parsnips and red wine.

"The Beef Bourguignon Pie was truly fantastic!!"
Suzy ★★★★★





For one, two, four & six

NEW
Festive Turkey Pie — 32.00 (6)
An open-topped pie filled with British turkey, carrots and parsnips in a rich gravy, wrapped in all-butter shortcrust pastry, and finished with a crispy sage and onion crumb.

NEW
Salmon, Prawn & Lobster Thermidor Pies — 20.00 (2×1)
Two puff pastry Pithivier pies filled with salmon, lobster and prawns in a rich, creamy Thermidor sauce with Gruyère, layered with sliced new potatoes.

I'M BACK
Duck & Venison Pithivier Pies ND — 20.00 (2×1)
Two slow-cooked duck and British venison puff-pastry pies, with caramelised lardons, celeriac, red wine and port.

Beef Bourguignon Pie — 35.00 (6)
Slow-cooked beef with higher-welfare bacon lardons, chestnut mushrooms and caramelised pearl onions in a rich merlot sauce, encased in all-butter shortcrust pastry. great taste

Chicken, Ham & Leek Pie — 6.50 (1) / 11.00 (2) / 19.95 (4)
Higher-welfare British chicken and ham with sliced leeks in a cream and white wine sauce, topped with melt-in-the-mouth shortcrust pastry.

Chicken, Ham & Leek Pie — 32.00 (6)
Higher-welfare British chicken and ham with sliced leeks in a cream and parsley sauce, encased in melt-in-the-mouth shortcrust pastry.

Steak & Red Wine Pie — 7.00 (1) / 12.00 (2) / 23.75 (4)
Top rump beef braised in Merlot wine, with vegetables and thyme, topped with a shortcrust pastry lid. great taste

HEALTHY MEALS IN MINUTES

SOURCE OF PROTEIN · AT LEAST 1/5 A DAY · UNDER 400 KCALS

Perfect for a quick and tasty lunch or a light supper.



All £5.00 each

Chicken Pad Thai (ONLY) (GF) (ND)
Rice noodles, higher-welfare British chicken, peppers, green beans and spring onions in a sweet and salty cashew dressing.

359 KCAL | 1 OF 5 A DAY | SOURCE OF PROTEIN | LOW SAT FAT

Halloumi & Roasted Vegetable Pasta (ONLY) (V)
Halloumi cheese with roasted courgettes, yellow peppers and cherry tomatoes with cannolicchi pasta and a tomato and basil pesto sauce.

317 KCAL | 2 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Slow-cooked Beef Ragu Pasta (ONLY)
Italian Chifferi pasta with a beef & red wine ragu, finished with Parmesan, Barber's mature Cheddar and cherry tomatoes.
Pictured left.

390 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Sticky Soy & Ginger Beef (ONLY) (GF) (ND) (H)
Slow-cooked, shredded beef in a soy and ginger sauce with rice noodles, edamame beans and stem broccoli, topped with sesame seeds.

367 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Teriyaki Chicken Noodles (ONLY) (ND)
Higher-welfare British chicken with edamame beans, julienne carrot, sweetheart cabbage and egg noodles, in a ginger and tamari soy sauce.

333 KCAL | 1 OF 5 A DAY | HIGH PROTEIN | LOW SAT FAT

Green Thai Chicken Noodles
(ONLY) (GF) (ND) (H) 278 KCAL

Jerk Chicken with Pineapple Salsa
(ONLY) (ND) (H) 245 KCAL

Keralan Chicken Curry
(ONLY) (GF) (ND) (H) 303 KCAL

Korean Vegetable Rice
(ONLY) (ND) (H) (VG) 347 KCAL

Lemon & Herb Chicken
(ONLY) (GF) (ND) 302 KCAL

Mac Cheese with Ham & Cauliflower
(ONLY) 332 KCAL

Prawn Noodles with Mango & Coconut
(ONLY) (ND) (H) 229 KCAL

Singapore Noodles
(ONLY) (GF) (ND) (H) 294 KCAL

Soy Salmon with Edamame & Grains
(ONLY) (ND) (H) 397 KCAL

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

"The pots for one are spot on – tasty and perfect portion size for me."

Sarah ★★★★★

LITTLE MONSTERS TO FEED?

No Artificial Ingredients

At Least 2 of Your 5 a Day



If you have hungry pre-schoolers to feed over Christmas, be sure to make space for some Kids' Meals in the freezer. **All 3.75.**

NEW
Honey-Roasted Duck Noodles (ONLY)
Shredded duck from Silver Hill farm and stir-fried veg, tossed with egg noodles in our hoisin sauce.

Chicken Tikka & Rice (ONLY) (GF)
A mild and creamy higher-welfare chicken curry with basmati rice, peas and cauliflower florets.

Macaroni Cheese (ONLY) (V)
Macaroni, peas and cauliflower in a cheesy sauce, topped with veg and grated Cheddar.

Meatballs & Spaghetti (ONLY)
Italian spaghetti with handmade beef, pork and lentil meatballs with a hidden veg tomato sauce.

Pasta Bolognese (ONLY)
Italian pasta with beef mince cooked in a tomato sauce made with carrots, courgettes and red peppers.

NEW **Broccoli & Pea Pesto Pasta** (ONLY) (V)

NEW **Chicken & Vegetable Rice** (ONLY) (GF)

NEW **Sausage & Mash** (GF)

Beef Lasagne

Chicken Dinosaur Pie

Cottage Pie (GF)

Fish Pie (GF)

Working with One Feeds Two™, for every Kids' Meal sold, we donate a school meal to a child living in poverty in Malawi. With your help, we've provided over 5 million meals so far.

one feeds two

GRAND MEALS FOR 8. Friends and family, gather round.

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

NEW RECIPE

The Grand Lasagne al Forno 39.00 (8)
A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar crumb topping.

The Grand Cottage Pie (GF) 39.00 (8)
Slow-cooked minced beef with red wine, thyme, celery and carrots, topped with a rich, buttery mash and mature Cheddar cheese.

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

The Grand Fish Pie 46.00 (8)
Cod and smoked haddock in a classic, white roux sauce with lemon, parsley and chives. Topped with fluffy, buttery and parsley mash and finished with a crispy crumb and lemon zest.

The Grand Moroccan Spiced Lamb Tagine (GF)(ND)(🌶) 46.00 (8)
Leg of lamb, slow-cooked in an authentic blend of Moroccan spices, finished with chickpeas and roasted flaked almonds.

The Grand Roasted Vegetable Lasagne (V) 39.00 (8)
Layers of roasted peppers, mushrooms, courgettes and spinach between Italian pasta with a light, crème fraîche and mascarpone sauce.



The Grand Fish Pie

PAN ASIAN MAINS



Cashew Chicken (ONLY)(ND)(🌶) 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast in oyster sauce, with tamari, peppers, spring onion and cashews.

Chicken Chow Mein (ONLY)(ND) 6.50 (1)
Egg noodles, higher-welfare British chicken breast with beansprouts, spring onion, tamari and oyster sauce.

Chicken in Black Bean Sauce (GF)(ND) 6.50 (1)
Higher-welfare British chicken breast, spring onions, and red and green peppers in a classic black bean sauce.

Crispy Roast Half Duck (ND) 13.50 (2)
With 10 pancakes & a rich Hoisin sauce.

Hoisin Duck Noodles (ONLY)(ND) 7.00 (1)
Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onions in hoisin sauce.

Honey & Ginger Chicken (GF)(ND) 6.50 (1) / 11.00 (2)
Soy-marinated higher-welfare British chicken in a honey, ginger and garlic sauce with sesame-topped choi sum, yellow peppers and red onions.

Pulled Beef Rendang & Turmeric Rice (GF)(ND)(🌶) 13.00 (2)
Slow-cooked spiced beef in a fragrant coconut sauce, finished with coriander, chilli and desiccated coconut, with a portion of turmeric rice.

Sweet & Sour Chicken (GF)(ND) 6.50 (1) / 11.00 (2)
A take on the Cantonese classic with higher-welfare British chicken breast, sliced onion, peppers and pineapple.

Korean Spiced Shredded Beef & Rice Bowl (ONLY)(GF)(ND) 12.00 (2)
Spiced beef tossed with stir-fried choi sum and Jasmine rice in a tamari, chilli and ginger sauce, topped with pickled red onions.

King Prawn Laksa (ONLY)(GF)(ND)(🌶) 7.00 (1)
King prawns, choi sum, red pepper and rice noodles in a coconut laksa broth.

Naked Chicken Katsu Curry (ONLY)(GF)(ND) 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast in a katsu sauce with pickled red onion and radish.

Sweet Potato Katsu Curry (ONLY)(GF)(ND)(VG) 6.25 (1)
Roasted sweet potato with julienne carrot, cabbage and edamame beans in a katsu curry sauce, served with rice and finished with pumpkin seeds.

PAN ASIAN SIDES

Chicken Katsu Bites (ND) 4.25 (2)
The taste of the iconic Japanese curry in a crispy panko-breaded bite, with higher-welfare British chicken breast, ginger, garlic, coconut, soy sauce and spices.

Egg Fried Rice (GF)(ND)(V) 2.00 (1) / 3.00 (2)
Fried basmati rice with egg and peas, finished with tamari and garlic.

Korean-Style Chicken Wings (ND)(🌶) 4.00 (2)
Higher-welfare British chicken wings in a gochujang, soy and coriander glaze, with a hint of lime.

COMING SOON 2ND NOV

Teriyaki Chicken *(main)* 6.50 (1)

Char Siu Pork with Sesame & Tamari Rice *(main)* 7.00 (1)

Sweet & Sour Vegetables with Cashews *(main)* 6.25 (1)

Katsu Vegetable Spring Rolls *(side)* 4.25 (2)

Teriyaki Greens *(side)* 3.50 (2)

Sesame Soy Noodles *(side)* 3.00 (2)

Hoisin Duck Filo Parcels *(side)* 4.50 (2)

INDIAN MAINS



NEW

Chicken Biryani (GF) 6.50 (1)
Higher-welfare British chicken marinated in yoghurt and spices, with a fragrant spiced rice, finished with caramelised spiced onions and lime-soaked sultanas and cranberries.

NEW

Chicken Tikka Masala with Pilau Rice (GF) 7.00 (1) / 12.00 (2)
Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika, in a creamy tomato and coconut sauce, served with fragrant pilau rice.

Beef Madras (GF) 7.00 (1)
Tender beef in an intense Madras curry sauce made with garam masala, turmeric and coriander cooked slowly with sliced onions, ginger and ground almonds.

Butter Chicken Curry (GF) 6.50 (1) / 11.00 (2)
A Murgh Makhani with a bit of kick, made with traditional spices, tomatoes, cream, and marinated higher-welfare British chicken breast.

Chicken Balti (GF) 6.50 (1)
Higher-welfare British chicken breast, marinated in garlic and chilli, in a medium-spiced curry sauce with roasted green peppers and a squeeze of lime.

Chicken Jalfrezi (GF) 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast marinated in yoghurt, garlic and paprika in a spicy onion, tomato and red and green pepper sauce.

Chicken Korma (GF) 6.50 (1) / 11.00 (2)
Marinated higher-welfare British chicken breast in a gently spiced and creamy coconut and almond sauce.

Chicken Tikka Masala (GF) 6.50 (1) / 11.00 (2)
Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Garlic Chicken Curry (GF) 6.50 (1)
A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Lamb Dupiaza (GF) 7.00 (1)
Diced leg of lamb, marinated in a mix of spices and yoghurt, cooked with tomatoes and plenty of onions. Fairly hot.

Lamb Biryani (GF) (ND) 7.00 (1)
Diced leg of lamb, slow cooked with garam masala and cumin, with basmati rice and caramelised onions.

Prawn Karahi (GF) 7.00 (1) / 12.00 (2)
A light and fragrant curry of king prawns with blended spices, coriander and spinach.

Roasted Vegetable & Chickpea Curry (GF) (ND) (VG) 6.25 (1) / 10.25 (2)
Oven roasted peppers with cauliflower and spinach in gently spiced chickpea and lentil sauce.

INDIAN SIDES

Dhal Makhani (ONE) (GF) (ND) (VG)	3.50 (2)
Garlic & Coriander Naan (ND) (VG)	2.75 (2×1)
Lamb Samosas (ND)	3.75 (2)
Onion Bhajis (GF) (ND) (VG)	3.50 (2)
Plain Naan (ND) (VG)	2.75 (2×1)
Plain Basmati Rice (GF) (ND) (VG)	1.75 (1) / 2.75 (2)
Peas Pilau (GF) (ND) (VG)	2.00 (1) / 3.00 (2)
Saag Paneer (GF) (V)	3.50 (2)

COMING SOON 2ND NOV

Bombay Potatoes *(side)*	3.75 (2)
Onion & Kale Bhajis, Vegetable Samosas and Pakoras *(sides)*	4.50 (2)

THAI MAINS



NEW

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

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

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

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

Green Thai Chicken Curry (GF) (ND) 6.50 (1) / 11.00 (2) / 19.95 (4)
A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.

Green Thai Vegetable Curry (GF) (ND) (VG) 6.25 (1)
An aromatic, green Thai curry with coconut milk, roasted butternut squash, red peppers, edamame beans and baby corn.

Lime & Coconut Chicken (GF) (ND) 6.50 (1)
Higher-welfare British chicken breast marinated in lime and coriander in a fragrant and mild coconut, lemongrass and lime leaf sauce, finished with spring onions and cashew nut pieces.

Red Thai Chicken Curry (GF) (ND) 6.50 (1) / 11.00 (2)
A warming Thai curry made with marinated higher-welfare British chicken breast, red peppers, coconut milk, tamarind and kaffir lime leaf.

Red Thai Duck Curry (GF) (ND) 7.50 (1)
Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

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

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

THAI SIDES

Coconut & Lime Leaf Rice (GF) (ND) (VG)	2.00 (1) / 3.00 (2)
Duck Spring Rolls (ND)	4.75 (2)
Plain Basmati Rice (GF) (ND) (VG)	1.75 (1) / 2.75 (2)
Soy Garlic Broccoli & Greens (ONE) (GF) (ND) (VG)	3.50 (2)
Thai Corn Fritters (ND) (VG)	3.50 (2)
Thai Salmon Fishcakes (GF) (ND)	4.75 (2)
Vegetable Spring Rolls (ND) (VG)	3.50 (2)

COMING SOON 2ND NOV

Chicken Pad Thai *(main)*	6.50 (1)
Chicken, Ginger & Lemongrass Bites with a Sweet Chilli Glaze *(side)*	4.25 (2)

"The flavours were incredible"
Nicola ★★★★★



Pistachio, Passion Fruit & Raspberry Pavlova

LARGE PUDDINGS 8+ people

NEW

Sticky Toffee Roulade (V) 16.75 (8-10)
Brown sugar and date sponge rolled with toffee cream and crunchy toffee pieces, finished with white chocolate-toffee sauce and a sprinkle of pecans.

I'M BACK

Chocolate & Hazelnut Meringue Parfait (GF) (V) 22.00 (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.

I'M BACK

Chocolate & Hazelnut Choux Ring (V) 25.00 (8-10)
A choux pastry ring filled with whipped cream cheese and hazelnut dark chocolate mousse, finished with caramelised hazelnuts, salted caramel and chocolate shards.

Chocolate Roulade (GF) (V) 16.75 (8-10)
A rich chocolate sponge, generously filled with whipped cream and rolled by hand.

Chocolate & Raspberry Roulade (GF) (V) 16.75 (8-10)
A rich chocolate sponge, generously filled with whipped cream and raspberries and rolled by hand.

Chocolate & Salted Caramel Pavlova (GF) (V) 16.75 (8-10)
A chocolate-chip meringue roll filled with salted caramel cream and indulgent dark chocolate.

Fruit Vacherin (GF) (V) 22.00 (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) 19.00 (10-12)
Slices of Bramley apple tossed in cinnamon and brown sugar, with a layer of apple purée and spiced frangipane, topped with almonds. *Can also be served warm.*

Lemon Meringue Pavlova (V) 16.75 (8-10)
Soft meringue layered with lemon curd and cream, rolled and coated with crumbled shortbread.

Pistachio, Passion Fruit & Raspberry Pavlova (GF) (V) 16.75 (8-10)
Handmade pistachio meringue rolled with a passion fruit cream and raspberries, finished with white chocolate, nibbed pistachios and dried raspberries. *Pictured left.*

Raspberry Pavlova (GF) (V) 16.75 (8-10)
A light pavlova roll packed with fresh cream and raspberries. A firm favourite since day one at COOK.

Salted Caramel, Chocolate & Honeycomb Cheesecake 19.50 (10-12)
A salted caramel cheesecake with honeycomb pieces on a chocolate biscuit base, topped with more caramel, chocolate and chocolate coated honeycomb.

Sicilian Lemon Cheesecake 19.50 (10-12)
A light cheesecake made with Sicilian lemon juice and curd, on a crushed digestive biscuit base.



Sticky Toffee Roulade



Chocolate & Hazelnut Choux Ring



MEDIUM PUDDINGS 6+ people

NEW
Mince Pie Crumble Cheesecake 9.95 (6-8)
A light cheesecake with a layer of apple and rum mincemeat on a crushed digestive biscuit base, finished with a cinnamon crumble topping and orange zest.

I'M BACK
Winter Pudding (ND)(VG) 11.95 (6)
Seasonal twist on a traditionally summer recipe bursting with blackberries, apple, raspberries, cranberries & blueberries enriched with cinnamon.

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

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

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

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

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

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

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

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







HOT PUDS

NEW
Sticky Toffee Apple Crumble (V) 4.50 (2)
British Bramley apples and chopped dates in a caramel sauce, topped with a golden oat crumble.

NEW
Panettone Bread & Butter Pudding (V) 4.50 (2)
Torn Panettone, vanilla cream custard, candied peel and orange zest.

Bramley Apple & Blackberry Crumble (V) 4.50 (2) / 9.95 (6)
Bramley apples and blackberries with a crunchy oat crumble. Serve with plenty of vanilla ice cream.

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

Sticky Toffee Pudding (V) 4.50 (2) / 9.95 (6)
The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.





INDIVIDUAL PUDDINGS

I'M BACK **Winter Puddings** (ND)(VG)	5.50 (2x1)
I'M BACK **Christmas Pudding** (V)	4.50 (1)
Blackberry & Sloe Gin Panna Cotta (GF)	4.50 (2x1)
Chocolate & Salted Caramel Mousse (V)	4.50 (2x1)
Lemon Tarts (V)	4.50 (2x1)
Lemon Possets (V)	4.50 (2x1)
Mango & Passion Fruit Cheesecakes	4.50 (2x1)
Red Berry Mousse (GF)	4.50 (2x1)
Salted Caramel, Chocolate & Honeycomb Cheesecakes	4.50 (2x1)
Sicilian Lemon Cheesecakes	4.50 (2x1)



CAKES & TRAYBAKES

NEW Festive Chocolate Brownie Pies (V)		5.50 (6)
I'M BACK Mince Pies (ND)(VG)	great taste	4.75 (6)
I'M BACK Mini Mince Pies (ND)(VG)		5.95 (12)
Carrot Celebration Cake (V)	great taste	22.00 (16-20)
Chocolate Celebration Cake (V)		25.00 (16-20)
Classic Chocolate Cake (V)		17.50 (14-16)
Belgian Chocolate Brownie (V)		7.25 (6) / 16.50 (20)
Billionaire's Shortbread (V)		7.25 (6)
Farmhouse Flapjack (ND)(VG)		6.75 (6)
Gluten-Free Chocolate Brownie (GF)(V)		7.25 (6)
Lemon Drizzle Slice (V)		6.75 (6)





"It would not be Christmas without your mince pies."

Jacqueline ★★★★★

IT WOULDN'T BE CHRISTMAS WITHOUT...



Christmas Cake
(V) 22.50 (16)
A classic, rich Christmas cake packed with dried fruits, cherries and almonds and soaked generously with French brandy.



Christmas Pudding
(V) 4.50 (1) / 15.00 (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.



Chocolate Yule Log
(V) 22.50 (8-10)
A classic dark chocolate sponge covered with chocolate buttercream, with a snowy sugary dusting.

ICE CREAM by Alder Tree

Great British flavours from Stephany's family-run fruit farm in Suffolk.

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

LIMITED EDITION
Christmas Pudding
Blackcurrant
Gooseberry & Elderflower
Pear & Vanilla
Raspberry
Stem Ginger & Rhubarb
Vanilla

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

Raspberry
Strawberries & Cream
Stem Ginger & Rhubarb
Vanilla

GELATO by Baboo

Indulgent gelato from Annie, who trained as a gelato-maker in Bologna.

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

Mint Choc Chip Gelato
Salted Caramel Gelato

2.75 (125ml tub)

Mint Choc Chip Gelato (GF)(V)
Vegan Chocolate Gelato (GF)(ND)(VG)





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Gluten Free & Made without Dairy Ingredients

All our Gluten Free and products Made without Dairy Ingredients are listed below.
Please note, all of our products are produced in kitchens that handle gluten and dairy, so we cannot guarantee the absence of risk from cross contamination. Correct as of August 2026

ITALIAN

Basil & Mascarpone Chicken	GF
Chicken, Pea & Bacon Risotto	GF
Portobello Mushroom Risotto	GF
Smoked Haddock & Prawn Risotto	GF
Tomato, Basil & Mozzarella Risotto	GF
Wild Mushroom & Aubergine Lasagne	ND

FRENCH & MEDITERRANEAN

Beef Bourguignon	GF ND
Chicken Dijon	GF
Chicken Provençal	GF
Coq au Vin	GF
Duck Confit with Lentils	GF
Halloumi & Chickpea Stew with Paprika-Roasted Potatoes	GF
Mediterranean Lamb Stew	GF ND
Moroccan-Spiced Chicken Tagine with Fruity Couscous	ND
Moroccan Spiced Harissa Chicken	GF
Moroccan Spiced Lamb Tagine	GF ND
Red Lentil & Aubergine Moussaka	GF
Spanish Bean Stew with Peppers & Kale	GF ND
Tartiflette	GF
Vegetable & Chickpea Tagine	GF ND

SAUCES

Beef & Red Wine Bolognese	GF ND
Roasted Mediterranean Vegetable	GF ND

KIDS MEALS

Chicken Tikka Rice	GF
Chicken & Vegetable Rice	GF
Cottage Pie	GF
Fish Pie	GF
Sausage & Mash	GF

CLASSICS

Chilli con Carne	GF
Beef Wellington for Two	ND
Butternut Squash, Leek & Beetroot Wellington	ND
Cottage Pie	GF
Creamy Chicken with Mushrooms & Bacon	GF
Fajita Chicken with Mexican Rice	GF ND
Hearty Chicken Casserole	GF
Lamb Casserole with New Potatoes	ND
Lamb Hotpot	ND
Mexican Three Bean Chilli	GF ND
Rainbow Trout with a Tarragon & Lemon Crumb	ND
Red Lentil & Mixed Bean Casserole	GF ND
Roasted Chicken Breasts in a Port & Merlot Jus	GF ND
Shepherd's Pie	GF
Slow-Cooked Lamb Shanks	GF ND
Veggie Cottage Pie	GF

CHRISTMAS DINNER & SIDES

Braised Red Cabbage	GF
Brussels Sprouts with Chestnuts & Cranberries	GF ND
Roast Carrots with Marmalade	GF ND
Cauliflower Cheese	GF
Celebration Crown of Turkey & Duck	GF ND
Cranberry Sauce with Port & Orange	GF ND
Creamy Mash	GF
Creamed Spinach	GF
Dauphinoise Potatoes	GF
Duck & Venison Pithivier Pies	ND
Roast Parsnips with Maple & Thyme	GF ND
Minted Couscous	ND
Peas & Leeks with a Lemon Herb Butter	GF
Pigs in Blankets	GF ND
Pork & Apricot Stuffing	GF ND
Roast Potatoes	GF ND
Stuffed Crown of Turkey	GF ND

CHRISTMAS DINNER & SIDES CONT'D

Stuffed Thigh of Turkey	GF ND
Stuffed Turkey Breast for Two	GF ND
Stuffing Balls	GF ND
Traditional Gravy	GF ND
Trio of Greens	GF ND
Turkey with Pork & Cranberry Stuffing	GF ND
Winter Vegetable Gravy	GF ND

ENTERTAINING

British Sirloin Topped with Bacon, Chestnut & Shallot Stuffing	GF
Butternut Squash & Red Onion Galette	ND
Chicken, Ginger & Lemongrass Bites Canapé	ND
Chicken Liver Pâté / Duck & Plum Pâté / Roast Salmon Pâté	GF
Duck & Hoisin Puffs Canapé	ND
Duck & Plum Filo Parcels	ND
Ham Hock, Broccoli & Cheddar Frittata	GF
Honey Roast Ham	ND
Marmalade & Honey Glazed Gammon	GF ND
Roasted Vegetable Tarte Tatins	ND
Mini Koftas with Romesco Dip	GF ND
Rosemary & Sage Porchetta	GF ND
Shoulder of Lamb with Cranberry & Pistachio Stuffing	GF
Side of Salmon with Lemon & Dill	ND
Smoked Salmon Pinwheels Canapé	GF
Smoked Salmon Terrine	GF
Sensational Sausage Rolls	ND
Sensational Veggie Rolls	ND
Tomato & Pine Nut Tarte Tatin Canapé	ND
Whole Stuffed Duck with a Cherry & Marsala Jus	GF ND

INDIAN MAINS

Beef Madras	GF
Butter Chicken Curry	GF
Chicken Balti	GF
Chicken Biryani	GF
Chicken Jalfrezi	GF
Chicken Korma	GF
Chicken Tikka Masala	GF
Chicken Tikka Masala with Pilau Rice	GF
Garlic Chicken Curry	GF
Lamb Biryani	GF ND
Lamb Dupiaza	GF
Prawn Karahi	GF
Roasted Vegetable & Chickpea Curry	GF ND

INDIAN SIDES

Dhal Makhani	GF ND
Garlic & Coriander Naan	ND
Lamb Samosas	ND
Onion Bhajis	GF ND
Plain Naan	ND
Peas Pilau	GF ND
Plain Basmati Rice	GF ND
Saag Paneer	GF

POTS FOR ONE

Chicken Pad Thai	GF ND
Green Thai Chicken Noodles	GF ND
Jerk Chicken with Pineapple Salsa	ND
Keralan Chicken Curry	GF ND
Korean Vegetable Rice	ND
Lemon & Herb Chicken	GF ND
Prawn Noodles with Mango & Coconut	ND
Singapore Noodles	GF ND
Soy Salmon with Edamame & Grains	ND
Sticky Soy & Ginger Beef	GF ND
Sweet Potato & Aubergine Sri Lankan Curry	GF ND
Teriyaki Chicken Noodles	ND

PAN ASIAN MAINS

Cashew Chicken	ND
Chicken Chow Mein	ND
Chicken in Black Bean	GF ND
Crispy Roast Half Duck	ND
Hoisin Duck Noodles	ND
Honey & Ginger Chicken	GF ND
King Prawn Laksa	GF ND
Korean Spiced Shredded Beef & Rice Bowl	GF ND
Naked Chicken Katsu Curry	GF ND
Pulled Beef Rendang & Turmeric Rice	GF ND
Sweet & Sour Chicken	GF ND
Sweet Potato Katsu Curry	GF ND

PAN ASIAN SIDES

Chicken Katsu Bites	ND
Egg Fried Rice	GF ND
Korean-Style Chicken Wings	ND

THAI MAINS

Beef Massaman Curry	GF ND
Chicken Panang Curry	GF ND
Chicken Satay	ND
Green Thai Chicken Curry	GF ND
Green Thai Chicken Curry with Coconut & Lime Leaf Rice	GF ND
Green Thai Vegetable Curry	GF ND
Lime & Coconut Chicken	GF ND
Red Thai Chicken Curry	GF ND
Red Thai Duck Curry	GF ND
Yellow Thai Prawn Curry	GF ND
Yellow Vegetable Curry	ND

THAI SIDES

Coconut & Lime Leaf Rice	GF ND
Duck Spring Rolls	ND
Plain Basmati Rice	GF ND
Soy Garlic Broccoli & Greens	GF ND
Thai Corn Fritters	ND
Thai Salmon Fishcakes	GF ND
Vegetable Spring Rolls	ND

PUDDINGS

Apricot & Orange Almond Torte	GF ND
Blackberry & Sloe Gin Panna Cotta	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
Pistachio, Passion Fruit & Raspberry Pavlova	GF
Raspberry Pavlova	GF
Red Berry Mousse	GF
Winter Pudding	ND
Sicilian Lemon & Gin Parfait	GF
Farmhouse Flapjack	ND
Gluten-Free Chocolate Brownie	GF
Ice Creams p39	GF
Mince Pies	ND
Mini Mince Pies	ND

KEY

GF Gluten Free
ND No Dairy Ingredients

Photography: Caroyln Barber.
Styling: Libby Silberman.

Very occasionally we might have to change prices, ingredients or symbols before our next edition of the COOK Menu, for which we apologise. But all prices, ingredients and symbols were correct at the time of going to print (August 2026). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops or online. Not all products are available for home delivery (please go to www.cookfood.net or phone 01732 759000 for more details).

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EATING TOGETHER

Sharing a meal is a profoundly human act. It's at the table that we share stories, laugh, cry, fall in love and resolve our differences. When sharing meals is part of your routine, it's easy to take it for granted but, for some people, eating alone with no company or conversation is the rule, not the exception.

"COOK West Wickham is no longer just a supplier of frozen meals. It has truly become a hub, a focal point in the local community for us, to which we can look for support"

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