

— COOK —  
www.cookfood.net

# New Recipes

## Fresh For Spring

**NEW** Scottish Salmon with Tomatoes & Pine Nuts



**WE  
DELIVER!**





We print the name of the chef who cooked each small batch on the front of our labels. But as they'll tell you, it's most definitely a team effort.

### How COOK Works...



### KEY

- V Vegetarian • GF Gluten Free • DF Dairy Free
- MW Microwaveable • ONLY Must be microwaved ONLY
- W Warm me up! spicy • N Nice and spicy
- L Love Eating Well • ( ) Portion sizes are in brackets

**LOVE EATING WELL**

Look out for our **Love Eating Well** recipes, containing less than a third of an adult's daily Reference Intake of calories, fat, saturated fat, sugar & salt.

LOVE EATING WELL: Fewer than 600 cals • 23g of fat • 6g of saturated fat  
30g of sugars • 2g of salt

Spring 2021

## Hello,

We hope you're keeping well. According to our Kindness Report national survey in February, **65% of people feel the UK has become kinder over the past year.** We really hope this is true. Through the Kindness Fund we set up at the start of lockdown in 2020 we have seen first-hand how communities and volunteers have rallied to look after the most vulnerable and support key workers. We've realised that the end of lockdowns (fingers crossed) won't mean this need disappears. So **we have decided to keep the COOK Kindness Fund going through 2021 and beyond,** with our shops working with local community groups to get a steady supply of meals to people in need.

We believe there's plenty of room for all businesses to be a bit kinder: to their employees, their communities and the planet. It's why **as a certified B Corp we're getting behind the campaign for a new Better Business Act** that would make it law for all companies, big or small, to take ownership of their social and environmental impact. **You can get involved at [www.betterbusinessact.org](http://www.betterbusinessact.org)**

As we're gradually allowed to get back together we really hope we can do some cooking for you and yours.

All the best,

*Ed & Gine*

Co-CEOs

### HOW TO SHOP



#### Home Delivery

Order online at [cookfood.net](http://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.



#### Local COOK Shop

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 (February 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](http://www.cookfood.net) or phone 01732 759020 for more details).

# The Perfect Spring Roast...

## Relax, Let Us COOK

### INCLUDES

West Country Lamb with  
Garlic & Rosemary **DF**  
with

Roast Potatoes **V GF DF**

Roasted Carrots with Orange  
& Thyme **V GF**

Trio of Greens **V GF DF**

Red Wine & Madeira Gravy **V GF**

Roast for six £40

Don't forget to add pudding...

**Ideal for  
EASTER**

## COOK IN A CLICK

Find more meal boxes online with simple one-click solutions for new parents, gifts, veggie, vegan and lots more at [www.cookfood.net/menu/meal-boxes](http://www.cookfood.net/menu/meal-boxes)



We believe in  
business as a force  
for good in society.  
[cookfood.net/bcorp](http://cookfood.net/bcorp)





ENJOY  
TOGETHER  
— this spring —

Relax, Let Us COOK

We have everything crossed that we'll be sharing our tables with friends and family once again this Spring. Whether it's getting back together or a special meal with the oh-so-familiar faces in your bubble, our chefs have created some sensational new dishes for sharing. Choose your menu, sit down with people you care about and let us COOK for you.



NEW

Big, rich flavours bring out the best in salmon. Go classic with boiled new potatoes and steamed greens, or try with our Rainbow Salad (p6).

**Scottish Salmon with Tomatoes & Pine Nuts 25.00 (4)**



Moroccan Lamb Filo Pie 20.00 (6)

BACK

An epic open pie showcasing the tastes of North Africa. It's goes perfectly with our Moroccan Fruity Couscous (p6)



Soy-Glazed Roast Duck 20.00 (4)

BACK

An alternative Sunday roast or a treat for supper: a boneless, higher welfare duck with a heady blend of oriental flavours. Great with our Quinoa Wholefood Salad (p6).



Asparagus & Minted Pea Tart 10.00 (4)

NEW

Three signature flavours of spring combined to perfection in a puff pastry tart. Great for lunch with salad and boiled new potatoes or bread.



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

NEW

The perfect pre-dinner sharing dish: tear some golden pastry, dip it into the melted cheese and add a dollop of chutney. Insanely more-ish.



## SALADS

Thaw and serve these absurdly flavoursome side dishes. Freezing locks in flavour and freshness and the separate dressing brings zing. Each serves four as a main course or eight as a buffet.



Quinoa Wholefood Salad

**Moroccan Fruity Couscous with a Harissa Dressing** **V** **DF** 8.50 (8)  
Couscous with dried apricots, sultanas, grilled red peppers and a squeeze of lemon juice.

**Rainbow Salad with a Lemon & Herb Dressing** **V** **DF** 8.50 (8)  
Giant couscous with grilled peppers, soya beans, chickpeas and pumpkin seeds.

**Quinoa Wholefood Salad with a Lime & Ginger Dressing** **V** **DF** 8.50 (8)  
Quinoa and soya beans with almonds, cashews and coriander.

## TO SHARE

**NEW Asparagus & Minted Pea Tart** **V** p10 10.00 (4)

**NEW Roasted Tomato & Red Pepper Galette** **V** **DF** p11 15.00 (4)

**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.

**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.

**BACK Feta, Tomato & Pesto Lattice** **V** 15.00 (6)  
Sun-blushed tomatoes, pesto, feta cheese, red onion and pine nuts wrapped in crisp puff pastry with basil and oregano.

**BACK Smoked Cheddar and Caramelised Red Onion Frittata** **V** **GF** 18.00 (8)  
A crustless quiche made with oakwood smoked Cheddar and topped with our handmade, caramelised red onion chutney.

**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.

**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.

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



Feta, Tomato & Pesto Lattice

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

**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.

**Honey Roast Ham** **DF** 30.00 (15+)

**NEW Baked Camembert with a Sweet Pepper Chutney** **V** 8.50 (4 as a starter) p10

**Garlic Butter Prawns with Lemon & Dill** **GF** p15 15.00 (4)

**Butternut, Beetroot & Celeriac Parcels** **V** 10.00 (4x1)  
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** **V** 10.00 (4x1)  
Four savoury cheesecakes with goat's cheese and crème fraîche on crisp oat biscuit bases with handmade caramelised red onion chutney centres and finished with nibbed hazelnuts. The perfect starter or light lunch.

**Lobster Thermidor Souffles** 15.00 (4x1)  
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.

**Smoked Salmon Terrine** **GF** 10.00 (8)  
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

**Halloumi & Tapenade Bruschettine** **V**

**Satay Chicken Bites**

**Goat's Cheese & Pesto Whirls** **V**

**Duck & Hoisin Puffs**

**Mini Thai Fishcakes** **GF** **DF** 🌱

**Little Beef Wellingtons**

**Sensational Sausage Rolls** 6.50 (12 rolls)

**Sensational Veggie Rolls** **V** 6.50 (12 rolls)

## PATES

Both 5.00 220g tubs / both **GF**

**Chicken Liver • Roast Salmon**

## FAMILY MEALS



Chicken, Ham & Leek Pie p12



Roasted Vegetable Lasagne p10



Meatballs in a Rustic Tomato Sauce p12

Relax  
Let Us  
COOK



# WHAT'S FOR DINNER?

We've all tested the limits of our culinary repertoires during lockdown. If you've run out of inspiration then don't miss these new arrivals on our menu. As the temperature edges higher and the evenings lengthen, kick back, relax and let us COOK for you.



**NEW**

A lovely meal to share with your other half

**Stuffed Chicken Cushion with Romesco Sauce**  
**GF 12.00** (2) 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.



**NEW**

A sophisticated fish supper with no fuss

**Stuffed Sea Bass with Roasted Fennel & Dill**  
**GF DF 12.00** (2) Two butterflied sea bass stuffed with roasted fennel and dill, garnished with lemon and ready to cook from frozen.



**NEW**

Posh pasta for a quick and classy supper

**Crab & Fennel Linguine** **5.00** (1) / **8.99** (2)  
 Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives. (Left.) Available from 4<sup>th</sup> April.

**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. (Above.) Available from 4<sup>th</sup> April.



A stylish and vibrant meat-free main

**Halloumi, Red Pepper & Spinach Stacks**  
**V GF 8.00** (2) 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.

Relax  
 Let Us  
 COOK

"Dinner time saviours"

★★★★★ Gemma



## VEGETARIAN

### NEW Asparagus & Minted Pea Tart **V** 10.00 (4)

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.

### NEW Baked Camembert with a Sweet Pepper Chutney **V** 8.50 (4 as a starter)

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 **V GF** 8.00 (2)

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.

### Macaroni Cheese **V** 3.75 (1) / 7.00 (2)

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



### Cottage Garden Gratin **V** 4.50 (1)

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 **V GF** 4.50 (1)

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

### Butternut Squash & Goat's Cheese Risotto **V GF** 4.75 (1)

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 **V** 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.

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

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

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

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



Spanish Bean Stew with Peppers & Kale

### Portobello Mushroom Risotto **V GF** 4.75 (1) / 7.95 (2)

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

### Red Lentil & Aubergine Moussaka **V** 4.50 (1) / 7.75 (2)

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



### Roasted Vegetable Lasagne **V** 4.75 (1) / 7.95 (2) / 15.90 (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** 30.00 (8)

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



### Nut Loaf **V** 6.50 (2)

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



### Portobello Mushroom Wellington **V** 10.00 (2)

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



Roasted Tomato & Red Pepper Galette

## VEGAN\*

### NEW Roasted Tomato & Red Pepper Galette **V DF** 15.00 (4)

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, quinoa and mushrooms topped with sweet potato mash and roasted chickpeas.

### NEW Sweet Potato Katsu Curry **V GF DF** 4.50 (1) / 7.75 (2)

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

### Vegetable & Chickpea Tagine **V GF DF** 4.50 (1) / 7.75 (2)

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

### Mexican Three Bean Chilli **V GF DF** 4.50 (1) / 7.75 (2)

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 **V DF** 4.50 (1)

A classic ragu made with chestnut mushroom mince and Italian red wine, served on a bed of spaghetti.

### Red Lentil & Mixed Bean Casserole **V GF DF** 4.50 (1)

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



Sweet Potato Katsu Curry

### Spiced Cauliflower & Aubergine Shakshuka **V GF DF** 4.50 (1) / 7.75 (2)

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 **V GF DF** 4.50 (1) / 7.75 (2)

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



### Vegan Lasagne al Forno **V DF** 4.75 (1) / 7.95 (2)

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

## ALSO VEGAN...

### Sweet Potato & Aubergine Sri Lankan Curry Pot (p18)

### Yellow Vegetable Curry (p21)

### Green Thai Vegetable Curry (p21)

### Roasted Vegetable and Chickpea Curry (p20)

## VEGAN SIDES

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

## VEGAN PUDDINGS

### Summer Pudding (p26-27), Raspberry & Pistachio Torte (p26), Mojito, Oranges & Lemons • Mixed Summer Berries Ice Lollies & Vegan Honeycomb Ice Cream (p27)

\*We're committed to growing our range of vegan-friendly dishes although we can't claim official vegan certification as our kitchen doesn't have a separate area for vegan preparation and cooking.



## CHICKEN

### **NEW** Stuffed Chicken Cushion with Romesco Sauce 12.00 (2)

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.

### **NEW** Chicken, Pea & Bacon Risotto 4.75 (1) / 7.95 (2)

An indulgent risotto of shredded British chicken, smoky bacon and peas stirred through a creamy mascarpone sauce with white wine, garlic and lemon.

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

Garlic-marinated British chicken breast pieces in a thyme-infused white wine sauce, with chestnut mushrooms and back bacon.

### **NEW** Piri Piri Spatchcock Chicken 10.00 (4)

A whole higher-welfare British spatchcock chicken with a handmade Piri Piri marinade of smoked paprika, chilli, garlic and oregano. Available from 4<sup>th</sup> April.

### Chicken & Tomato Pasta Bake 4.75 (1)

### Tarragon & Lemon Chicken 4.75 (1) / 7.95 (2)

### Honey & Ginger Chicken 4.75 (1) / 7.95 (2)

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

### Moroccan Harissa Chicken 4.75 (1) / 7.95 (2) / 15.90 (4)

Harissa-marinated chicken breast in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds. red onions.

### Tomato & Pesto Chicken 4.75 (1) / 7.95 (2) / 15.90 (4)

## 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. Available from 4<sup>th</sup> April.

### Sausage Casserole 4.25 (1)

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

### Mac Cheese with Bacon & Garlic Croutons 4.25 (1) / 7.50 (2)

### Chicken Alexander 4.75 (1) / 7.95 (2) / 15.90 (4)

Marinated chicken breast pieces with mushrooms and peppers in a rich white wine and sherry sauce.

### Chicken Dijon 4.75 (1) / 7.95 (2) / 15.90 (4)

Marinated chicken breast pieces in a white wine and mustard sauce with caramelised red onions.

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

Layers of chicken and mushroom with a classic tomato sauce layered between sheets of Italian pasta, with béchamel sauce and a crisp topping of mature Cheddar and red pesto.

### Chicken, Ham & Leek Pie 4.75 (1) / 7.95 (2) / 15.90 (4)

Tender chicken breast, ham and leeks in a white wine sauce, topped with melt-in-the-mouth, shortcrust pastry.



### Chicken, Ham & Leek Pie 24.00 (6)

Chicken breast pieces, ham and buttery leeks in a creamy, parsley sauce enclosed in all-butter shortcrust pastry.

### Hearty Chicken Casserole 4.75 (1)

### Moroccan Lemon Chicken 4.75 (1) / 7.95 (2)

Chicken breast marinated in harissa and garlic in a light lemon sauce, with green olives and sun dried red peppers.

### Basil & Mascarpone Chicken 4.75 (1) / 7.95 (2)

Whole chicken breast marinated with lemon and garlic in a basil pesto and mascarpone sauce, with slow-roasted cherry tomatoes.

### Coq au Vin 4.75 (1) / 7.95 (2) / 15.90 (4)

Succulent chicken on the bone, cooked slowly in red wine with back bacon and mushrooms.



### Meatballs in a Rustic Tomato Sauce 4.75 (1) / 7.95 (2) / 15.90 (4)

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



### Pork Dijon 4.85 (1) / 8.45 (2)

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



## STUFFED CHICKEN CUSHION

with Romesco Sauce



We only cook  
with higher welfare,  
British chicken



## Moroccan Spiced Lamb Tagine



## Lamb Shanks



COMING SOON

Bombay Salmon



Smoked Haddock & Bacon Gratin

## LAMB

**Liver, Bacon & Onions** 3.50 (1)

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

**Shepherd's Pie** 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** 5.00 (1)

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

## FISH

**NEW Crab & Fennel Linguine** 5.00 (1) / 8.99 (2)

Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives. Available from 4<sup>th</sup> April.

**COMING SOON Bombay Salmon** 12.00 (2)

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. Available from 26<sup>th</sup> April.

**NEW Scottish Salmon with Tomatoes & Pine Nuts** 25.00 (4)

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

**BACK Stuffed Sea Bass with Roasted Fennel & Dill** 12.00 (2)

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 (2x1)

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

**King Prawn Linguine** 4.85 (1) / 8.45 (2)

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

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

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



**Lamb Casserole with New Potatoes** 5.00 (1) / 8.99 (2)

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

**Moroccan Spiced Lamb Tagine** 5.00 (1) / 8.99 (2) / 17.95 (4)

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



**The Grand Moroccan Spiced Lamb Tagine** 35.00 (8)

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



**Slow-Cooked Lamb Shanks** 13.00 (2)

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



**Smoked Haddock & Bacon Gratin** 5.00 (1) / 8.99 (2)

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)

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

**Salmon & Asparagus Gratin** 5.00 (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** 30.00 (8)

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

**Salmon Wellington** 13.00 (2)

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

**Garlic Butter Prawns with Lemon & Dill** 15.00 (4)

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



## BEEF

**Spaghetti Bolognese**  **4.50** (1)  
A rich, slow-cooked Bolognese sauce with our own minced beef and pork, served with Italian spaghetti and shavings of Regato cheese.

**Chilli con Carne**  **4.50** (1) / **7.75** (2) / **15.50** (4)  
A rich, slow-cooked chilli with minced beef, kidney beans and a bit of a kick.

**Cottage Pie**  **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**  **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 béchamel 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.

## DUCK


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

## 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.

**Steak & Stout Stew with Cheese Scone Dumplings** **5.00** (1)  
A hearty stew of tender top rump beef and dark stout with Cheddar scone dumplings.

**Beef Stroganoff**  **5.00** (1) / **8.99** (2) / **17.95** (4)  
Pieces of silverside beef and roasted mushrooms in a creamy sherry, brandy and paprika sauce.


**Slow-Cooked Rump Beef with Brandy**  **5.00** (1) / **8.99** (2) / **17.95** (4)  
Prime rump beef cooked slowly with chestnut mushrooms and a rich, brandy sauce.


**Beef Bourguignon**  **5.00** (1) / **8.99** (2) / **17.95** (4)  
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

**The Grand Beef Bourguignon**  **35.00** (8)  
Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.

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


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

**Soy-Glazed Roast Duck**  **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.

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

**Chicken & Portobello Mushroom Pie**   
Cooked with white wine, thyme and cream.

**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

CHILLI  
\*\*\*CON\*\*\*  
CARNE

## SIDES

**NEW** Trio of Greens **1.50** (1) / **2.50** (2)


    Creamed Spinach **2.50** (2)

Peas & Leeks with a Lemon & Herb Butter    **1.50** (1) / **2.50** (2)

Creamy Mash    **1.50** (1) / **2.50** (2)

Dauphinoise Potatoes   **1.50** (1) / **2.75** (2)

Braised Red Cabbage    **2.50** (2)

Minted Couscous    **2.50** (2)

Plain Basmati Rice     **1.25** (1) / **2.00** (2)

Garlic Ciabatta   **2.50**



# POTS FOR ONE



246  
calories

1 OF 5  
A DAY HIGH PROTEIN SOURCE OF FIBRE

## Prawns with Chorizo & Lentils

**ONLY** **GF** **DF** King prawns and free-range pork chorizo with soft, speckled lentils, chickpeas, piquillo peppers, baby spinach and tomatoes.



298  
calories

1 OF 5  
A DAY HIGH PROTEIN LOW SAT FAT

## Green Thai Chicken Noodles

**ONLY** **GF** **DF** Chicken breast in a mild, green Thai curry sauce with rice noodles, edamame beans, spring onions and courgettes.



317  
calories

2 OF 5  
A DAY HIGH PROTEIN LOW SAT FAT

## Halloumi & Roasted Vegetable Pasta

**ONLY** **GF** **DF** **V** Halloumi cheese with roasted courgettes, yellow peppers and cherry tomatoes with cannolicchi pasta and a tomato and basil pesto sauce.



289  
calories

1 OF 5  
A DAY HIGH PROTEIN LOW SAT FAT

## Singapore Noodles

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



300  
calories

HIGH PROTEIN LOW SUGAR LOW SAT FAT

## Lemon & Herb Chicken

**ONLY** **GF** **DF** Tender roasted chicken breast in a spiced lemon, oregano and thyme-infused sauce with rice, chickpeas and baby spinach.



330  
calories

HIGH PROTEIN LOW SUGAR LOW SAT FAT

## Teriyaki Chicken Noodles

**ONLY** **DF** Chicken marinated in dark soy and honey with egg noodles, edamame beans and sweetheart cabbage in a ginger and tamari soy sauce.



297  
calories

1 OF 5  
A DAY LOW SUGAR

## Sweet Potato & Aubergine Sri Lankan Curry

**ONLY** **GF** **DF** **V** Roasted aubergine and sweet potato in a mild, fragrant curry leaf and coconut sauce with brown rice, topped with toasted cashew nuts. Vegan friendly.



300  
calories

HIGH PROTEIN LOW SUGAR LOW FAT

## Chicken Noodle Laksa

**ONLY** **GF** **DF** Marinated chicken with rice noodles in a sweet and fragrant coconut sauce.



330  
calories

HIGH PROTEIN LOW SUGAR LOW SAT FAT

## Keralan Chicken Curry

**ONLY** **GF** **DF** A mild curry from Southern India – tender breast of chicken and veggies in a coconut curry 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."

Elsbeth

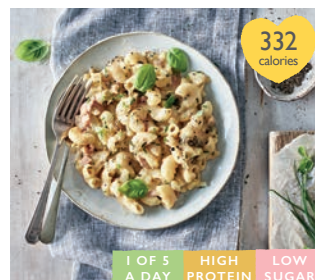


313  
calories

HIGH PROTEIN LOW SUGAR LOW SAT FAT

## Sticky Soy & Ginger Beef

**ONLY** **GF** **DF** Slow-cooked, shredded beef in a sticky soy and ginger sauce with rice noodles and tenderstem broccoli, topped with sesame seeds.



332  
calories

1 OF 5  
A DAY HIGH PROTEIN LOW SUGAR

## Mac Cheese with Ham & Cauliflower

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



NEW

272  
calories

2 OF 5  
A DAY

SOURCE OF PROTEIN

LOW SAT FAT

## Mexican Black Bean & Mushroom Chilli

**ONLY** **V** **GF** **DF** Slow-roasted Portobello mushrooms and black turtle beans in a Mexican-style spiced tomato sauce with rice, coriander and a wedge of lime.



335  
calories

1 OF 5  
A DAY SOURCE OF PROTEIN LOW SAT FAT

## Sticky Veg Satay

**ONLY** **GF** **DF** **V** Aubergines cooked in honey and tamari in a cashew satay sauce with rice, soya beans, carrots, spring onions and coriander.



396  
calories

SOURCE OF PROTEIN LOW SUGAR LOW SAT FAT

## Chicken Pad Thai

**ONLY** **GF** **DF** The classic dish of chicken and rice noodles with a sweet and salty cashew dressing, spring onions and green beans.





## INDIAN

### MAINS

#### Chicken Korma 4.75 (1) / 7.95 (2)

Marinated chicken breast pieces in a creamy coconut and almond sauce.



#### Chicken Tikka Masala 4.75 (1) / 7.95 (2)

Chicken breast pieces marinated with yoghurt, lemon and paprika in a coconut, cream and tomato sauce.



#### Chicken Jalfrezi 4.75 (1) / 7.95 (2)

Chicken breast pieces marinated in yoghurt, garlic and paprika in a spicy tomato sauce.

#### Garlic Chicken Curry 4.75 (1)

Marinated chicken breast pieces in a garlic and coriander sauce.

#### Butter Chicken Curry 4.75 (1) / 7.95 (2)

Rich, creamy and comforting with a bit of a kick, our Murgh Makhani is a delicious blend of spices, tomatoes and cream with marinated chicken breast pieces.

#### Roasted Vegetable & Chickpea Curry 4.75 (1) / 7.95 (2)

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

#### Vegetable Korma 4.75 (1)

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

#### Aubergine, Spinach & Paneer Curry 4.75 (1) / 7.95 (2)

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

#### Lamb Dupiaza 5.00 (1)

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

#### Lamb Kofta & Dhal Curry 5.00 (1)

Handmade lamb and ginger meatballs in a spiced red lentil dhal made with tomato, coconut, spinach and coriander.



#### Prawn Karahi 5.00 (1)

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

#### Keralan Prawn & Mango Curry 5.00 (1)

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

#### Beef Madras 5.00 (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.

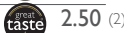


### SIDES

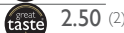
#### Chana Masala 2.50 (2)



#### Bombay Potatoes 2.50 (2)



#### Saag Paneer 2.50 (2)



#### Tarka Dal 2.50 (2)



#### Plain Basmati Rice 1.25 (1) / 2.00 (2)

#### Peas Pilau 1.50 (1) / 2.45 (2)

#### Plain Naan Bread 1.50 (2)

#### Pappadums 2.50 (x8)

### MAINS

#### Chicken Satay 4.75 (1) / 7.95 (2) / 15.90 (4)

A fragrant cashew and coconut sauce with marinated chicken breast, green beans and toasted cashews.



#### Green Thai Chicken Curry 4.75 (1) / 7.95 (2) / 15.90 (4)

A mild, green Thai curry with marinated chicken breast pieces and coconut milk.

#### Red Thai Chicken Curry 4.75 (1) / 7.95 (2)

A warming, red Thai curry with marinated chicken breast pieces and coconut milk.



#### Thai Basil Chicken 4.75 (1)

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 4.75 (1) / 7.95 (2)

A fragrant Thai curry infused with lemongrass, ginger and kaffir lime.

#### Yellow Vegetable Curry 4.75 (1) / 7.95 (2)

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

#### Green Thai Vegetable Curry 4.75 (1) / 7.95 (2)

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

#### Thai Steamed Sea Bass 5.00 (1)

A fillet of sea bass gently steamed on a bed of choy sum, spring onions and julienne carrots in a mild and fragrant red curry sauce.

#### Drunken Noodles with King Prawns 5.00 (1)

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

#### Hoisin Duck Noodles 5.00 (1)

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

#### Beef Massaman Curry 5.00 (1)

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



#### Yellow Thai Prawn Curry 5.00 (1)

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

#### Red Thai Duck Curry 5.00 (1)

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

#### Crispy Roast Half Duck 8.00 (2)

With 10 pancakes & a rich Hoisin sauce.

### SIDES

#### Plain Basmati Rice 1.25 (1) / 2.00 (2)

#### Coconut & Lime Leaf Rice 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."**

★★★★★ Mary



# KIDS MEALS

Cottage Pie 

Meatballs & Spaghetti 

Mild Chilli & Rice  

Beef Lasagne 

Pasta Bolognese 

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 

£2.75



Chicken & Tomato Orzo Bake



At Least  
**1** of  
Your  
5 a Day

Source of  
Protein  
Made Like  
You Would  
At Home



"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.



NEW PARENTS

**10% OFF**

for new mums & dads for 6 months



Sign up at your local COOK shop or online at [www.cookfood.net/newparent](http://www.cookfood.net/newparent)

## THERE'S ALWAYS ROOM FOR PUDDING



BACK

Lemon Meringue Pavlova

"If I want to take a break from the kitchen COOK is the ONLY way I do it."

★★★★★ Shelley

SHOP ONLINE  
[www.cookfood.net](http://www.cookfood.net)



Home Delivery



Click & Collect



Local COOK Shop



# LARGE PUDDINGS

BACK

## Mango & Passion Fruit Parfait

18.00 (10-12) **V GF**  
Crushed meringue and whipped cream swirled with mango pieces and passion fruit coulis, topped with passion fruit puree.



BACK

## 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.



BACK

## Blueberry & Lemon Terrine

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



BACK

## Lemon Meringue Pavlova

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



## Chocolate & Raspberry Roulade

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



## Chocolate Roulade

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



## Raspberry Pavlova

**V GF** 14.00 (8-10)  
A light pavlova roll packed with fresh cream and raspberries.



## Espresso Martini Pavlova

**V 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

**V 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

**V** 16.00 (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

**V** 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

**V GF** 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.

## Not Just For Big Occasions!

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.







Summer Fruit Tart

## MEDIUM PUDDINGS

### COLD PUDDINGS

**BACK** Dark Chocolate & Mint Terrine **V** 8.50 (6-8)

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 **V** 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** Summer Pudding **V** **DF** 8.50 (6)

Traditional recipe bursting with blackcurrants, redcurrants, blackberries, strawberries & raspberries

**BACK** Raspberry & Pistachio Torte **V** **GF** **DF** 8.50 (6-8)

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

**Gin & Tonic Semifreddo** **V** **GF** 8.50 (6-8)

Frozen lemon gin parfait, topped with lemon curd made with gin and Fever-Tree Indian tonic water. *Serve straight from freezer.*

**Mango & Passion Fruit Cheesecake** 8.50 (6-8)

A light mango and passion fruit cheesecake on a thin buttery biscuit base.

**Chocolate & Almond Torte** **V** **GF** 8.50 (6-8)

A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almond.

**Chocolate & Ginger Mousse** **V** 8.50 (6-8)

A rich, dark chocolate mousse blended with crushed stem ginger on a ginger biscuit base.

**Pear & Ginger Tart** **V** 8.50 (6-8)

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

### HOT PUDDINGS

**Bramley Apple & Blackberry Crumble** **V** 7.50 (6)

Bramley apples and blackberries with a crunchy oat crumble.

## INDIVIDUAL PUDDINGS

### COLD PUDDINGS

**BACK** Mango & Passion Fruit Parfait **V** **GF** 4.00 (2)

**BACK** Lemon Possets **V** 3.50 (2x1)

**BACK** Red Berry Mousse **GF** 3.50 (2x1)

**BACK** Summer Pudding **V** **DF** **great taste** 4.00 (2x1)

Lemon Tarts **V** 4.00 (2x1)

Chocolate & Salted Mousse **V** 3.50 (2x1)

Gin & Tonic Semifreddos **V** **GF** **great taste** 3.50 (2x1)

Salted Caramel, Chocolate & Honeycomb Cheesecakes 3.50 (2x1)

Lemon Cheesecakes 3.50 (2x1)

Mango & Passion Fruit Cheesecakes **great taste** 3.50 (2x1)

### HOT PUDDINGS

Sticky Toffee Pudding **V** **great taste** 3.50 (2)

Bramley Apple & Blackberry Crumble **V** **great taste** 3.50 (2)



Gin &amp; Tonic Semifreddos

## LOLLIES by Ice Kitchen

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



Celebration Cake

## CAKES & TRAYBAKES

Belgian Chocolate Brownie **V** 4.50 (6) / 12.00 (20)

Gluten-Free Belgian Chocolate Brownie **V** **GF** **great taste** 4.50 (6)

Billionaire's Shortbread **V** 4.50 (6)

Lemon Drizzle **V** 4.50 (6)

Raspberry & Coconut Slice **V** 4.50 (6)

Belgian Chocolate Cake **V** 12.00 (8)

Triple Layered Carrot Cake **V** **great taste** 13.00 (10)

**NEW** Celebration Cake **V** 17.00 (12)

Available from May

## ICE CREAM by Jude's

4.50 (460ml tub) / all **V**

Chocolate with a touch of Sea Salt **GF**

Peanut Butter Chocolate Ripple **GF**

Vegan Honeycomb **DF**

Vanilla Clotted Cream **GF**

Salted Caramel **GF**

1.85 (100ml tub) / all **V** **GF**

Very Vanilla

Truly Chocolate

Salted Caramel

Mango Sorbet





# Gluten Free & Dairy Free

All of our dairy free and gluten free products are listed in this handy table. Please ask in-store if you need further information. Very occasionally we may change a recipe. Please check labels for the most up-to-date information. Correct as of February 2021.

## LOVE EATING WELL

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

Calories per portion  
cals RI

Chilli con Veggie	202	10%
Red Lentil & Mixed Bean Casserole	218	11%
Spiced Cauliflower & Aubergine Shakshuka	219	11%
Beef Bourguignon	259	13%
Lamb Casserole with New Potatoes	261	13%
Moroccan Lemon Chicken	280	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 Feb 2021. As always, the label on the back of pack is most accurate.

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

## SIDES

Creamed Spinach	GF	
Trio of Greens	GF	DF
Dauphinoise Potatoes	GF	
Creamy Mash	GF	
Minted Couscous		DF
Peas & Leeks with a Lemon Herb Butter	GF	
Garlic Ciabatta		DF

## VEGGIE & VEGAN

Halloumi, Red Pepper & Spinach Stacks	GF	
Shepherdless Pie		DF
Sweet Potato Katsu Curry	GF	DF
Vegan Lasagne al Forno		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	GF	
Slow-Cooked Lamb Shanks	GF	DF

## FISH

Stuffed Sea Bass with Roasted Fennel & Dill	GF	DF
Smoked Haddock & Leek Risotto	GF	
Bombay Salmon	GF	DF

## BEEF

Beef Bourguignon		DF
Chilli con Carne	GF	
Cottage Pie	GF	

## CHICKEN

Stuffed Chicken Cushion with Romesco Sauce	GF	
Piri Piri Spatchcock Chicken	GF	DF
Honey & Ginger Chicken	GF	DF
Tomato & Pesto Chicken	GF	
Chicken with White Wine & Thyme	GF	
Chicken, Pea & Bacon Risotto	GF	
Basil & Mascarpone Chicken	GF	
Moroccan Harissa Chicken	GF	
Moroccan Lemon Chicken	GF	DF

## TAKEAWAY

### INDIAN MAINS

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

### INDIAN SIDES

Chana Masala	GF	
Bombay Potatoes	GF	DF
Saag Paneer	GF	
Tarka Dal	GF	DF
Plain Basmati Rice	GF	DF
Peas Pilau	GF	DF
Plain Naan Bread		DF
Pappadums	GF	DF

### THAI MAINS

Thai Basil Chicken	GF	DF
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
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## COOK FOR KIDS

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

## ENTERTAINING

Roasted Tomato & Red Pepper Galette		DF
Scottish Salmon with Tomatoes & Pine Nuts	GF	
Soy-Glazed Roast Duck		DF
Honey Roast Ham		DF
Smoked Cheddar & Caramelised Red Onion Frittata	GF	
Garlic Butter Prawns	GF	
Side of Salmon with Lemon & Dill	GF	DF
Coronation Chicken	GF	
All Salads		DF
Smoked Salmon Terrine	GF	
All pâtés	GF	

## CANAPES

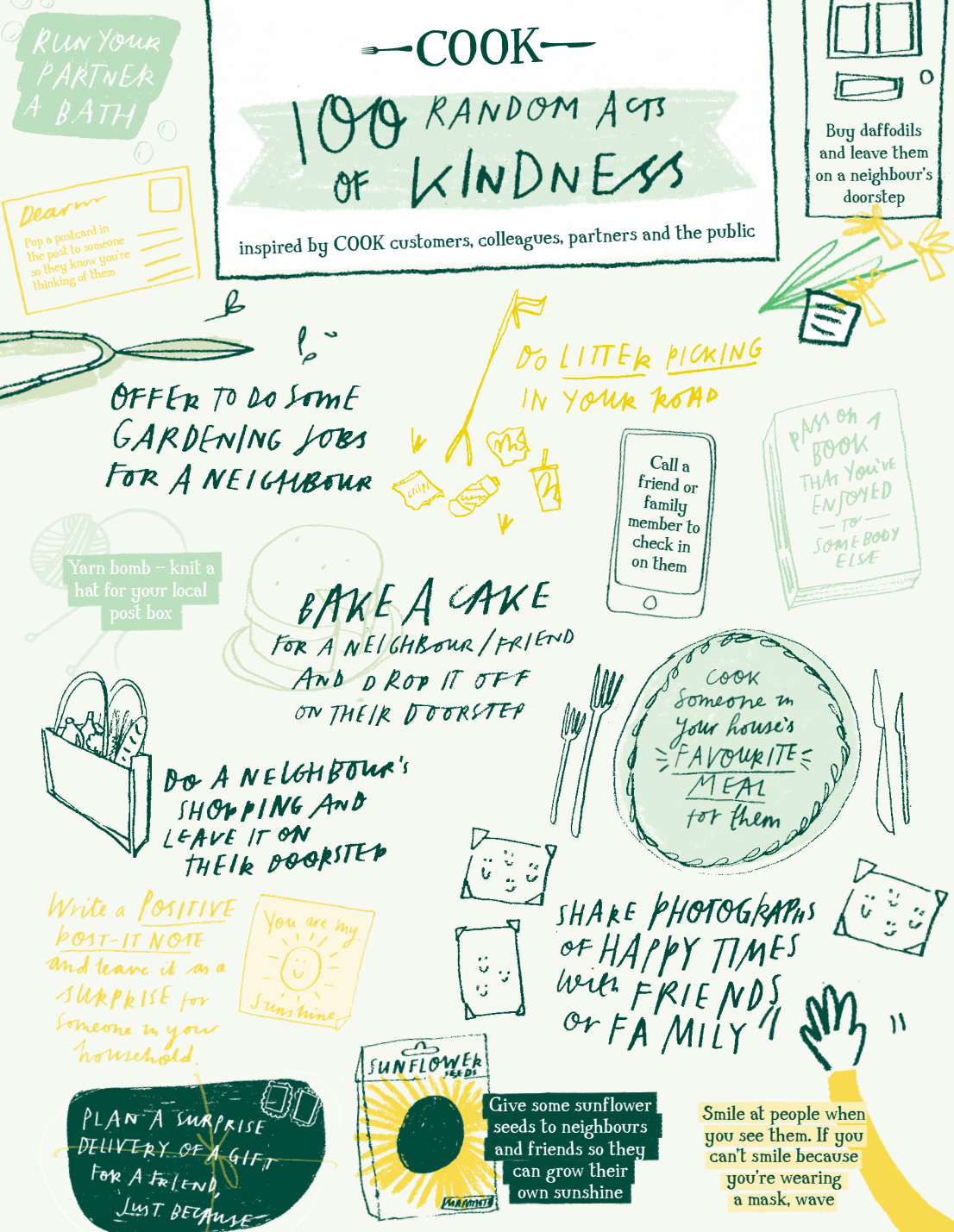
Mini Thai Fishcakes	GF	DF
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## PUDDINGS

Chocolate Roulade	GF	
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 see p27





"No act of kindness, however small, is wasted," wrote Aesop. For Random Acts of Kindness Day in February we came up with a list of 100 small acts we can all do to help spread kindness. Find the full list at [cookfood.net/kindness](http://cookfood.net/kindness)



## HOW TO SHOP



### Home Delivery

Order online at [cookfood.net](http://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.



### Local COOK Shop

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



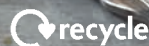




**WE  
DELIVER!**

**"Great food, great service, value for money and convenience. Superb."**

★★★★★ Marianne



MIX  
Paper from  
responsible sources  
FSC® C006405

Mango & Passion Fruit Cheesecakes



**Trustpilot** ★★★★★

EXCELLENT, based on 6,025 reviews, February 2021

Your local COOK shop:

## OUR FOUNDING STATEMENT

To COOK using the same ingredients and techniques you would at home, so everything looks and tastes homemade. Today, nothing's changed.

Ed & Dale, founders

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01732 759010 • edwardanddale@cookfood.net