



### STEP ONE:

Choose Entrees & Suggested or Optional Sides

#### Stuffed Bell Peppers

Red Bell peppers stuffed with a blend of ground beef, rice and a touch of tomato sauce. Topped with marinara and cheddar cheese. Served with a side of homestyle mashed potatoes. (GF)

#### Chicken Tikka Masala

Our family favorite!

Boneless chicken breast tenders cooked in a creamy tomato sauce with very mild fragrant Indian spices. Served with steamed basmati rice and Naan Bread.

(Please request if you would like it spicy) GF without Naan Bread. (contains: milk, wheat)

#### Oven Baked Chicken Croquettes

Shredded and chopped chicken breast in a béchamel sauce, shaped and breaded in panko bread crumbs and oven baked for a healthier bite! Served with our chicken pan gravy and a side of Mashed Yukon Potatoes. (contains milk, eggs and wheat)

#### Bruschetta Chicken

Grilled seasoned chicken breast topped with baby spinach, roasted tomato bruschetta, shaved parmesan, mozzarella and finished with a balsamic glaze drizzle. Served with a side of garlic olive oil broccolini. (Contains milk)(GF)

#### Turkey BBQ &

#### Cabbage and Noodles

Turkey breast baked with celery, onions and parsley pulled and simmered in pan juices. Served with soft rolls and a hearty side of cabbage and onion sautéed in butter, salt and peppers and tossed with kluski egg noodles. (contains: milk, wheat) (turkey bbq without the rolls is GF)

#### Mahi Mahi Island Tacos

Battered and lightly fried mahi portions served with pineapple lime slaw, jack cheese, mango tomato salsa and our Aloha sauce. Served with a side of tortilla. Served with a side of zucchini fries (GF) \$2 extra per serving (contains: wheat, fish, milk, eggs)

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!

#### USING A GIFT CERTIFICATE?

EMAIL US YOUR ORDER AND BRING IT IN WITH YOU. DON'T ORDER ON OUR WEBSITE AS IT WON'T TAKE THE CERTIFICATE! EMAIL US AT

[29COOKS@GMAIL.COM](mailto:29COOKS@GMAIL.COM)

Any no-shows for picking up food ordered using a gift certificate will be charged against the certificate and deducted from the balance. No cancellations may be made for orders after midnight the Monday prior

### STEP TWO:

Substitute **OR** Add extra side items

Homestyle Mashed Potatoes (GF)

Steamed green beans (GF)

Mashed Yukon Potatoes (GF)

Basmati Rice (GF)

Zucchini Fries (\$1 extra) (GF)

Garlic Broccolini (\$1 extra) (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!!! Strawberry Almond Salad

Spinach, baby greens, romaine, strawberries, broccoli, red onion, goat cheese, toasted almonds. Served with Strawberry Balsamic Dressing (GF)

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

#### Add Soup

#### Loaded Bacon Cheddar Potato Chowder

Tender potatoes in a creamy cheese broth topped with cheddar, bacon and sour cream (GF)

### STEP FOUR:

Add Dessert \$4 single \$8 double

#### Big Chocolate Chunk Cookies

Dark Chocolate chunks, mini milk chocolate kisses, semi sweet chips in our brown sugar butter batter.

### 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](http://www.29cooks.com)

by email:

[www.29cooks@gmail.com](mailto: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'!