



### STEP ONE:

Choose Entrees & Suggested or Optional Sides

#### Dijon Demi Beef Tenderloin Tips

*Pan seared Choice beef tenderloin tips in a Dijon Demi Glaze with a touch of horseradish. Served with a side of red skin garlic mashed potatoes.*  
\$2 more per serving.

#### Carver Turkey Havarti

*Oven roasted turkey breast, thick sliced and served on a French baguette with a creamy sundried tomato pesto (nut free), Danish Havarti cheese and sliced heirloom tomato. Can be eaten cold or hot! Served with a side of Lemon Parsley Feta Penne Pasta Salad.*

#### Italian Grilled Chicken

*Chicken breast marinated in our house basil Italian marinade, grilled and served on a bed of baby spinach and topped with roasted red peppers. Served with a side of Basil tomato wild rice and grain pilaf.. (GF)*

#### Farmer's Veggie Lasagna

*Layers of lasagna noodles, chopped veggies and spinach, parmesan, ricotta and mozzarella with a light cream sauce, finished with steamed and grilled veggies, a touch of marinara, shaved parm and mozzarella. Served with a side of crusty bread.*

#### Lump Crab Stuffed Flounder

*Lump crab stuffed inside tender flounder on a bed of baby spinach. Topped with a creamy crab sauce and served with a side of steamed buttered broccoli.*

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  
Red Skin Garlic Mashed Potatoes (GF)  
Lemon Parsley Feta Pasta Salad  
Basil Tomato Wild Rice Grain Pilaf (GF)  
Steamed Buttered Broccoli (GF)  
Steamed Green Beans (GF)  
Steamed Broccoli (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!!!

#### Summer Asparagus Feta Salad

Mixed greens topped with crumbled feta, heirloom grape tomatoes, English cucumbers, sliced hard boiled egg and toasted pecans. Served with a side of Dijon Balsamic.

\*\*Add Grilled or Blackened Chicken Breast  
\$2 per single serving - \$4 per double 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](http://www.29cooks.com)

by email:

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

### STEP FOUR:

Add Dessert \$4 single \$8 double  
Lemon Blueberry Meringue Pie  
Back by popular demand!  
Pie crust topped with blueberry pie filling, lemon filling, and meringue.