



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Southern Chicken Basket

Crispy battered chicken breast bites, fried lightly and served with creamy bbq sauce, cheddar bacon potato skins and a mini cornbread loaf. (contains: wheat, milk, egg)

French Dip Sandwich

Shaved roast beef topped with provolone cheese, served with horsey sauce, a steak roll, and a side of cheddar pierogie casserole. (contains: Wheat, milk, egg)

Broccoli Cheddar Chicken

Grilled Chicken Breast topped with cheddar broccoli topping and cheddar cheese. Served with a side of paprika butter roasted new potatoes. (GF) (contains: milk)

Ham, Potatoes & Green Beans

Smoked ham with green beans and red potatoes, simmered in a savory broth with a touch of black pepper. Served with a side of crusty bread. (Stew is GF)

Sun Dried Caprese Flat Iron Steak

Garlic infused olive oil seared flat iron steak, topped with fresh basil, sundried tomatoes, and fresh mozzarella. (Steaks are packaged very rare for you to finish in oven to desired doneness). Served with a side of garlic seared asparagus with a balsamic drizzle and shaved parm.

Grilled fajita Chicken Breast

Sweet lime tequila chicken breast, charbroiled and topped with sautéed peppers and onions. Served with a side of brown basmati cilantro lime steamed yellow rice.

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!*

**Order Diner In this Valentine's Day!
Pickup On Tuesday and just heat it
up on Valentine's Day, Thursday!**

STEP TWO:

Substitute OR Add extra side items

Cilantro Lime Brown Basmati Rice (GF)
Cheddar Pierogi Casserole \$1 per serving extra

Homestyle Mashed Potatoes (GF)
Paprika Butter Roasted New Potatoes (GF)
Garlic Asparagus (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! Iceberg Wedge Salad

Iceberg lettuce cut in a wedge and topped with heirloom grape tomatoes, crumbled bacon, blue cheese crumbles, sliced hard boiled egg, and served with a side of crispy fried onions. Housemade Blue Cheese Dressing on the side.

****Add Grilled or Blackened Chicken Breast-\$3 per single serving - \$6 per double serving**

Add Soup

Lump Crab Bisque

Lump crabmeat in a creamy crab based sauce with a touch of tomato and sherry.

**Premium upcharge as listed applies*

STEP FOUR:

Add Dessert \$5 single \$10 double

Apple Turnovers

Flaky Pastry filled with apple pie filling, baked and dusted with powdered sugar.

STEP FIVE:

Choose your serving sizes, package items and/or add ons

Basic Pricing:

Hearty Servings

Single Supper \$12

Double Dinner \$22

Optional Packages:

Three Single Meal Deal \$33

Family Meal Deal \$69

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 \$4

-Quart of soup (32 oz) \$13

-Seafood Soups \$6 & \$16

Side Items

Single serving side item \$6

Double serving side item

\$10

Salads

Single 16 oz side salad \$6

Double 32 oz side salad

\$10.50

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 !