



### STEP ONE:

Choose Entrees & Suggested or Optional Sides

#### Island Pork Tenderloin

Cinnamon dry rubbed pork tenderloin, pan seared and finished in the oven. Sliced and brushed with brown sugar pineapple glaze. Topped with grilled pineapples. Served with a side of roasted fingerling browned honey butter sweet potatoes. (potatoes contain butter) GF

#### Shepherds Pie

Ground beef, peas and carrots in a beef gravy topped with mashed potatoes and white cheddar cheese. (contains: milk, wheat)

#### Stuffed Chicken Fontina

Chicken stuffed with sautéed prosciutto, fontina cheese, and lemon roasted heirloom tomatoes. Served on a bed of baby spinach and served with a side of roasted asparagus. (GF)

#### Crispy Chicken Cutlets

Panko bread crumb coated chicken breast, fried to a golden brown, served with a side of honey mustard sauce and cheddar potato pierogi casserole. (contains: bread, egg, milk)

#### Farmer's Veggie Lasagna

Grilled and Roasted Veggies layered between pasta sheets with mozzarella, ricotta, and parmesan cheese. Topped with a dollop of marinara, shaved parm and mozzarella cheese. Served with a side of steamed broccoli.

#### Gyro's

Seasoned beef gyro meat, with a ready to fill grilled pita wrap, creamy tzatziki sauce, diced tomatoes, diced red onion, and shredded lettuce. Served with a side of sun dried tomato lemon pasta salad. (grilled chicken may be substituted – just let us know.) (contains: wheat, 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!

#### 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

- Yukon Mashed Potatoes (GF)
- Pierogi Casserole
- Roasted Asparagus \$1 extra per serving (GF)
- Steamed Broccoli (GF)
- Sun Dried Tomato Lemon Pasta Salad
- Roasted Honey Butter 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)

#### Taco Tuesday Salad

Romaine, Monterey jack cheese, heirloom tomatoes, black beans, roasted corn, diced avocado, red onions served with a lime wedge, a mini bag of Doritos to crush over the top and a side of Tangy Taco Dressing.

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

#### Add Soup

##### Kickin' Shrimp Soup

Lump crab and shrimp in a creamy seafood broth with a hint of cayenne and corn. \$1 extra per serving (GF)

### STEP FOUR:

Add Dessert \$4 single \$8 double

#### Apple Dumplings

Cinnamon Sugar apples wrapped in a pastry crust. Served with caramel sauce.

### 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'!