



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Italian Pizza Cheese Steak Hero

Shaved pan seared steak sandwich meat, caramelized onions, mozzarella, provolone and fresh tomato pizza sauce. Served with a Hero roll and a side of Parmesan Garlic Wedge Fries.
(Contains: wheat, milk)

Brown Sugar BBQ Jerk Chicken

Grilled Mild Jerk Chicken with a touch of sweet brown sugar brushed with our Bullet Bourbon Jerk BBQ Sauce. Served with a side of yellow rice and pigeon peas. GF
(contains: sauce on side contains milk)

Broccoli Cheddar Chicken

Grilled Chicken breast topped with cheddar broccoli and shredded cheddar. Served with a side of bacon caramelized onion Yukon smashed potatoes. (GF)(Contains milk)

Maple Dijon Salmon

Herb olive oil oven roasted Atlantic salmon finished with a light maple Dijon glaze and served with a side of roasted sweet potatoes \$2 more per serving
GF

Stuffed Pepper Bake

Ground beef, rice and a little tomato sauce, layered between bell peppers and topped with yellow cheddar cheese. Ready to bake. Served with a side of homestyle mashed potatoes.
(contains milk)

Roast Pork and Gravy

Sage, garlic and onion slow roasted pork shoulder, topped with a pan gravy and served with a side of PA Dutch Potato Filling, and a side of chunky applesauce. \$1.00 extra per serving
(contains: wheat and milk)

All entrees come in aluminum containers for easy oven baking.

*Most items take about 30 minutes in a 375 degree oven.

*Have a special order? If we can do it, we will!

STEP TWO:

Substitute OR Add extra side items

- Mashed Potatoes (Gf)
- PA Dutch Potato Filling
- Yellow Rice and Pigeon Peas (GF)
- Bacon Onion Yukon Smashed Potatoes (GF)
- Parmesan Garlic Wedge Potatoes (GF)
- Buttered Corn (Gf)
- Roasted Sweet Potatoes (GF)
- Steamed Veggie Medley (GF)

*All entrees have suggested sides that will automatically come with them unless you substitute another side when ordering.

*Note: You cannot split the double dinner sides (example-

STEP THREE:

Add Salads or Soup

Power Up (Gf) (V)

Greens, apples, broccoli, carrots, edamame, sunflower seeds, pumpkin seeds, toasted pecans. apple cider vinaigrette

Harvest (GF)

Greens, dried cranberries, apples, candied walnuts, white cheddar or blue cheese. citrus vinaigrette (GF)

29 Caesar Salad

Baby spinach and romaine, roasted red peppers, shaved parmesan and romano, side of multigrain croutons, creamy Caesar (no anchovy) (GF without croutons)

New! Butternut Squash

Pomegranate Goat Spinach Salad

Baby Spinach, goat cheese, roasted butternut squash, pomegranate seeds, toasted pecans. Served with Apple Cider Pom Dressing

**Add Grilled or Blackened Chicken Breast \$2 per single serving - \$4 per double serving

Add Soup \$3 per serving

Loaded Potato Soup

Potatoes, onions, chicken broth, cream, cheddar, bacon topping. (can be ordered no bacon) (GF)

STEP FOUR:

Add Dessert \$4 single \$8 double

Pumpkin Cheesecake

\$1 extra per serving

STEP FIVE:

Choose your serving sizes, package items and/or add ons

Basic Pricing:

Hearty Servings

Single Supper \$11

Double Dinner \$20

Optional Packages:

Three Single Meal Deal \$30

Family Meal Deal \$65

4 servings of any item with sides, choice of two of the following:

Quart of soup, family size salad, dessert

Optional Add-ons:

Soup

-10 oz -Soup \$3

-Quart of soup (32 oz) \$10

-Seafood Soups \$5 & \$15

Side Items

Single serving side item \$5

Double serving side item \$9

Salads

Single 16 oz side salad \$5

Double 32 oz side salad \$9.50

Dessert:

See Dessert Section for Weekly Pricing

*Premium items with an upcharge will change the price accordingly if ordered.

FINAL STEP:

Place your order by Midnight on Monday

Online: www.29cooks.com

by email:

www.29cooks@gmail.com

by text or voicemail:

484-951-0442

Pickup between 2-6 pm on Tuesday at 4030 Chestnut Street, Emmaus.

In the strip mall with Dunkin'!