





Hello,

COOK turns 25 this year. In the pre-Harry Potter days, as a fledgling business, there was a lot of trial and error (especially error), but eventually we figured out how to make frozen meals look and taste homemade. The secret ingredient turned out to be people. People who care deeply about their work, about each other and, especially in our shops, about their local communities.

Strong communities are just as important now as ever, but they don't happen by accident. It is why our **Kindness Fund has donated approaching 300,000 meals** to people in need around our shops. And it's why we offer a 30% discount for community events. So, if you're planning a street party to celebrate the Queen's 70 remarkable years of public service – or indeed any community event, be it for a PTA, a sports club or a charity fundraiser – we'd love to help. The details are on **p34**.

We really hope we can help you serve up some joy this summer: Because, if there's one thing we've learned over 25 years, it's that **nothing brings people together better than a good meal**.

COOK CEOs (and brother and sister)

HOW TO SHOP

Home Delivery

Order online at cookfood.net

Order online and collect for free

- same day when you order 2hrs ahead

Find your nearest shop at

cookfood.net/shops

Enjoy the sunshine,

Kone



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 Summer 2022



Certified We believe in business as a force for good in society. cookfood.net/bcorp



Very occasionally we might have to change prices, ingredients or symbol 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 2022). Please refer to the packaging for the mos up-to-date information. There may be products unavailable temporaril in shops. Not all products are available for home delivery (please go to www.cookdoodnet or phone 01732 75920 for more details).

Local COOK Shop



Summer Get Togethers: p6-7

Whether it's a meal with friends or a lavish summer party, you do the inviting and we'll do the cooking.





Take COOK on Holiday

Don't spend your holiday in the kitchen. Let us COOK or your staycation so veryone can relax. Book a elivery at cookfood.net

Handmade Puddings: p26-31

Supper in the Garden: P4-5

Make the most of those glorious summer evenings and let us COOK for you and yours



The Joy of Veg: p10-11

Discover our award-winning vegetarian and vegan meals, hand-prepared by the chefs at the COOK kitchens.



THE JOYOF GARDEN SUPPERS

Those light, dry summer evenings are precious. With a few COOK meals ready and waiting in the freezer you can always make the most of them, even after the busiest of days. Oven on, feet up.





A Greek Getaway

Whisk your taste buds off on a mini-break to Greece with the new Spinach & Filo Tart, our take on the classic spanakopita. A celebration of Mediterranean flavours, it's great for a family meal or as part of your summer buffet.

And then fly back home for pudding and a tasty twist on the classic Eton Mess.





A Family Favourite

When you fancy a BBQ but don't have the time or inclination to faff around with the grill, our Spatchcock Chicken is sunshine on a plate. We love it with sweet potato fries, corn on the cob, and coleslaw.



Bring the restaurant home with Sea Bass fillets, roasted new potatoes, fennel and Romesco sauce. Take it out the freezer, pop it in the oven, then relax in the evening sunshine. And a G&T semifreddo for pudding? Go on then.





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THE JOY EATING TOGETHER

Whether it's a meal with friends or a mini-Glastonbury in the garden, let us COOK so you can make it a gathering to remember...





LIGHT BITES & STARTERS

Baked Camembert 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.

Butternut, Beetroot 6. & Celeriac Parcels V DF	00 (2×1)

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

Salmon, Horseradish & Spinach Stacks GF

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

Duck & Plum Filo Parcels DF 7.00 (2×1) Chinese five spice roasted duck from Silver Hill, with shredded carrot and spring onion in a ginger, plum and orange sauce.

Garlic Butter Prawns with Lemon & Dill 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 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.

Garlic Butter Prawns with

CANAPES All 7.50 (12 per pack) Cook from frozen in 25 mins or less

7.00 (2×1)

15.00 (4)

batay Chicken	Bites DF
Goat's Cheese	& Pesto Whirls 💟
Duck & Hoisin	Puffs

Garlic Butter Prawns with Lemon & Dill served with spaghetti zen in 25 mins or less Mini Thai Fishcakes @ Df // Tomato & Pine Nut Tarte Tatins () Df Garlic Chicken Bites

'The best quiche I've ever eaten '

\star \star \star \star \star Lisa

SERVE OP THE PERFECT SPREAD All the essentials for a spectacular summer spread.

SALADS All 8.75 (8)

There's more to life than iceberg lettuce. Meet some salads with oomph.

Moroccan Fruity Couscous with a Harissa Dressing WA vibrant couscous salad with dried apricots, sultanas, grilled red peppers and a squeeze of lemon juice.

Rainbow Salad with a Lemon & Herb Dressing \mathbf{N}

A zesty giant couscous salad with grilled peppers, edamame beans, chickpeas, and a mix of sunflower and pumpkin seeds.

Quinoa Wholefood Salad with a Lime & Ginger Dressing 🚺

A fragrant and zingy quinoa salad with edamame beans, almonds, cashews and coriander. (pictured)





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



DRESS... Pour over the dressing and stir before serving.



Neet/K SERVE... alongside a main course, BBQ or buffet.

Rule Britannia

Seventy years on and still going strong. Not just HRH but Coronation Chicken, too. The must-have dish of the summer.

Coronation Chicken 12.50 (8) Higher-welfare chicken breast with sultanas and apricots in the classic, creamy and mild curry sauce, topped with coriander and flaked almonds. Thaw & Serve





Chicken Liver Pâté GF 6.00 220g tub Roast Salmon Pâté GF 6.00 220g tub Wild Mushroom 6.00 220g tub & Truffle Pâté 🚺

Sensational Sausage Rolls 6.50 12 rolls

Sensational Veggie Rolls (0.50 12 rolls

TO SHARE



Roasted Tomato & Red Pepper Galette V DF | 5.00 (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.



French Onion Tart 0.00 (9 buffet portions) Caramelised onions in shortcrust pastry, topped with Swiss cheese and thyme.



Smoked Salmon Terrine GF10.00 (8) A terrine of Scottish smoked salmon cooked three ways – roast flakes surrounded by a delicate salmon and dill mousse, topped with smoked slices Thaw & Serve

BIG Honey Roast Ham DF 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



Feta, Tomato & Pesto Lattice **VI5.00** (6) Sun-blushed tomatoes, pesto, feta cheese, red onion and pine nuts wrapped in crisp puff pastry with basil and oregano.



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.



Ouiche Lorraine 20.00 (10-12) A free-range egg and mascarpone cheese guiche, packed with gammon, onion and semi-dried tomatoes.



Roasted Pepper & Goat's Cheese Quiche 20.00 (10-12) Sweet, roasted peppers and slices of goat's cheese in a deep, free-range egg quiche.



Kiln-Roasted Salmon Ouiche 20.00 (10-12) Generous flakes of kiln-roasted sustainable salmon in an egg and mascarpone guiche with baby spinach leaves horseradish and dill



THE JOY OF VEG

Be a bit more herbivore this summer. Good for you and good for the planet, too.

VEGETARIAN

12.00 (4) 🚺 Spinach & Feta Filo Tart 🚺

Inspired by the traditional Greek Spanakopita, a crispy filo pastry case filled with spinach, feta, ricotta and lemon zest, topped with pine nuts, dill and sunflower seeds

Tomato, Mozzarella & Pesto Stack 🚺 🕞

A savoury tatin with layers of potato and courgette, topped with crème fraiche, mozzarella and pesto, finished with red pepper and semi-dried tomato

Halloumi, Red Pepper & Spinach Stacks VGF

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.

Trio of Parsnip Rosti 🖤 🕞 10.00 (2×1) Two rostis of julienned parsnip and carrot with speckled lentils and a garlic mushroom centre, topped with a parsnip and Cheddar cream, finished with parsnip ribbons.

Macaroni Cheese 📧 🛛 3.95 (1) / 7.50 (2) Rich, cheesy, irresistible, made with vintage, West Country Cheddar. Comfort food at its finest.

Chilli con Veggie 🔤 🛛 🕞 🍠 🧡 **4.75** (1)

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

Butternut Squash & Spinach Tartlets W4.95 (24) 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.

Halloumi & Arrabbiata Pasta Bake 🗟 🚺

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

Red Lentil & Aubergine Moussaka W 4.75 (1) / 7.95 (2)

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



COMING SOON

15.00 (6)

8.00 (2)

4.75 (I)

tăste

Tomato, Basil & Mozzarella Risotto 4.95 (1) Creamy risotto with basil, mozzarella, mascarpone and white wine, topped with semi-dried tomatoes, pine nuts and a knob of lemon and parsley butter

Veggie Bolognese 4.75 (1) / 7.95 (2) A rich, slow-cooked ragu of Quorn mince, red wine and tomato, served with wholewheat spaghetti and shavings of Regato cheese.

Veggie Cottage Pie 4.75 (1) / 7.95 (2) Quorn mince cooked in a rich, tomato, red wine and thyme sauce, topped with buttery mash, Regato cheese and parsley

Parmigiana di Melanzane 🕥 4.95 (1) / 8.25 (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.

Portobello Mushroom Risotto 4.95 (1) / 8.25 (2) 😂: (V) (GF) Creamy risotto made with Portobello, cup and chestnut mushrooms, topped with a knob of lemon and parsley butter.

Roasted Vegetable 4.95 (1) / 8.25 (2) / 16.50 (4) Lasagne 🚺

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

The Grand Roasted Vegetable 30.00 (8) Lasagne 🚺

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

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 (V) 11.00 (2) Sliced Portobello mushrooms with celeriac, baby spinach, pine nuts and a white wine and garlic cream, wrapped in crisp puff pastry.



6.95 (2)

VEGAN

BAR Roasted Tomato & Red Pepper Galette VDF

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.

15.00 (4)

4.75 (1)

Red Lentil & Mixed Bean Casserole 4.75 (I)

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

Sweet Potato Katsu Curry 4.75 (1) / 7.95 (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 4.75 (1) / 7.95 (2)

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

Mexican Three Bean Chilli 🖹 V GF 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.

Shepherdless Pie VGF DF **4.75** (1) / **7.95** (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.





Spiced Cauliflower & **4.75** (1) / **7.95** (2) Aubergine Shakshuka 🔤 V 🕞 🔎

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 📰 💟 GP DF Cannellini and butter beans in a rich and smoky tomato sauce, with red and yellow peppers and kale



Wild Mushroom & Aubergine Lasagne VDF

4.95 (1) / 8.25 (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 (p13)

Yellow Vegetable Curry (p25)

Green Thai Vegetable Curry (p25)

Roasted Vegetable and Chickpea Curry (p22)

VEGAN SIDES

Minted Couscous • Plain Basmati Rice Coconut & Lime Leaf Rice • Peas Pilau Bombay Potatoes • Onion Bhajis • Plain Naan Garlic & Coriander Naan

VEGAN PUDDINGS

Farmhouse Flapjack • Vegan Honeycomb Ice **Cream** (p37-39)

*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.

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HEALTHY MEALS IN MINUTES



Our Love Eating Well Pots for One & Wholebowls are healthy, balanced, complete meals containing at least I of your 5-a-day and providing a source of protein.

POTS FOR ONE Healthy Lunch in Minutes £4



Mexican Black Bean &

and a wedge of lime.

2 OF 5 SOURCE OF HIGH 246 FIBRE PROTEIN CALORIES

Prawns with Chorizo & Lentils Mushroom Chilli 📑 V 🕞 DF E DF Ming prawns and freerange pork chorizo with soft, speckled Slow-roasted Portobello mushrooms lentils, chickpeas, piquillo peppers, baby and black turtle beans in a Mexican-style spinach and tomatoes. spiced tomato sauce with rice, coriander



HIGH LOW LOW PROTEIN SUGAR SAT FAT

Teriyaki Chicken Noodles

beans and sweetheart cabbage in

a ginger and tamari soy sauce.

E Chicken marinated in dark soy

and honey with egg noodles, edamame

330 CALORIES





Chicken Noodle Laksa GF DF Marinated chicken with rice noodles in a sweet and fragrant coconut sauce.



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



Mac Cheese with Ham & Cauliflower E Ultimate comfort food: macaroni, cauliflower florets, leeks, chives and Chiltern ham in a light, vintage Cheddar cheese sauce.



Halloumi & Roasted Vegetable Pasta

roasted courgettes, yellow peppers and

cherry tomatoes with cannolicchi pasta

and a tomato and basil pesto sauce.



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



Chicken Pad Thai 🖾 GF DF The classic dish of chicken and rice noodles with a sweet and salty cashew dressing, spring onions and green beans.



Lemon & Herb Chicken

rice, chickpeas and baby spinach.

GF DF Higher-welfare British

chicken breast in a gently spiced lemon,

oregano and thyme-infused sauce with



topped with toasted cashew nuts.



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



Sweet Potato & Aubergine Sri Lankan Curry EGDEV Roasted aubergine and sweet potato in a mild, fragrant curry leaf and coconut sauce with brown rice and red lentils,





in honey and tamari in a cashew satay sauce with rice, soya beans, carrots, spring onions and coriander.

WHOLEBOWLS Healthy Dinner in Minutes

1

Butternut Squash & Coconut Curry GF DF V £4.75

285 CALORIES 2 OF 5 LOW SOURCE OF A DAY SAT FAT FIBRE

Tikka Chicken & Mango Rice GF) £4.75

416 CALORIES 2 OF 5 HIGH SOURCE OF A DAY PROTEIN FIBRE

Salmon & Courgette Linguine £5.25

420 CALORIES I OF 5 LOW HIGH A DAY SAT FAT PROTEIN

Creamy Chicken & Mushroom Spaghetti £4.75

449 CALORIES I OF 5 HIGH SOURCE OF A DAY PROTEIN FIBRE

Moroccan Sweet Potato Couscous 🔤 V £4.75

460 CALORIES 2 OF 5 LOW SOURCE OF A DAY SAT FAT FIBRE

Protein contributes to the maintenance of muscle mass.

CHICKEN

GF DF 10.00 (4)

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

Chicken & Tomato Pasta Bake 🖾 **4.95** (1) Higher-welfare British chicken breast, mushrooms and Italian cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Hearty Chicken Casserole 🖂 4.95 (1) A comforting one-pot meal of succulent higher-welfare British chicken leg and thigh, with chunky root vegetables in a rich gravy with white wine and herbs.

Chicken, Pea & Bacon Risotto 4.95 (1) / 8.25 (2) ≅•GF)

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.

Tarragon & Lemon Chicken 📑 4.95 (1) / 8.25 (2) Higher-welfare British chicken and soft leeks in a delicate cream and white wine sauce, with tarragon, lemon and a little mustard.

Basil & Mascarpone Chicken 📧 GF 4.95 (1) / 8.25 (2) Higher-welfare British chicken breast marinated with lemon and garlic in a basil pesto and mascarpone tåste sauce, with semi-dried cherry tomatoes.

Honey & Ginger Chicken S. GF DF 4.95 (1) / 8.25 (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 Harissa Chicken 4.95 (1) / 8.25 (2) / 16.50 (4) 🕿 (GF) 🎤 🦲

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

Chicken Alexander 2 4.95 (1) / 8.25 (2) / 16.50 (4) Marinated higher-welfare British chicken breast with mushrooms and peppers in a luxurious white wine and sherry sauce.

Chicken Dijon E GF 4.95 (1) / 8.25 (2) / 16.50 (4) Marinated higher-welfare British chicken breast in a white wine and mustard sauce, topped with buttered leeks and caramelised red onions.



6000

AWARD

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Chicken & Mushroom Lasagne

4.95 (1) / 8.25 (2) / 16.50 (4)

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.

4.95 (1) / 8.25 (2) / 16.50 (4) Cog au Vin 📰

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



12.75 (2)

Stuffed Chicken Cushion with English Sparkling Wine

A higher-welfare British chicken crown with a handmade stuffing of Speldhurst sausagemeat, bacon and herbs, with an indulgent sauce



made with English sparkling wine, shallots and orange.

Chicken, Ham & Leek Pie 4.95 (1) / 8.25 (2) / 16.50 (4) Higher-welfare British chicken and ham with sliced leeks in a cream and white wine sauce, topped with melt-in-the-mouth shortcrust pastry.



Chicken, Ham & Leek Pie

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

Basil & Mascarpone Chicken served with tagliatelle

BEEF

Spaghetti Bolognese 🔤 🧡

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 🖃 (GF) 🎢

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

4.75 (I)

great

taste

5.25 (I)

täste

36.00 (8)

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

Cottage Pie GF **4.75** (1) / **7.95** (2) / **15.90** (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.

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 5.25 (1) / 9.45 (2) / 18.90 (4) Tender top rump beef, cooked slowly with vegetables and Merlot wine, topped with shortcrust pastry.

Beef Stroganoff 📧	5.25 (1) / 9.45 (2) /	18.90 (4)
Pieces of silverside beef and	roasted mushrooms in	great
Pieces of silverside beef and a creamy sherry, brandy and	paprika sauce.	täste

Slow-Cooked	5.25 (1) / 9.45 (2)
Rump Beef with Brandy E Prime rump beef cooked slowly with	great
chestnut mushrooms and a rich, brandy s	sauce.

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

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

Beef Bourguignon 5.25 (1) / 9.45 (2) / 18.90 (4) DF

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

The Grand Beef Bourguignon DF

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

with béchamel sauce and a West Country Cheddar topping.

Beef Wellington

Prime fillet of beef with a Porcini mushroom duxelle, wrapped in an all-butter puff pastry.



20.00 (2)

Steak, Mushroom & Merlot Pie 25.00 (6)

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



DUCK

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.

Roasted Confit of Duck **5.50** (1) / **10.00** (2) Confit duck leg in a juniper berry and orange zest sauce with cranberries.

PORK

Slow-Roasted Belly of Pork 13.00 (2) Two succulent pieces of pork belly from Dingley Dell Farm with Bramley apples and roasted new potatoes, topped with a sage and parsley crumb

Sausage Casserole 😂

4.50 (1)

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

Mac Cheese with Bacon & Garlic Croutons

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

With a vintage, West Country Cheddar cheese sauce and garden peas.

4.95 (1) / 8.25 (2) / 16.50 (4) Meatballs in a Rustic Tomato Sauce 🔤 🌌 🦊

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

Pork Dijon 🔤

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

4.75 (I)

5.25 (1) / 9.45 (2)

Spaghetti Carbonara 🔤

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.



LAMB

Noroccan Lamb Filo Pie Slow-cooked lamb with chickpeas, spinach and dressed in North African spices, wrapped in go pastry and topped with feta and pistachio.	
Liver, Bacon & Onions E Tender pieces of lamb's liver in a red wine sau with onions and smoked back bacon.	3.95 (1) Ice garnished
Lamb Hotpot DF 🧡	5.25 (I)

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

Shepherd's Pie GF **4.75** (1) / **7.95** (2) / **15.90** (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 4.75 (1) / 7.95 (2) / 15.90 (4) Grass fed minced lamb, seasoned with cinnamon and mint, with layers of roasted aubergine and potato slices and a creamy, ricotta cheese sauce.

5.25 (1) / 9.45 (2)

Lamb Casserole with New Potatoes St DF

Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly. roasted aubergine and potato slices and a creamy, ricotta cheese sauce.

Slow-Cooked Lamb Shanks GF DF	14.00 (2)
Slow-cooked lamb shanks with a red wine and	great
rosemary jus.	great taste



Moroccan Spiced ____ 5.25 (1) / 9.45 (2) / 18.90 (4) 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 Moroccan Spiced 36.00 (8) Lamb Tagine GF DF

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



served with our Minted Couscous

Scottish Salmon with **Roasted New Potatoes**

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FISH

Scottish Salmon with Roasted New Potatoes GF

Two roasted Scottish salmon fillets on a bed of sautéed leeks and new potatoes, with a zingy crème fraiche, mustard, lemon and dill sauce

Roasted Sea Bass with Romesco Sauce GF)

Two sustainably caught sea bass fillets with roasted new potatoes and fennel, in a smoky red pepper and tomato Romesco sauce

Stuffed Sea Bass with Roasted Fennel & Dill GF DF

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

BIO 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.

Smoked Salmon & Pesto Tartlets 4.95 (2×1) Smoked salmon, pesto and spinach, topped with a mature

Cheddar cheese and parsley crumb in shortcrust pastry cases.

King Prawn Linguine 📰 5.25 (1) / 9.45 (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.

Crab & Fennel Linguine 5.25 (1) / 9.45 (2) Italian linguine with a luxurious crab and white wine sauce, topped with slices of roasted fennel, white crab meat, chilli and chives.

Cod Mornay **13.00** (2)

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

Smoked Haddock & Bacon Gratin 5.25 (1) / 9.45 (2)

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

Smoked Haddock & Leek Risotto 🖾 GF)

5.25 (1) / 9.45 (2)

5.25 (I) / 9.45 (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 & 5.25 (1) / 9.45 (2) / 18.90 (4) Asparagus Gratin

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

Classic Fish Pie 5.25 (1) / **9.45** (2) / **18.90** (4)

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

The Grand Fish Pie 36.00 (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

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

Garlic Butter Prawns 15.00 (4) 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.



14.00 (2)



13.00 (2)

28.00 (4)

PIES FOR ONE All 4.25

Classic Steak & Ale Pie With caramelised red onions.

Steak & Stilton Pie With roasted parsnips and red wine.

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

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



mustard mash.

Ham Hock & Leek Pie

Steak & Kidney Pie

In a cream sauce topped with wholegrain

With roasted red pepper, sun-blushed tomato, pine kernels and ricotta





Peas & Leeks with a 1.65 (1) Lemon & Herb Butter	/ 2.60 (2)
Braised Red Cabbage 📑 💟 GF	2.60 (2)
Creamy Mash () GF 1.65 ()	/ 2.60 (2)
Creamed Spinach	2.60 (2)

Trio of Greens ONLY OF DF	1.65 (1) / 2.60 (2)
Dauphinoise Potatoes VGF	1.65 (1) / 2.85 (2)
Minted Couscous 📰 🔍 DF	2.60 (2)
Plain Basmati Rice	1.35 (1) / 2.00 (2)
Garlic Ciabatta V DF	2.50

GRAND MEALS FOR 8

36.00 (8)

100

30.00 (8)

The Grand Moroccan Spiced 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 Fish Pie Cod and smoked haddock in a classic, white roux lemon, parsley and chives. Topped with fluffy, butt mash and finished with a crispy crumb and lemon	ery parsley
The Grand Beef Bourguignon DF Slow-cooked top rump steak, smoked bacon, mushrooms and caramelised baby onions with plenty of Merlot wine.	36.00 (8)
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.

The Grand Cottage Pie GF

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 Roasted Vegetable Lasagne V 30.00 (8) Layers of roasted peppers, mushrooms, courgettes and spinach between Italian egg pasta sheets with a light crème fraiche and mascarpone sauce

KiDS MeaLS

Chicken Dinosaur Pie DF

Meatballs & Spaghetti 📧

Beef Lasagne 😂

Pasta Bolognese 😂 DF

Chicken Tikka & Rice

Chicken Paella 🖽 🕞 DF

Fish Pie 📧 🕞

Macaroni Cheese 🔤 🛛

Cottage Pie 🖾 🕞 Sausage Casserole

Sweet Potato Nacho Bake SGF DF

Veggie Lasagne 🔤 💟



Life-changing Meals

2.9 Million Meals Donated So Far

-COOK

For every Kids Meal you buy, we donate a school meal to children in Malawi, through our charity partners One Feeds Two. Free school meals encourage attendance, aid concentration, and help empower a generation with the education they need to lift their communities out of poverty. Thank you.



DELIVER!

TAKE COOK **ON HOLIDAY!**

If you're planning a Great British holiday this summer, don't forget the essentials: sun cream, umbrella, and a COOK order. Take meals in a cool bag or book a delivery to your destination and take a well-deserved holiday from the kitchen.

Chicken

Dinosaur Pie



taste

4.95 (1) / 8.25 (2)

taste

Chicken Tikka Masala 🗐 🕼

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

4.95 (1) / 8.25 (2)

Chicken Jalfrezi 🖾 🕞 加 Higher-welfare British chicken breast marinated in yoghurt, garlic and paprika in a spicy onion, tomato and red and green pepper sauce.

Garlic Chicken Curry 🔄 GF 🅒 4.95 (I) A classic garlic, coriander, onion and tomato sauce with marinated higher-welfare British chicken breast.

Butter Chicken Curry 🔄 🕞 🏄 4.95 (I) / 8.25 (2) A Murgh Makhani with a bit of kick, made with traditional

spices, tomatoes, cream, and marinated higher-welfare British chicken breast.

& Chickpea Curry 🔄 🛛 🕞 🗾

4.95 (1) / 8.25 (2) taste

taste

2021 4.95 (I)

tåste

5.50 (I)

taste

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

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

Aubergine, Spinach & Paneer Curry 📰 🛛 🕞

Roasted Vegetable

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

Lamb Dupiaza 🖾 🕞 🎢

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 🖾 DF 🌶

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





Prawn Karahi 5.50 (1) / 10.00 (2) 🖹 (GF) 🥒

5.50 (I)

5.50 (I)

täste

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



SIDES	·····
Plain Naan V DF	1.50 (2)
Garlic & Coriander Naan V DF	1.50 (2)
Lamb Samosas DF 🌽	2.95 (2)
Onion Bhajis V 🕞 DF	2.50 (2)
Bombay Potatoes 📰 🕅 🕞 🗗 🌶	taste 2.75 (2)
Saag Paneer 📰 🛛 🕞 🥒	2.75 (2)
Tarka Dal 📰 🕅 🕞 🗾	2.75 (2)
Chana Masala 📰 🛛 🕞 🥒	taste 2.75 (2)
Plain Basmati Rice 📧 🗸 🕞 📭	taste 1.35 (1) / 2.00 (2)
Peas Pilau 🔤 🛛 🕞 🗗	1.65 (1) / 2.60 (2)
Pappadums 🛛 DF	2.50 (×8)



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Lime & Coconut Chicken 🖅 GF DF 4.95 (1)

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

Chicken Satay E of 4.95 (1) / 8.25 (2) / 16.50 (4) A fragrant cashew and coconut sauce with higher-welfare British chicken breast.

higher-welfare British chicken breast, green beans and toasted cashews.

Green Thai 4.95 (1) / 8.25 (2) / 16.50 (4)

Chicken Curry E G D M A classic mild Thai curry made with higher-welfare British chicken breast, green peppers, coconut milk, kaffir lime leaf, lemongrass and coriander:

4.95 (1) / 8.25 (2)

4.95 (1) / 8.25 (2)

4.95 (1) / **8.25** (2)

4.95 (1) / 8.25 (2)

Red Thai Chicken Curry GF DF ♪

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

Chicken Panang Curry 😂 GF DF

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

Yellow Vegetable Curry

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

Green Thai

An aromatic, green Thai curry with coconut milk, roasted

butternut squash, red peppers, edamame beans and baby com

Thai Basil Chicken 🔄 🕞 📭 4.95 (1) Higher-welfare British chicken thigh in a Thai basil, lime and tamari soy sauce with shiitake mushrooms, red peppers and Tenderstem broccoli, topped with cashew nuts.

Hoisin Duck Noodles E 5.50 (1) Shredded duck, egg noodles, red peppers, baby sweetcorn and spring onion in hoisin sauce.

Thai Steamed Sea Bass (F) (1) 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 🌶

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

Beef Massaman Curry EGF DF S Tender beef in a rich coconut and cashew curry sauce, with sweet potato.



5.50 (I)

Yellow Thai Prawn Curry E G D 5.50 (1) King prawns in a mild curry sauce infused with fennel seeds, turmeric and lime leaf.

Red Thai Duck Curry Eff DF 5.75 (1) Sliced duck in a spicy, red Thai curry infused with cinnamon, lemongrass and ginger.

Crispy Roast Half Duck DF 9.00 (2) With I0 pancakes & a rich Hoisin sauce.

SIDES

Vegetable Spring Rolls 🕅	DF 2.95 (2	2)
Plain Basmati Rice	1.35 (1) / 2.00 (2	2)
Coconut & Lime Leaf Rice 💽 Ѵ 🕞 DF	1.65 (1) / 2.60 (2	2)



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Lime & Coconut Chicken

Eton Mess Parfait

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White Chocolate & Raspberry Cheesecake 17.00 (10-12) A light white chocolate cheesecake with raspberries on a dark chocolate biscuit base

Eton Mess Parfait 18.00 (10-12) Handmade meringue pieces, whipped cream and raspberries, rippled with a raspberry coulis, topped with white chocolate shards



Raspberry Pavlova GF) 15.00 (8-10) A light pavlova roll packed with fresh cream and raspberries.



Lemon Meringue Pavlova **15.00** (8-10) Soft meringue layered with lemon curd and cream, rolled and coated with crumbled shortbread



Espresso Martini Pavlova GF) 15.00 (8-10) Light chocolate meringue rolled with whipped cream laced with coffee syrup, vodka and cocoa nibs and drizzled with dark chocolate.

LARGE PUDDINGS 8+ people



Triple_Chocolate Torte **17.00** (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 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.



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 Cheesecake 17.00 (10-12) A light, zesty lemon cheesecake on a crushed digestive biscuit base.

Chocolate & Salted Caramel

Pavlova (V) GF) 15.00 (8-10)

A chocolate-chip meringue roll

filled with salted caramel cream and

indulgent dark chocolate.



Salted Caramel, Chocolate & Honeycomb Cheesecake 17.00 (10-12) A salted caramel cheesecake with

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



Glazed Apple Tart 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. Can also be served warm.



Chocolate & Raspberry Roulade (GF) 15.00 (8-10) A rich chocolate sponge, generously filled with whipped cream and raspberries and rolled by hand.





Chocolate Roulade GF) | 5.00 (8-10) A rich chocolate sponge, generously filled with whipped cream and rolled by hand.

MEDIUM PUDDINGS 6-8 people





Classic Lemon Tart 8.50 (6-8) A traditional lemon tart with a smooth, rich lemon filling and handmade shortcrust pastry.



Pear & Ginger Tart 8.50 (6-8) Soft pears and ginger in a classic frangipane tart, finished with flaked almonds. Can also be served warm.



Chocolate & Almond Torte © © 8.50 (6-8) A flourless, rich and indulgent chocolate torte made with real Belgian chocolate and ground almond.

Be the Best Guest

If you're not the host with the most, be the best guest and bring a handmade pudding with you. For a finishing touch (or to pass it off as homemade!) just add some fresh summer fruit before serving.



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



taste

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

(a) \$2.5 (a) \$2.5 (b)

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



Sticky Toffee Pudding 7.75 (6) The traditional sponge pudding made with dates, vanilla and Somerset butter with an indulgent toffee sauce.



Bramley Apple & Blackberry Crumble 7.75 (6) Bramley apples and blackberries with a crunchy oat crumble.





Gin & Tonic Semifreddo CF 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.



Dark Chocolate & Mint Terrine 8.50 (6-8)

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



Raspberry_& Pistachio Torte

OF DF 8.50 (6-8)

A moist torte made with ground

almonds, polenta and raspberries,

generously drizzled with orange syrup

and topped with pistachios

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INDIVIDUAL PUDDINGS

COLD PUDDINGS

Eton Mess Parfait	4.00 (2)
Lemon Tarts 🕥	4.00 (2×1)
Individual Summer Pudding V DF	taste 4.00 (2×1)
Chocolate & Salted Caramel Mousse	3.85 (2×1)
Gin & Tonic Semifreddos 🔇 🕞	taste 3.85 (2×1)
Salted Caramel, Chocolate & Honeycomb Cheesecakes	3.85 (2×1)
Lemon Cheesecakes	3.85 (2×1)
Mango & Passion Fruit Cheesecakes	taste 3.85 (2×1)
Red Berry Mousse GF	3.85 (2×1)
Lemon Possets 💟	3.85 (2×1)
HOT PUDDINGS	-
Sticky Toffee Pudding 💟	great 3.85 (2)
Bramley Apple & Blackberry Crumble 🕅	3.85 (2)





CARES & IRA II	DUVEO
Farmhouse Flapjack 💟 DF	4.95 (6)
Belgian Chocolate Brownie 📎	4.95 (6) / 12.00 (20)
Gluten-Free Belgian Chocolate Brownie 🛛 GF	areat taste
Billionaire's Shortbread 💟	4.95 (6)
Lemon Drizzle 🔇	4.95 (6)
Belgian Chocolate Cake 💟	12.00 (8)
Triple Layered Carrot Cake 🔇	I 3.00 (10)
Celebration Cake 💟	17.00 (12)

CAKES & TDAVRANES





At the COOK Puddings kitchen in the green heart of Somerset, chefs are busy whisking, baking, mixing and rolling to create puddings that look and taste homemade.

JELLED SUNSHINE



Puddings. We've been using 100% electricity for ages, but we're proud to be creating our own.

ICE CREAM by Jude's

4.50 (460ml tub) / all 💟

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 DF

LOLLIES by Ice Kitchen

All 2.00 / all V GF

Blueberry, Yoghurt & White Chocolate Strawberries & Cream Mojito DF Oranges & Lemons DF Mixed Summer Berries DF Banana & Milk Chocolate

🐨 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 Feb 2022.



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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.

Ca	alories per cals	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%
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 February 2022. As always, the label on the back of pack is most accurate.

HOLEBOV	VLS
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Butternut Squash & Coconut Curry	GF D	DI
Tikka Chicken with Mango Rice	GF	

M

POTS FOR ONE

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

VEGGIE & VEGAN

Tomato, Mozzarella & Pesto Stack	GF	
Halloumi, Red Pepper & Spinach Stacks	GF	
Sweet Potato Katsu Curry	GF	DF
Wild Mushroom & Aubergine Lasagne		DF
Mexican Three Bean Chilli	GF	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
Trio of Parsnip Rosti	GF	
Shepherdless Pie	GF	DF
CHICKEN		
Piri Piri Spatchcock Chicken	GF	DF
Chicken Dijon	GF	
Honey & Ginger Chicken	GF	DF
Chicken, Pea & Bacon Risotto	GF	
Basil & Mascarpone Chicken	GF	
M II · CI·I	0	••••••

Moroccan Harissa Chicken (GF) Chicken in White Wine with Thyme (GF)

BEEF Beef Bourguignon DF GF Chilli con Carne (GF) Cottage Pie LAMB Lamb Casserole with New Potatoes DF DF Lamb Hotpot DF Moroccan Spiced Lamb Tagine GF Shepherd's Pie GF Slow-Cooked Lamb Shanks (GF) DF

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

TAKEAWAY

DF Keralan Prawn & Mango Curry (GF) GF Aubergine, Spinach & Paneer Curry (GF) Chicken Korma GF GF Chicken Tikka Masala Chicken Jalfrezi GF Garlic Chicken Curry GF Butter Chicken Curry Beef Madras (GF) (GF) Lamb Dupiaza Prawn Karahi (GF) Vegetable Korma (GF) Roasted Vegetable & Chickpea Curry (GF) DF Lamb Kofta Dhal Curry DF INDIAN SIDES **Bombay Potatoes** DF GF GF Saag Paneer (GF) Chana Masala GF Tarka Dal DF GF DF Plain Basmati Rice

THAI MAINS

THAI SIDES

Peas Pilau

Pappadums

Lamb Samosas

Onion Bhajis

Chicken Satay

Plain Naan Bread

Garlic & Coriander Naan Bread

Lime & Coconut Chicken

Green Thai Chicken Curry

Green Thai Vegetable Curry

Drunken Noodles with King Prawns

Red Thai Chicken Curry

Chicken Panang Curry

Yellow Vegetable Curry

Beef Massaman Curry

Red Thai Duck Curry

Hoisin Duck Noodles

Thai Steamed Sea Bass

Coconut & Lime Leaf Rice

Thai Basil Chicken

Crispy Roast Half Duck

Yellow Thai Prawn Curry

INDIAN MAINS

DF (GF)

DF

DF DF (GF)

DF

DF

(GF)

GF DF

GF DF

GF GF

GF DF

(GF) DF

(GF)

(GF) DF

(GF) DF

(GF) DF

Chicken Dinosaur Pie GF Chicken Paella GF Fish Pie GF GF Chicken Tikka & Rice Cottage Pie Pasta Bolognese GF Sweet Potato Nacho Bake Sausage Casserole

COOK FOR KIDS

ENTERTAINING

Roasted Tomato & Red Pepper Galette		DF
Scottish Salmon with Tomatoes & Pine Nuts	GF	
Soy-Glazed Roast Duck		DF
Honey Roast Ham		DF
Garlic Butter Prawns with Lemon & Dill	GF	
Side of Salmon with Lemon & Dill	GF	DF
Smoked Salmon Terrine	GF	
Chicken Liver Pâté / Roast Salmon Pâté	GF	••••••
Mini Thai Fishcakes canapés	GF	DF
Satay Chicken Bites		DF
Tomato & Pine Nut Tarte Tatins		DF
Butternut, Beetroot & Celeriac Parcels		DF
Duck & Plum Filo Parcels		DF
Salmon, Horseradish & Spinach Stacks	GF	

PUDDINGS

Chocolate Roulade	GF	
Chocolate & Raspberry Roulade	GF	
Eton Mess Parfait	GF	
Espresso Martini Pavlova	GF	
Raspberry Pavlova	GF	
Chocolate & Salted Caramel 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 p30		

FISH

Scottish Salmon with New Potatoes	GF
Roasted Sea Bass with Romesco Sauce	GF
Scottish Salmon with Tomatoes & Pine Nuts	GF
Stuffed Sea Bass with Roasted Fennel & Dill	GF DF
Smoked Haddock & Leek Risotto	GF

DF DF

DF DF DF

Visit cookfood.net/loveeatingwell for more information

30% OFF FOR COMMUNITY EVENTS

If you're bringing people together in your community this summer then we'd love to help with 30% off our food.

Whether it's a Diamond Jubilee street party, a charity fundraiser, a PTA event, a sports club social or any other event for your local community, get in touch. We've helped feed people at more than **1,000 local events** over the past few years.

We believe **nothing brings people together like sharing a good meal.** So organise the neighbours and let's serve up some joy for each other this summer.

Ask in your local COOK shop or visit cookfood.net/CommunityKitchen









Order online at cookfood.net and get a delivery straight to your door.



Find your nearest shop at cookfood.net/shops



🔭 Trustpilot 💌 🗶 🗶

EXCELLENT, based on 11,424 reviews, February 2022

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.

The COOK Kitchen • Sittingbourne • Kent • ME10 3HH 01732 759010 · edwardanddale@cookfood.net