





★ PREPARED ★ BY HAND AT OUR KITCHEN IN KENT

MAINS

CHICKEN

Chicken Alexander  4.25 (1) / 7.50 (2)
Marinated chicken breast pieces with mushrooms and peppers in a rich white wine and sherry sauce.

Chicken Dijon  4.25 (1) / 7.50 (2)
Marinated chicken breast pieces in a white wine and mustard sauce with caramelised red onions.







Hearty Chicken Casserole

Chicken, Ham & Leek Pie 4.25 (1) / 7.50 (2)
Tender chicken breast, ham and sweet leeks in a white wine sauce, topped with melt-in-the-mouth, shortcrust pastry. A prince among pies!

Chicken & Mushroom Lasagne 4.25 (1) / 7.50 (2)
Layers of chicken and mushroom with a sun-dried tomato sauce, topped with Cheddar cheese and red pesto.

Chicken & Tomato Pasta Bake  4.25 (1)
Chicken breast, mushrooms and cannolicchi pasta in a rich tomato and basil sauce topped with mozzarella.

Coq Au Vin  4.50 (1)
Succulent chicken on the bone cooked slowly in red wine with back bacon and mushrooms.

Moroccan Spiced Harissa Chicken    4.25 (1) / 7.50 (2)
Harissa-marinated chicken breast in a sweetly-spiced sauce with roast aubergines, chickpeas and almonds.

Hearty Chicken Casserole  4.50 (1)
A comforting one pot meal of succulent chicken leg and thigh, with chunky root vegetables in a deeply-flavoured gravy. (pictured above)

FISH

Classic Fish Pie 4.75 (1) / 8.50 (2)

Salmon & Asparagus Gratin 4.75 (1) / 8.50 (2)

Smoked Haddock & Bacon Gratin ★ 4.75 (1) / 8.50 (2)
Naturally smoked haddock, bacon, broccoli and sweetcorn in a creamy fish sauce topped with sweet potatoes.



Portion sizes are in brackets •  Vegetarian •  Gluten Free •  Dairy Free


 Microwaveable •  Must be microwaved

 Under 400 cals & 14g fat • ★ 2014-2016 Great Taste Award Winners

 *Warm me up' spicy •  Nice and spicy

BEEF

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

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

Chilli con Carne ★     3.99 (1)

Cottage Pie 3.99 (1)


Lasagne al Forno *also contains pork 4.25 (1) / 7.50 (2)

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

Spaghetti Bolognese  *also contains pork 3.99 (1)


Steak & Red Wine Pie 4.50 (1) / 7.99 (2)
Tender top rump beef, cooked slowly with vegetables and Merlot wine, topped with shortcrust pastry.

PORK

Pork Dijon  4.50 (1) / 7.99 (2)
Tender strips of pork cooked in a tangy sherry and mustard sauce with mushrooms and chives.


LAMB

Lamb Casserole with New Potatoes    5.00 (1)
Tender leg of lamb with new potatoes in a rich gravy with mint and redcurrant jelly.

Liver, Bacon & Onions  3.50 (1)

Moroccan Spiced Lamb Tagine
5.00 (1) / 8.99 (2) ★     
Leg of lamb, slow-cooked to perfection with chickpeas and an authentic blend of Moroccan spices, garnished with almond flakes.



Shepherd's Pie  (pictured below) 3.99 (1) / 6.99 (2)



Shepherd's Pie

VEGETARIAN

Portobello Mushroom Risotto   3.99 (1) / 6.99 (2)

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




Macaroni Cheese  3.25 (1) / 6.00 (2)

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

Roasted Vegetable Lasagne  4.25 (1) / 7.50 (2)

INDIAN

Chicken Korma   4.25 (1) / 7.50 (2)

Chicken Jalfrezi    4.25 (1)

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

Chicken Tikka Masala    4.25 (1) / 7.50 (2)

Lamb Dupiaza ★    5.00 (1)

THAI

Green Thai Chicken Curry    4.25 (1) / 7.50 (2)

Red Thai Chicken Curry ★    4.25 (1)

(pictured below)

Yellow Vegetable Curry ★    4.25 (1)

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



Red Thai Chicken Curry

PUDDINGS

Belgian Chocolate Pudding  3.25 (2)

Bramley Apple & Blackberry Crumble  3.25 (2)

Sticky Toffee Pudding ★  3.25 (2)

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 time of going to print (February 2017). Please refer to the packaging for the most up-to-date information. There may be products unavailable temporarily in shops.

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C2 - February 2017

— COOK — REMARKABLE FOOD ★ ★ FOR YOUR ★ ★ FREEZER

Lamb Casserole
with New Potatoes



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