



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Southern Chicken Fry

Southern battered chicken, fried golden, and served with molasses bacon baked beans, egg potato salad, and mini corn muffins. (only one side per single or double serving may be subbed for another side.) (contains: milk + wheat + egg) \$1 extra per serving

Hatch Green Chile Chicken

Enchilada Stacker

Grilled diced chicken breast in a mild salsa verde tomatillo hatch green chile layered with garlic herb flour tortillas, jack and cheddar cheese. Served with a side of Mexican street corn casserole. (contains: milk, wheat)(can request GF)

Italian Turkey Burgers

Seasoned Turkey Burgers, ready to finish in the oven with savory Italian sauce, roasted red peppers, garlic sautéed spinach, provolone cheese and a crusty bun. Served with a side of house made parmesan garlic potato chips. (contains: wheat, eggs, milk,) (GF without roll)

Hamburger Mac Goulash

Elbow macaroni and ground beef simmered in tomato sauce and garnished with grated parmesan cheese. Served with a side of Yukon mashed potato (contains: milk, wheat, eggs)

Mediterranean Flat Iron Steak

Olive oil garlic marinated choice 8 oz Flat Iron Steak, topped with baby spinach, roasted red pepper, sundried tomatoes, and crumbled feta, cooked to very rare and ready to finish in the oven to your desired doneness. Served with a side of garlic red skin mashed potatoes. GF \$3 more per serving. (contains milk)

Black Pepper Brown Sugar Ham

Thick cut smoked country ham, seared in a light black pepper brown sugar butter and ready to finish in the oven. Served with a side of mashed sweet potatoes. (contains: 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!*

Check out our Holiday Party/Catering Menu and our New Holiday Adult & Mixed Age Cooking classes for a great gift idea!!!

STEP TWO:

Substitute OR Add extra side items

Garlic Mashed Potatoes (gf)

Egg Potato Salad (GF)

Steamed Broccoli (GF)

Macaroni Salad

Mexican Street Corn Casserole (GF)

Yukon Mashed Potatoes (GF)

Mashed Sweet Potatoes (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-single fry + single cauliflower) when substituting.*

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!! Apple Pom Salad

Mixed greens topped with crumbled feta, apples, dried pomegranate craisins, fresh pomegranate seeds, pumpkin seeds. Lemon White Balsamic Vinaigrette

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

Add Soup

Ham & Split Pea Soup

Diced country ham, carrots, potatoes, and split peas blended in a chicken bone broth.

Served with a side of croutons

STEP FOUR:

Add Dessert \$4 single \$8 double

Espresso Chocolate Chip

Cannolis (2 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'!