

SALLING P

TOGETHER





www.cookfood.net 3





THE SUNDAY TIME

100

Certified

We believe in

business as a force

for good in society.

cookfood.net/bcorp

Hello.

We can't wait for the end of social distancing this summer (fingers, toes and everything else crossed). The taste of being together again will be sweet indeed.

But for some people, the sense of social isolation won't be over with the end of lockdown. Sometimes this can be because they don't have a job and can't see any prospect of ever getting one.

Often, society has given them a label that they just can't shake because they've spent time in prison, homeless or suffering from mental ill health. With no prospect of improving their futures, they run out of hope.

Back in 2014 we realised there was something we at COOK could do about this. We could look beyond the labels and offer good job opportunities and training to people who would otherwise struggle to find them. Our RAW Talent scheme – RAW stands for Ready And Working – does just this.

A small portion of the money from every COOK dish you buy ends up funding this life-changing programme, which in Spring welcomed its 100th recruit. As Renee, a RAW Talent who's been with us five years, put it: "Since I've been here I've come back alive." Thank you for making it possible. Enjoy your summer - together will never have tasted so good.



HOW TO SHOP Home Delivery Order online at cookfood.net and get

a delivery straight to your door. Click & Collect

Order online and collect for free from the nearest shop - same day when you order 2hrs in advance.



We're operating a counter service, limiting customers inside and taking only card payments for now.

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 (April 2021). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops. Not all products are available for home delivery (please go to www.cookfood.net or phone 01732 759020 for more details).

SUMMER **NEVER TASTED SO GOOD**



Garden Suppers

Who wants to spend time in the kitchen when the garden is calling your name? Relax, let us COOK...



Get Togethers

Enjoy the taste of together again! Let us COOK so you can spend time catching up with the people you love.



Try our new Wholebowls: healthy, balanced, complete meals containing at least I of your 5-a-day, that taste truly spectacular!



Life is sweet... especially with a handmade COOK dessert to finish your meal in style.

Staucations

Don't spend your holiday in the kitchen. Let us COOK for your staycation so everyone can relax. Book a delivery at cookfood.net



TOGETHER NEVER TASTED SO GOOD

A big table, crammed with plates and glasses. The laughter ebbing and flowing. Children slipping off to do whatever it is they'd rather be doing. A call going out for pudding. Another bottle... why not? We can't wait to make up for lost time and get friends and family round whenever we can. Let us COOK so you can concentrate on the great taste of together again.



A majestic, handmade quiche; a higher-welfare, Dingley Dell ham; a classic Coronation Chicken... let us COOK you the perfect spread for your big summer do (p6).



Everything but the burgers...

Our New **Piri Piri Spatchcock Chicken** (p18) cooks safely in the oven while the burgers and sausages are being charred outside. Add a couple of our **sensational Salads** (next page) and a **pudding** or two (p28-31) and serve up the best barbie of the summer with minimum fuss.



Summer Meals



Our new Salmon with Tomato & Pine Nuts makes the perfect lunch or supper with friends, perhaps with Lobster Thermidor Souffles (p9) to start and a fresh Blueberry & Lemon Terrine (p28) for dessert.





Our new **Roasted Tomato & Red Pepper Galette** (p17) is a rustic slice of sweet summer flavours, with an award-winning Summer Pudding to follow for a sumptuous plant-based feast.



Our Grand Meals for 8 (p8) are the easiest way to feed a crowd. Lay on a Moroccan feast with our award-winning **Lamb Tagine**, our **Fruity Couscous Salad** (p7), some leaves and flatbreads.

THE PERFECT SPREAD

For every eight people you'll need:





Asparagus & Minted Pea Tart

A puff pastry tart filled with a rich and creamy base, topped with fresh asparagus spears, a pea and mint crush and finished with shavings of Regato cheese.



Roasted Tomato & Red Pepper Galette OF 15.00 (4) Cherry tomatoes, red peppers and baby spinach on a red onion and sweet pepper chutney base, with a veganfriendly béchamel sauce and wrapped in a golden puff pastry case.

EXTRAS



Feta, Tomato & Pesto Lattice

Sun-blushed tomatoes, pesto, feta cheese, red onion and pine nuts wrapped in crisp puff pastry with basil and oregano.

Coronation Chicken GF 10.00 (8) Sliced chicken breast with sultanas and apricots in the classic creamy mild curry sauce, topped with coriander and flaked almonds. Thaw & Serve



Honey Roast Ham 5 30.00 (10+) A Wiltshire-cured gammon from the higher-welfare farm Dingley Dell, traditionally smoked, coated with honey and mustard, studded with cloves and roasted to perfection. Thaw & Serve

$\begin{subarray}{c} PASTRY & Our three big quiches need defrosting for 24 hrs before cooking (definitely worth it) \end{subarray}$



Side of Scottish Salmon

with Lemon & Dill

GF DF 28.00 (4-8)

Scottish salmon glazed with wholegrain

mustard, lemon and dill, topped with

lemon slices.

6

TO SHARE

Quiche Lorraine 18.00 (10-12) A free-range egg and mascarpone cheese quiche, packed with gammon, onion and semi-dried tomatoes.



Roasted Pepper & Goat's Cheese Quiche 18.00 (10-12) Sweet, roasted peppers and slices of goat's cheese in a deep, free-range egg quiche.



Kiln-Roasted Salmon Quiche 18.00 (10-12) Generous flakes of kiln-roasted sustainable salmon in an egg and mascarpone quiche with baby spinach leaves, horseradish and dill.



Smoked Cheddar and Caramelised Red Onion Frittata C GF 18.00 (®) A crustless quiche made with oakwood smoked Cheddar and topped with our handmade, caramelised red onion chutney.

SALADS All 8.50 (8)

THAW... in the fridge for 24-36 hours.

SERVE... alongside a main course, BBQ or buffet.

DRESS... just

before serving. Pour over the dressing and give it a really good stir.



Sensational Sausage Rolls Sensational Veggie Rolls all 6.50 (12 rolls)



Chicken Liver Pate 5.00 220g tub F Handmade paté made with British chicken livers, balsamic vinegar and herbs.

Roast Salmon Pate 5.00 220g tub GF A smooth, rich paté handmade of roast Scottish salmon with a twist of citrus.



Rainbow Salad with a Lemon & Herb Dressing DF Giant couscous with grilled peppers, soya beans, chickpeas and pumpkin seeds.

Quinoa Wholefood Salad with a Lime & Ginger Dressing OF Quinoa and soya beans with almonds, cashews and coriander. (pictured)

MEALS FOR 8

Six of our best-selling dishes in a grand, eight portion size. Simply add bowls of salad and baguettes; or a big pot of rice, couscous or new potatoes for the Beef Bourguignon or Tagine. Pick a pudding or two and you can serve up an amazing feast for 8+ for under £50 with hardly any time in the kitchen.

The Grand Moroccan Spiced Lamb Tagine GF DF

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

The Grand Fish Pie

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

The Grand Beef Bourguignon DF

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

The Grand Lasagne al Forno

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

The Grand Cottage Pie GF 30.00 (8) Our own minced beef, slow-cooked with red wine, thyme, celery and carrots, covered with buttery mash and topped with a mustard seed crumb.

ROAST FOR SIX $\pounds 40$

Everybody loves a roast, even when the sun shines. Let us COOK yours, so you can relax. West Country Lamb, all the trimmings and a sensational red wine gravy, www.cookfood.net/roast

West Country Lamb with Garlic & Rosemary DF

Roast Potatoes VGF DF

Roasted Carrots with Orange & Thyme WGF

Trio of Greens V GF DF

Red Wine & Madeira Gravy WGF

The Grand Roasted Vegetable Lasagne

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

30.00 (8)





STAYCATIONS

NEVER TASTED SO GOOD

DELIVER!

If you're holidaying in the UK this summer, make sure you take some time off from the kitchen. We can take the "self" out of self catering by delivering direct to your holiday home door (or even tent flap). Alternatively, take some COOK meals with you in a cool box (just remember to keep them in the fridge once thawed and eat within 48hrs). Order at www.cookfood.net

LIGHT BITES & STARTERS

NEW Baked Camembert 8.50 (4 as a starter) with a Sweet Pepper Chutney W A whole French camembert wrapped in golden puff pastry, topped with honey, garlic and parsley, with a sweet and spicy red pepper chutney.

Butternut, Beetroot & Celeriac Parcels

10.00 (4×1)

10.00 (4×1)

15.00 (4)

10.00 (8)

Slices of roasted butternut squash topped with beetroot and celeriac and a vintage Cheddar cheese sauce, all wrapped in crisp filo pastry.

Goat's Cheese & Caramelised Onion Cheesecakes

Four savoury cheesecakes with goat's cheese and crème fraiche on crisp oat biscuit bases with handmade caramelised red onion chutney centres and finished with nibbed hazelnuts.

Lobster Thermidor Souffles 15.00 (4×1)

Four light-and-airy souffles, ready to cook from frozen, blended with shredded lobster and a rich thermidor sauce. topped with a Grana Padano and dill crumb.

Garlic Butter Prawns with Lemon & Dill GF

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

Smoked Salmon Terrine GF

A terrine of Scottish smoked salmon cooked three ways roast flakes surrounded by a delicate salmon and dill mousse, topped with smoked slices.



CANAPES All 7.50 (12 per pack) Cook from frozen in 25 mins or less Cheddar Cheese Muffins 🕥 Satay Chicken Bites Goat's Cheese & Pesto Whirls 🕥 **Duck & Hoisin Puffs** Mini Thai Fishcakes GF DF Little Beef Wellingtons



35.00 (8)

taste

30.00 (8

35.00 (8)

30.00 (8)

GARDEN SUPPERS NEVER TASTED SO GOOD

A warm evening; a cold drink and a chat while the timer ticks down; nothing much to do in the kitchen except arrange a few salad leaves or maybe put some new potatoes on to boil... Then sit down to a lovely meal as the sun sets and the swallows chatter and swoop... Relax, let us COOK.



Summer Roast For Two

Stuffed Chicken Cushion with Romesco Sauce (p19). Inspired by classic flavours of Spain with chorizo through the stuffing and an absurdly flavoursome sauce of tomatoes, red peppers and almonds, this is the perfect, miniature roast for summer. Diced, roasted potatoes (patatas bravas style) would be perfect alongside it, with a simple, dressed salad.





Pasta Perfectior

Our classic **Spaghetti Carbonara** (p18) is just the ticket for a quick and classy summer supper. Or for something more luxurious go with our new **Crab & Fennel Linguine**; or enjoy a taste of the Med with our **King Prawn Linguine** (p21).



Bombay Salmon (p21). Sweet, meaty salmon is the perfect foil for an intoxicating blend of exotic Indian spices. There's no heat just an explosion of fragrant flavours. A mango salad, rice and raita would make a sensational summer supper.



Stacks Of Flavour

Halloumi, Red Pepper & Spinach Stacks (p16). Pretty layers of vibrant spinach and ricotta, chargrilled aubergines and red peppers, and halloumi dressed with sesame and dill make our stacks an irresistible vegetarian main course or even a perfect starter (see more starter options on p9).



Stuffed Sea Bass with Roasted Fennel & Dill (p21). These come in twos but you can simply leave one in the freezer for another time. Stuffed with roasted fennel and dill we've butterflied the fish so there are no bones (though the odd one may remain).



Our Love Eating Well Wholebowls are healthy, balanced, complete meals containing at least 1 of your 5-a-day and providing a source of protein. Launching 14th June



12

Butternut Squash & Coconut Curry Cover of the squash, choi sum, edamame and wild rice with a coconut and lemongrass sauce, topped with cashews. £4.75



Tikka Chicken & Mango Rice Street

A Wholebowl of higher-welfare British chicken with a fragrant mix of basmati rice, fibre-rich pulses, spinach and mango in a mild tikka sauce. **£4.75**



Salmon & Courgette Linguine A Wholebowl of poached Scottish salmon, julienne courgette, Italian linguine, peas and capers in a crème fraîche, dill and lemon sauce. £5



-COOK-

Salmon & Courgette Linguine

Sage Chicken with Lemony Greens

A Wholebowl of higher-welfare British chicken with a wholesome mix of kale, cabbage and pearl barley with a zingy lemon and sage dressing. **£4.75**



Creamy Chicken & Mushroom Spaghetti A Wholebowl of chestnut mushrooms, higher-welfare British chicken, fresh spinach and wholewheat spaghetti in a cream and garlic sauce. £4.75

love Eating Well



Calorie Conscious



Nutritionist Approved



Ready in minutes

Protein contributes to the maintenance of muscle mass.



Moroccan Sweet Potato Couscous

A Wholebowl of jewelled giant couscous, sumac-roasted sweet potato and spinach with a harissa-spiced sauce, crumbled feta and almonds. **£4.75**





Singapore Noodles **DF** *M* The traditional street food of mild, curry-spiced vermicelli noodles with king prawns, pork mince, diced red peppers, carrots and green beans.



Green Thai Chicken Noodles 📴 🕞 DF 🥒 A mild Thai curry sauce with higher-welfare British chicken breast, rice noodles, edamame beans, spring onions and courgettes.



Prawns with Chorizo & Lentils

E DF Ming prawns and free-range

chickpeas, piquillo peppers, baby spinach

pork chorizo with soft, speckled lentils,

and tomatoes.

I OF 5 SOURCE OF HIGH A DAY FIBRE PROTEIN

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CALORIES





Halloumi & Roasted Vegetable Pasta 🖾 💟

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



Terivaki Chicken Noodles DF Higher-welfare British chicken marinated in dark soy and honey with egg noodles, edamame beans and sweetheart cabbage in a ginger and tamari soy sauce.



Keralan Chicken Curry E GF DF 🥖 Tender higher-welfare British chicken with cauliflower and red pepper in a mild coconut sauce, with pilau rice and toasted flaked almonds.

"I love everything about COOK. The meals are the best low calorie ones I have come across."

Elspeth $\star \star \star \star \star$



Mexican Black Bean & Mushroom Chilli Slow-roasted Portobello mushrooms and black turtle beans in a Mexican-style spiced tomato sauce with rice, coriander and a wedge of lime.



Lemon & Herb Chicken GF DF Higher-welfare British chicken breast in a gently spiced lemon, oregano and thyme-infused sauce with rice, chickpeas and baby spinach.



Mac Cheese with Ham & Cauliflower

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



Sweet Potato & Aubergine Sri Lankan Curry 🖾 GF DF 🗸 Roasted aubergine and sweet potato in a mild, fragrant curry leaf and coconut sauce with brown rice and red lentils, topped with toasted cashew nuts.



Sticky Soy & Ginger Beef Slow-cooked, shredded beef in a sticky soy and ginger sauce with rice noodles and tenderstem broccoli, topped with sesame seeds.



Sticky Veg Satay G DF V Aubergines cooked in honey and tamari in a cashew satay sauce with rice, soya beans, carrots, spring onions and coriander

Love Eating Well





Nutritionist Approved



Ready in minutes



Chicken Pad Thai DF Rice noodles, higherwelfare British chicken, spring onions and green beans in a sweet and salty cashew dressing with tamari soy sauce.

VEGETARIA

A puff pastry tart filled with a rich and creamy base, topped with fresh asparagus spears, a pea and mint crush and finished with shavings of Regato cheese.

10.00 (4)

8.00 (2)

taste

4.50 (I)

tåste

4.50 (I)

4.75 (1)

NEW Baked Camembert 8.50 (4 as a starter) with a Sweet Pepper Chutney 💟

A whole French camembert wrapped in golden puff pastry, topped with honey, garlic and parsley, with a sweet and spicy red pepper chutney.

BACK Halloumi, Red Pepper & Spinach Stacks 🚺 GF

Handmade stacks of blended spinach and ricotta, with a layer of chargrilled aubergines and red peppers, topped with halloumi slices dressed with sesame and dill.

3.75 (1) / 7.00 (2) Macaroni Cheese 📰 💟 Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Cottage Garden Gratin 💟

Leeks, mushrooms, peas, carrots and spinach with pearl barley and lentils in a white wine sauce with a herb-roasted celeriac and potato topping.

Chilli con Veggie 🔤 🛛 🕞 🌶 🧡

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

Butternut Squash & Goat's Cheese Risotto 🔤 🛛 🕞

Creamy risotto with roasted butternut squash, sage and white wine, topped with crumbled goat's cheese and pine nuts.

Butternut Squash & Spinach Tartlets V 4.50 (2x1) Roasted butternut squash with a hint of spice, in a spinach and Cheddar béchamel sauce, topped with feta cheese, pumpkin seeds and golden linseeds in shortcrust pastry cases.

Parmigiana di Melanzane 🕥 4.75 (1) / 7.95 (2) A classic Italian dish of sliced aubergines roasted in garlic and rosemary, layered with our own handmade tomato sauce and finished with a mozzarella and pine nut crumb.

4.75 (1) / **7.95** (2) Veggie Meatballs in a Rustic Tomato Sauce

Hand-rolled balls of mushrooms, aubergines, lentils, garlic and herbs with baby spinach in a rich handmade tomato sauce.

4.50 (1) **/ 7.75** (2) Halloumi & Arrabbiata Pasta Bake 🔤 V

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

Portobello Mushroom Risotto 📧 🛛 🕞

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



taste Layers of spiced lentils, roasted aubergines, potatoes and béchamel sauce, topped with crumbled feta

4.75 (1) / 7.95 (2) / 15.90 (4) Roasted Vegetable Lasagne 🚺

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

The Grand Roasted

Vegetable Lasagne V



Nut Loaf 🚺

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

Portobello Mushroom Wellington 🕥 10.00 (2)

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





VEGAN

NEW Roasted Tomato & Red Pepper Galette V DF

Cherry tomatoes, red peppers and baby spinach on a red onion and sweet pepper chutney base, with a vegan-friendly béchamel sauce and wrapped in a golden puff pastry case.

NEW Shepherdless Pie **V DF 4.50** (1) / 7.75 (2) A vegan-friendly twist on the classic Shepherd's Pie with rosemary and red wine-infused lentils, guinoa and mushrooms topped with sweet potato mash and roasted chickpeas.

NEW Sweet Potato Katsu Curry B V G DF

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

Vegetable &

Chickpea Tagine 🗐 🗸 🕞 DF Sweet roasted peppers and aubergines with dates and a blend of Moroccan spices.

Mexican Three Bean Chilli 🗐 🗸 🐨 DF 🥒 🦊

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

Mushroom Spaghetti Bolognese 🔤 🗸 DF

A classic ragu made with chestnut mushroom mince and

Italian red wine, served on a bed of spaghetti. Red Lentil & Mixed Bean Casserole B V G DF

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

*Please be aware that our kitchen doesn't have a separate area for preparing and cooking vegan food though we obviously clean thoroughly before making plant-based dishes.



[MPROVED Spiced Cauliflower & 4.50 (1) / 7.75 (2) Aubergine Shakshuka 🔤 V 🕞 DF 🥖

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

Spanish Bean Stew with Peppers & Kale E V GF DF

15.00 (4)

4.50 (1) **/7.75** (2)

4.50 (1) / **7.75** (2)

4.50 (1) **/7.75** (2)

4.50 (1)

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

Wild Mushroom & Aubergine Lasagne VDF



4.50 (1) / 7.75 (2)

Slow-roasted wild mushrooms, aubergines and lentils in a rich tomato sauce layered between Italian pasta with a veganfriendly béchamel sauce, topped with pine nuts.

ALSO VEGAN...

Sweet Potato & Aubergine Sri Lankan Curry Pot (p15)

Mexican Black Bean & Mushroom Chilli (p15)

Butternut Squash & Coconut Curry (p12)

Yellow Vegetable Curry (p25)

Green Thai Vegetable Curry (p25)

Roasted Vegetable and Chickpea Curry (p24)

VEGAN SIDES

Minted Couscous • Trio of Greens Plain Basmati Rice · Coconut & Lime Leaf Rice Peas Pilau · Bombay Potatoes · Tarka Dal

VEGAN PUDDINGS 4.50 (1)

Summer Pudding (b30-31), Raspberry & Pistachio Torte (p30), Mojito, Oranges & Lemons and Mixed Summer Berries Lollies and Vegan Honeycomb Ice Cream (p31)



30.00 (8)

4.75 (1) / **7.95** (2)

4.50 (I) / 7.75 (2)

6.50 (2)

tăste

Sliced Portobello mushrooms with celeriac, baby spinach.

CHICKEN

18

NEW Stuffed Chicken Cushion with Romesco Sauce GF

A higher-welfare British chicken crown ready for roasting, with a handmade stuffing of chorizo, semi-dried tomatoes, mascarpone and spinach, with an almond and smoky red pepper sauce. Best to defrost before cooking.

NEW Chicken, Pea & Bacon Risotto 🖾 GF

4.75 (I) / 7.95 (2)

12.00 (2)

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

NEW Chicken in 4.75 (1) / 7.95 (2) / 15.90 (4) White Wine with Thyme 📧 🕞

Higher-welfare British chicken, marinated in garlic and thyme, with a white wine sauce with chestnut mushrooms and back bacon.

NEW Piri Piri Spatchcock 10.00 (4) Chicken GF DF

A whole higher-welfare British spatchcock chicken with a handmade Piri Piri marinade of smoked paprika, chilli, garlic and oregano.

Chicken & Tomato Pasta Bake 📧 **4.75** (1) **4.75** (1) / **7.95** (2) Tarragon & Lemon Chicken

Honey & Ginger Chicken E GF DF 4.75 (1) / 7.95 (2) Soy-marinated higher-welfare British chicken in a honey, ginger and garlic sauce with sesame-topped choi sum, yellow peppers and red onions.

Moroccan 4.75 (1) / 7.95 (2) / 15.90 (4) Harissa Chicken 🖾 🕞 🥒

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

Tomato & Pesto Chicken 😂 GF

4.75 (1) / **7.95** (2) / **15.90** (4)

Chicken Alexander 📧 4.75 (1) / 7.95 (2) / 15.90 (4) Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

MPROVED Chicken Dijon 4.75 (1) / 7.95 (2) / 15.90 (4) GF Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.

4.75 (1) / **7.95** (2) / **15.90** (4) Chicken & Mushroom Lasagne

Layers of higher-welfare British chicken and mushrooms in a rich tomato sauce, Italian pasta sheets, and béchamel sauce, with a crisp topping of mature Cheddar and red pesto.

Chicken, Ham 4.75 (1) / 7.95 (2) / 15.90 (4)



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

Hearty Chicken Casserole 🔤 4.75 (I) **4.75** (1) / **7.95** (2) Moroccan Lemon Chicken GF DF

[MPROVED Basil & Mascarpone 4.75 (1) / 7.95 (2) Chicken 📰 🕞

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

Coq au Vin 📧 Succulent higher-welfare British chicken on the bone, slow-cooked in red wine with back bacon and mushrooms.

Meatballs in a

Rustic Tomato Sauce 📧 🌶 🦊

served in a rich tomato sauce.

Hand-rolled balls of minced beef and pork,

seasoned with red pesto, chilli, basil and garlic,

& Leek Pie



PORK

NEW Spaghetti Carbonara 📧 4.50 (1) / 7.75 (2) 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.

Sausage Casserole 📧	4.25
Sliced pork and leek sausages with new potatoes, b	bacon an
leeks in an apple & mustard sauce.	

Mac Cheese with **Bacon & Garlic Croutons**

Pork Dijon 🖭 nd

4.25 (1) / 7.50 (2)

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



4.75 (1) / 7.95 (2) / 15.90 (4)

Chicken, Pea & Bacon Risotto



We only cook with higher welfare. British chicken



LAMB

BACK Moroccan Lamb Filo Pie 20.00 (6) Slow-cooked lamb with chickpeas, spinach and sweet potato, dressed in North African spices, wrapped in golden filo pastry and topped with feta and pistachio.

Liver, Bacon & Onions 🖂 3.50 (I) Tender pieces of lamb's liver in a red wine sauce garnished with onions and smoked back bacon.

Shepherd's Pie GF **4.50** (1) / **7.75** (2) / **15.50** (4) Grass fed minced lamb, slow-cooked with red wine, rosemary, carrots and a touch of redcurrant jelly, covered with buttery mash and topped with a rosemary and mint crumb.

Lamb Moussaka **4.50** (1) / **7.75** (2) / **15.50** (4) Grass fed minced lamb, seasoned with cinnamon and mint, with layers of roasted aubergine and potato slices and a creamy, ricotta cheese sauce.

Lamb Hotpot DF

FISH

NEW Crab & Fennel Linguine 🔤

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

NEW Bombay Salmon GF DF

A generous Scottish salmon fillet topped with a fragrant blend of Indian spices, potato and spinach, finished with a chickpea, cumin and coriander seed crumb.

NEW Scottish Salmon with Tomatoes & Pine Nuts GF

A whole side of higher-welfare Scottish salmon, stuffed with Grana Padano, crème fraiche, mascarpone and lemon, topped with semi-dried tomatoes, dill and pine nuts.

BACK Stuffed Sea Bass with Roasted Fennel & Dill GF DF

Two butterflied sea bass stuffed with roasted fennel and dill, garnished with lemon and ready to cook from frozen.

Smoked Salmon & Pesto Tartlets 4.50 (2×1)

Smoked salmon, pesto and spinach, topped with a mature Cheddar cheese and parsley crumb in shortcrust pastry cases.

King Prawn Linguine 🖂

Linguine topped with plump, sustainably-sourced king prawns in a lobster, crème fraîche and white wine sauce with semidried tomatoes, parsley and a squeeze of lemon.

Cod Mornay

Cod and baby spinach in a classic Mornay sauce of mature Cheddar, cream and English mustard, topped with a Cheddar and Gruyère cheese crumb.

Lamb Casserole with New Potatoes 🖾 DF

5.00 (1) / 8.99 (2)

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

Moroccan Spiced 5.00 (1) / 8.99 (2) / 17.95 (4) Lamb Tagine 🖾 🕞 DF 🍠 🦊 Leg of lamb, slow-cooked to perfection with chickpeas and an authentic blend of Moroccan spices, garnished with almond flakes.

The Grand Moroccan Spiced Lamb Tagine GF DF

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

Slow-Cooked Lamb Shanks GF DF Slow-cooked lamb shanks with a red wine and rosemary jus.



Smoked Haddock & Bacon Gratin

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

Smoked Haddock & Leek Risotto 🗐 🕼

5.00 (1) / 8.99 (2)

5.00 (1) / 8.99 (2)

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

Salmon & Asparagus Gratin

5.00 (1) / 8.99 (2) / 17.95 (4)

Salmon fillet and asparagus in a white wine velouté sauce topped with sliced potato and a Regato cheese crumb topping.

Classic Fish Pie 5.00 (1) / 8.99 (2) / 17.95 (4)

Cod, smoked haddock and plump king prawns in a classic, white roux sauce with lemon, parsley and chives. Topped with buttered, parsley mash.

The Grand Fish Pie

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

Salmon Wellington

Garlic Butter Prawns

with Lemon & Dill GF

13.00 (2)

30.00 (8)

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

15.00 (4)

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



21





5.00 (I)

12.00 (2)

25.00 (4)

12.00 (2)

4.85 (1) / **8.45** (2)

5.00 (1) / **8.99** (2)

22

BEEF

Spaghetti Bolognese 🔤 🧡 4.50 (I) A rich, slow-cooked Bolognese sauce with our own minced beef and pork, served with Italian spaghetti and shavings of Regato cheese.

4.50 (1) / 7.75 (2) / 15.50 (4)

Chilli con Carne e g //

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

Cottage Pie GF 4.50 (1) / 7.75 (2) / 15.50 (4) Our own minced beef, slow-cooked with red wine, thyme, celery and carrots, covered with buttery mash and topped with a mustard seed crumb.

The Grand Cottage Pie GF

30.00 (8) Our own minced beef, slow-cooked with red wine, thyme, celery and carrots, covered with buttery mash and topped with a mustard seed crumb.

Lasagne al Forno 4.75 (1) / 7.95 (2) / 15.90 (4) A slow-cooked ragu of beef and pork layered between sheets of Italian pasta, with béchamel sauce and a West Country Cheddar topping.

The Grand Lasagne al Forno 30.00 (8) A slow-cooked ragu of beef and pork layered between sheets of free range egg pasta, with bechamel sauce and a West Country Cheddar topping.

Steak & Red Wine Pie 4.85 (1) / 8.45 (2) / 16.90 (4) Tender top rump beef, cooked slowly with vegetables and Merlot wine, topped with shortcrust pastry.

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

Steak & Stout Stew with

Cheese Scone Dumplings

Cheddar scone dumplings.

Beef Stroganoff 📧

Slow-Cooked

Beef

The Grand

and a rich, brandy sauce.

Bourguignon 📧 DF

A hearty stew of tender top rump beef and dark stout with

Prime rump beef cooked slowly with chestnut mushrooms

Slow-cooked top rump steak, smoked bacon, mushrooms

and caramelised baby onions with plenty of Merlot wine.

Pieces of silverside beef and roasted mushrooms in

a creamy sherry, brandy and paprika sauce.

Rump Beef with Brandy 🔤

20.00 (2) Prime fillet of beef with a Porcini mushroom duxelle, wrapped in an all-butter puff pastry. tāste

5.00 (I)

35.00 (8)

0

5.00 (1) / 8.99 (2) / 17.95 (4)

5.00 (1) / 8.99 (2) / 17.95 (4)

5.00 (1) / 8.99 (2) / 17.95 (4)

24.00 (6) Steak, Mushroom & Merlot Pie Tender top rump beef, with Portobello mushrooms and shallots, cooked slowly with Merlot wine and fully encased in all-butter, shortcrust pastry.

DUCK

Roasted Confit of Duck 5.00 (1) / 10.00 (2) Confit duck leg in a juniper berry and orange zest sauce with cranberries.

BACK Soy-Glazed Roast Duck DF 20.00 (4) An Asian-inspired, easy-to-carve, boneless, higher-welfare duck with a handmade mango, ginger and lemongrass stuffing and a sticky soy and five-spice glaze.

PIES FOR ONE All £4.00

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

Classic Steak & Ale Pie With caramelised red onions.

Steak & Stilton Pie With roasted parsnips and red wine.

Ham Hock & Leek Pie In a cream sauce topped with wholegrain mustard mash.





Roasted Veg, Lentils & Kale Pie 💟

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

Spinach & Feta Pie 💟 With roasted red pepper, sun-blushed tomato, pine kernels and ricotta



1.50 (1) / 2.50 (2)

Creamy Mash E VGF

Garlic Ciabatta 💙 DF



4.75 (1) / **7.95** (2)

4.75 (1) / **7.95** (2)

tåste

MAINS

Chicken Korma GF

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

Chicken Tikka Masala 🕞 GF 🖋 4.75 (1) / 7.95 (2) Higher-welfare British chicken breast marinated with yoghurt, lemon and paprika in a creamy tomato and coconut sauce.

Chicken Jalfrezi 🖾 🕞 🎢	4.75 (1) / 7.95 (2)
Higher-welfare British chicken breast marin	nated in yoghurt,
garlic and paprika in a spicy onion, tomato	and red and green
pepper sauce.	

Garlic Chicken Curry 🔤 🕞 🥒 **4.75** (1)

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

Butter Chicken Curry 🖾 🕞 🎢

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

Roasted Vegetable	4.75 (1) / 7.95
& Chickpea Curry 📧 💟 🕞 DF	

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

Vegetable Korma 📰 🕅	GF	4.75 (
A mild, sweet curry of cauliflow	ver florets, chickpeas	and bab
spinach cooked in a coconut, a	Imond and yoghurt sa	auce.

Aubergine, Spinach 4.75 (1) / 7.95 (2) & Paneer Curry 📰 🗸 GF

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

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

Lamb Kofta

Lamb Dupiaza 🖾 🕞 🥂





Prawn Karahi 🗐 🕼 🥒 5.00 (I) A light and fragrant curry of king prawns with blended spices, coriander and spinach.



5.00 (I)

5.00 (I)

5.00 (I)

tåste

Keralan Prawn & Mango Curry 🖾 🕞 DF 🥒

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

Beef Madras 🖾 GF 🆋 Tender beef in an intense Madras curry sauce made

with garam masala, turmeric and coriander cooked slowly with sliced onions, ginger and ground almonds.



Chana Masala 📑 🛛 🕞 🌶	taste	2.50	(2)
Bombay Potatoes 📰 🕅 🕞 🗗 🖌	7 taste	2.50	(2)
Saag Paneer 📑 🛇 GF 🌶	tåste	2.50	(2)
Tarka Dal 📰 🗸 🕞 DF 🌶	taste	2.50	(2)
Plain Basmati Rice 📧 🔍 🕞 DF	1.25 (I) /	2.00	(2)
Peas Pilau 📧 🗸 🕞 DF	1.50 (1) /	2.45	(2)
Plain Naan Bread 💟 DF		1.50	(2)
Pappadums V GF DF		2.50 (>	(8)

MAINS

Chicken Satay E DF 4.75 (1) / 7.95 (2) / 15.90 (4) A fragrant cashew and coconut sauce with higherwelfare British chicken breast, green beans and toasted cashews.

4.75 (1) / 7.95 (2) / 15.90 (4) Green Thai Chicken Curry 🖾 GF DF 🥒

A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander.

4.75 (1) / 7.95 (2) Red Thai Chicken Curry SGF DF

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

Thai Basil Chicken St GF DF

Tender chicken thigh pieces in a Thai basil, lime and tamari soy sauce with shiitake mushrooms, red peppers and Tenderstem broccoli, and topped with cashew nuts.

Chicken Panang Curry EGDF

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

Yellow Vegetable	4.75 (1) / 7.95 (2)
Curry C DF Our popular Indonesian-style curry green beans and toasted cashews.	with roasted vegetables,

Green Thai 4.75 (1) / 7.95 (2) Vegetable Curry 🔤 V GF DF

An aromatic, green Thai curry with roasted butternut squash, peppers, sugar snap peas and coconut milk.

Thai Steamed Sea Bass 🖾 GF DF 🥖 5.00 (I) A fillet of sea bass gently steamed on a bed of choi sum, spring onions and julienne carrots in a mild and fragrant red curry sauce.

Drunken Noodles with King Prawns 🖾 DF 🥖

5.00 (1)

5.00 (1)

8.00 (2)

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

Hoisin Duck Noodles 📴 DF 5.00 (I) Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onion in hoisin sauce.

Beef Massaman Curry 🗐 GF DF 🥒 Tender beef in a rich coconut and cashew curry sauce, with sweet potato.

Yellow Thai Prawn Curry 🕞 GF DF 🍼 5.00 (1) King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Red Thai Duck Curry 📰 🕞 🗾 🆋 5.00 (I) Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

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

SIDES

4.75 (I)

4.75 (1) / 7.95 (2)

Plain Basmati Rice E V G DF 1.25 (1) / 2.00 (2)

Coconut & Lime Leaf Rice 🔤 🗸 🕞 DF 1.50 (1) / 2.45 (2)

"Chicken satay - quite possibly the best thing I have ever put into my mouth and that's saying something! ... Please don't ever stop making it." \star \star \star \star \star Mary



Kids Meals At Least 1 of 1 Your

£2.75 Cottage Pie 🗐 🕞 Meatballs & Spaghetti 📧 Mild Chilli & Rice 🖾 🕞 DF Beef Lasagne 🔤 Pasta Bolognese 🖾 DF Spaghetti Carbonara 🔤 Sausage Casserole Chicken & Tomato Orzo Bake Chicken Tikka & Rice 🖾 🕞 Chicken Paella Chicken Casserole Fish Pie 😂 🕞 Cheesy Gnocchi with Broccoli 🔤 🚺 Tuna Pasta Bake 🖾 Macaroni Cheese



SourcE oF

ProteiN

MaDe LiKe You WoUld

"I buy the kids meals to supplement all the home cooking I do and to win me some time back as a busy mum. I only have good things to say - quality, price, convenience" ***** Lisa

2.5 MILLION MEALS & COUNTING!

For every kids' meal you buy a school meal is provided in Malawi by our charity partner, One Feeds Two. Free school meals encourage attendance (kids don't have to spend their days looking for something to eat); aid concentration (you can't learn when you haven't eaten all day); and help empower a generation with the education

they need to lift their communities out of poverty. Thank you. one feeds two



PUDDINGS

SHOP ONLINE www.cookfood.net Home Delivery Click & Collect Local COOK Shop

NEVER TASTED SO GOOD

Mango & Passion Fruit Parfait

www.cookfood.net 27

LARGE PUDDINGS



Eton Mess Cheesecake 18.00 (10-12) The classic English pudding reinvented as a luscious cheesecake, packed with raspberries, handmade meringue pieces and lashings of berry compote.





Mango & Passion Fruit Parfait 18.00 (10-12) CF Crushed meringue and whipped cream swirled with mango pieces and passion fruit coulis, topped with passion fruit puree.



Blueberry & Lemon Terrine 14.00 (8-10) A frozen blueberry parfait on a shortbread biscuit base, with a hidden tangy lemon mousse inside, topped with whole blueberries.



Lemon Meringue Pavlova 14.00 (8-10) Soft meringue layered with lemon curd and cream, rolled and coated with crumbled shortbread.



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



Chocolate Roulade (GF) 14.00 (8-10) A rich chocolate sponge, generously filled with whipped cream and rolled by hand.



Raspberry Pavlova (F) 14.00 (8-10) A light pavlova roll packed with fresh cream and raspberries.



Espresso Martini Pavlova GF 14.00 (8-10) Light chocolate meringue rolled with whipped cream laced with coffee syrup, vodka and cocoa nibs and drizzled with dark chocolate



Chocolate & Salted Caramel Pavlova © GF 14.00 (8-10) A chocolate-chip meringue roll filled with salted caramel cream and indulgent dark chocolate.



Salted Caramel, Chocolate & Honeycomb Cheesecake 16.00 (10-12) A salted caramel cheesecake with honeycomb pieces on a chocolate biscuit base, topped with more caramel, chocolate and chocolate coated honeycomb.



Lemon Cheesecake 16.00 (10-12) A light, zesty lemon cheesecake on a crushed digestive biscuit base.



Glazed Apple Tart I 6.00 (10-12) Slices of Bramley apple tossed in cinnamon and brown sugar, with a layer of apple purée and spiced frangipane, topped with almonds.



Triple Chocolate Torte 16.00 (10-12) Chocolate sponge soaked in chocolate syrup, topped with dark chocolate mousse and a layer of cream, and decorated with dark chocolate scrolls.



Fruit Vacherin Fruit Vacherin From 18.00 (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.



Most of our big puddings can be sliced while frozen (using a hot, sharp, heavy knife), so you can defrost what you need and keep the rest frozen for later.





8.50 (6-8)

8.50 (6-8)

MEDIUM PUDDINGS

COLD PUDDINGS

BACK Dark Chocolate & Mint Terrine 🚺

Pieces of crisp dark chocolate atop a layer of mint choc chip ice cream, a layer of dark chocolate and mint mousse and a chocolate shortbread base.

BACK Summer Fruit Tart **W** 8.50 (6-8) Glazed summer berries on a smooth crème pâtissière custard in a handmade sweet pastry case.

BACK Mojito Cheesecake 8.50 (6-8)

All the flavours of Havana's favourite cocktail – lime, rum and mint - in a light cheesecake on a buttery biscuit base.



BACK Raspberry & Pistachio Torte V GF DF

A moist torte made with ground almonds, polenta and raspberries, generously drizzled with orange syrup and topped with pistachios. Vegan friendly.

EXAMPLE DEDITION Eton Mess **V**GF **13.00** (6-8) A traditional mix of raspberries, crisp handmade meringue pieces and fresh whipped cream, topped with a raspberry and port coulis.

Gin & Tonic Semifreddo 🚺 🕞 Frozen lemon gin parfait, topped with lemon curd made with gin and Fever-Tree Indian tonic water. Serve straight from freezer.

8.50 (6-8)

tåste

8.50 (6-8)

taste

7.50 (6)

tåste

Mango & Passion Fruit Cheesecake 8.50 (6-8) A light mango and passion fruit cheesecake on a thin buttery biscuit base. täste

	8.50 (6-
A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almond.	

8.50 (6-8) Chocolate & Ginger Mousse 🕥 A rich, dark chocolate mousse blended with crushed stem ginger on a ginger biscuit base.

Pear & Ginger Tart 🚺

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

HOT PUDDINGS

Bramley Apple



INDIVIDUAL PUDDINGS

COLD PUDDINGS

BACK Mango & Passion Fruit Parfait VGF	4.00 (2)
BACK Lemon Possets V	3.50 (2×1)
BACK Red Berry Mousse GF	3.50 (2×1)
BACK Summer Pudding V DF tas	4.00 (2×1)
Lemon Tarts 💟	4.00 (2×1)
Chocolate & Salted Caramel Mousse	3.50 (2×1)
Gin & Tonic Semifreddos 💟 🕞 tas	at 3.50 (2×1)
Salted Caramel, Chocolate & Honeycomb Cheesecakes	3.50 (2×1)
Lemon Cheesecakes	3.50 (2×1)
Mango & Passion Fruit Cheesecakes	3.50 (2×1)
HOT PUDDINGS	_
Sticky Toffee Pudding V	3.50 (2)
Bramley Apple &	3.50 (2)



LOLLIES by le Kitchen

Blackberry Crumble W

All 2.00 / all V GF

NEW Blueberry, Yoghurt & White Chocolate

Strawberries & Cream Mojito DF

Oranges & Lemons DF Mixed Summer Berries DF Banana & Milk Chocolate





CAKES & TRAYBAKES

Belgian Chocolate Brownie (150 (6) / 12.00 (20)

Gluten-Free Belgian Chocolate Brownie VGF	4.50 (6
Billionaire's Shortbread 💟	4.50 (6
Lemon Drizzle 💟	4.50 (6
Raspberry & Coconut Slice 🔇	4.50 (6
NEW Belgian Chocolate Cake 🔇	12.00 (8
Triple Layered Carrot Cake 💟 🚦	ste 13.00 (10
NEW Celebration Cake 🕥	17.00 (12

ICE CREAM by Jude's



all V GF Very Vanilla Truly Chocolate Salted Caramel Mango Sorbet

1.85 (100ml tub)

Gluten Free & Dairy Free



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

	Calories pe cals	er portion RI
Chilli con Veggie	202	10%
Red Lentil & Mixed Bean Casserole	218	11%
Spiced Cauliflower & Aubergine Shakshuka	223	11%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Moroccan Lemon Chicken	280	14%
Stuffed Sea Bass with Roasted Fennel & Dill	285	14%
Mexican Three Bean Chilli	300	15%
Moroccan Lamb Tagine	307	15%
Chilli con Carne	314	16%
Moroccan Harissa Chicken	327	16%
Lamb Hotpot	328	16%
Spanish Bean Stew with Peppers & Kale	332	17%
Vegetable & Chickpea Tagine	355	18%
Mushroom Spaghetti Bolognese	359	18%
Meatballs in a Rustic Tomato Sauce	375	19%
Sweet Potato Katsu Curry	389	19%
Spaghetti Bolognese	491	25%
Nutrition correct as of April 2021. As always, the label on the I	back of pack is	

most accurate.

WHOLEBOWLS

GF GF

DF

Butternut Squash & Coconut Curry Tikka Chicken with Mango Rice

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

visit www.cookfood.net/loveeatingwell for more information

VEGGIE & VEGAN		
Halloumi, Red Pepper & Spinach Stacks	GF	
Shepherdless Pie		DF
Sweet Potato Katsu Curry	GF	DF
Wild Mushroom & Aubergine Lasagne		DF
Veggie Meatballs in a Rustic Tomato Sauce		DF
Mexican Three Bean Chilli	GF	DF
Mushroom Spaghetti Bolognese		DF
Chilli con Veggie	GF	
Red Lentil & Mixed Bean Casserole	GF	DF
Spiced Cauliflower & Aubergine Shakshuka	GF	DF
Portobello Mushroom Risotto	GF	
Spanish Bean Stew with Peppers & Kale	GF	DF
Vegetable & Chickpea Tagine	GF	DF
Butternut Squash & Goat's Cheese Risotto	GF	
LAMB		
Lamb Casserole with New Potatoes		DF
Lamb Hotpot		DF
Moroccan Spiced Lamb Tagine	(GF)	DF
Shepherd's Pie	GE	
Slow-Cooked Lamb Shanks	(GF)	DF
FISH	0	
Stuffed Sea Bass with Roasted Fennel & Dill	GF	DF
Smoked Haddock & Leek Risotto	GF	
Bombay Salmon	GF	DF
BEEF	0	
Beef Bourguignon		DF
Chilli con Carne	GF	
Cottage Pie	GF	
CHICKEN	0	
Stuffed Chicken Cushion with Romesco Sauce	GF	
Piri Piri Spatchcock Chicken	GE	DF
Chicken Dijon	GF	
Honey & Ginger Chicken	GE	DF
Tomato & Pesto Chicken	GF	Dr
Chicken with White Wine & Thyme	GF	
Chicken, Pea & Bacon Risotto	GE	
Basil & Mascarpone Chicken	. <u> </u>	
Moroccan Harissa Chicken	GF	
	GF	DE
Moroccan Lemon Chicken	GF	DF

TAKEAWAY **INDIAN MAINS** GF GF Keralan Prawn & Mango Curry DF Aubergine, Spinach & Paneer Curry Lamb Kofta & Dhal Curry DF Chicken Korma GF 666 Chicken Tikka Masala Chicken Jalfrezi Garlic Chicken Curry GF Butter Chicken Curry **G G G G** Beef Madras Lamb Dupiaza Prawn Karahi Vegetable Korma GF DF Roasted Vegetable & Chickpea Curry **INDIAN SIDES** Chana Masala GF DF **Bombay Potatoes** Saag Paneer DF Tarka Dal DF DF Plain Basmati Rice Peas Pilau DF Plain Naan Bread GF DF Pappadums THAI MAINS GF DF Thai Basil Chicken

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 April 2021.

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

	JIDEJ		
Creamed Spinac	h	GF	
Braised Red Cab	obage	GF	
Trio of Greens		GF	DF
Dauphinoise Potatoes		GF	
Creamy Mash		GF	
Minted Couscou	IS		DF
Peas & Leeks wit	h a Lemon Herb Butter	GF	
Garlic Ciabatta			DF
	COOK FOR KIDS		
Mild Chilli & Rid	ce	GF	DF
Chicken Casserole			
Chicken Paella		GF	DF
Fish Pie		GF	
Chicken Tikka 8	Rice	GF	
Cottage Pie		(GF)	
Sausage Casser			DF
Pasta Bolognese			DF
	ENTERTAINING		
Roasted Tomato	& Red Pepper Galette		DF
Scottish Salmon with Tomatoes & Pine Nuts		GF	
Soy-Glazed Roa	st Duck		DF
Honoy Poast Ha	m		DE

SIDES

	DF
	DF
ŒF	
GF	
GF	DF
GF	
	DF
GF	
GF	
GF	DF
	GF GF

PUDDINGS

Chocolate Roulade	GE	
Chocolate & Raspberry Roulade	GF	
Chocolate & Salted Caramel Pavlova	GF	
Mango & Passion Fruit Parfait	GF	
Espresso Martini Pavlova	GF	
Raspberry Pavlova	GF	
Fruit Vacherin	GF	
Raspberry & Pistachio Torte	GF	DF
Gin & Tonic Semifreddo	GF	
Red Berry Mousse	GF	
Chocolate & Almond Torte	GF	
Summer Pudding		DF
Gluten-Free Belgian Chocolate Brownie	GF	

Ice Lollies & Ice Creams p31

Our RAW Talent programme helps people into work who've spent time homeless, in prison or battling mental ill health.

More than 100 people and counting have become RAW Talents since 2014 - RAW stands for Ready And Working. Today, 2% of our workforce (34 people) have come through the scheme. We've made plenty of mistakes along the way, learned some hard lessons, and always been willing to try again. It has taught us to see people for who they are, not for what might have happened in the past. RAW Talent has shown us that given the right opportunity and support, everybody has the capacity to be amazing.

Find out more:

There are a couple of powerful short films about RAW Talent online at www.cookfood.net/rawtalent

We're eager to help more organisations see the potential in everybody and would be delighted to chat further: Just drop us an email at rawtalent@cookfood.net



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OUR FOUNDING STATEMENT

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