



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Cheesy Chicken & Smoked Sausage

Grilled honey mustard chicken sliced and tossed with cheddar smoked sausage, grilled peppers and onions. Served with a side of farmers's salt and pepper home fries. (Contains: egg, and milk)

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)

Broccoli Cheddar Chicken Breast

Grilled chicken breast topped with cheddar broccoli mix and topped with white cheddar cheese. Served with a side of buttered basmati rice.

Cast Iron Apple Onion Chicken

Marinated chicken breast, cast iron seared and topped with a caramelized onion and apple hash. Served with a side of roasted brussels with bacon. (Gf) (contains milk)

Tuscan Burgers

Seasoned choice beef Burgers, (turkey burger can be requested) 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)

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!

STEP TWO:

Substitute OR Add extra side items

Garlic Mashed Potatoes (gf)

Farmer's Home Fries (GF)

Steamed Broccoli (GF)

Buttered Basmati Rice

Roasted Brussel with Bacon (GF)

Garlic Parm Potato Chips (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!!!!

Frito Tacolicious Salad

Chopped romaine hearts, corn, red onions, heirloom tomatoes, jack cheese, black olives, a bag of fritos for topping, creamy salsa dressing.

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

Add Soup

Chili

Traditional red chili with ground beef, kidney beans, onions, and peppers. Mild. (you may request it to be spicy)

STEP FOUR:

Add Dessert \$4 single \$8 double

Rustic Country Apple Tart

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'!