



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Chicken Cacciatore

Roasted garlic, tomato sauce with rustic cut onions and mushrooms on grilled chicken breast. Served with a side of redskin garlic mashed potatoes. GF (potatoes contain milk)

Grilled Salmon with Pineapple Salsa

Lightly teriyaki glazed salmon topped with a fresh pineapple tomato mild salsa and served with a side of salt and pepper edamame and red rice grain blend. \$2 extra per serving GF

Spanish Chicken Paella

Bell peppers, onions, garlic and tomatoes sautéed with saffron rice and grilled diced chicken thighs and finished in the oven. Served with a side of grilled veggies. GF (you can request a roasted veggie vegan option)

Hungarian Goulash

Choice ground beef with a touch of small diced carrots, celery and onion, Hungarian paprika, fresh tomato sauce and elbow macaroni. Topped with a bit more tomato sauce and grated parm cheese. Served with a side of homestyle mashed potatoes. (contains: milk and wheat)

Summer Chicken and Biscuits

Grilled chicken breast, diced and simmered with red skin potatoes, fresh carrots, summer peas and white shoepeg corn in a creamy light chicken skillet gravy. Served with a hearty side of Buttermilk biscuits to top with the chicken.

Steak and Frites

Pan seared salt and pepper flat iron steak, with horseradish cream sauce on the side. Served with a side of parmesan garlic dusted shoestring frites (French fries). GF

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

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 Garlic Mashed Potatoes (GF)

Edamame Red Rice Grain Blend (GF)

Grilled Veggies (GF) \$1 extra

Steamed Broccoli (GF)

Homestyle Mashed Potatoes (GF)

Parmesan Garlic Frites (French Fries) 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!!!

Pear Blackberry Pecan Salad

Mixed greens topped with crumbled goat cheese, pears, blackberries, cucumber and toast pecans. Served with lemon poppy dressing

**Add Grilled or Blackened Chicken Breast

\$2 per single serving - \$4 per double serving

Roasted Tomato Basil Bisque

Roasted tomatoes soup with a veggie broth base blended with a touch of fresh basil and cream.

STEP FOUR:

Add Dessert \$4 single \$8 double

Apricot Crumb Pie

Apricot filling in a pastry crust with a streusel crumb topping.

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:

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'!