



STEP ONE:

Choose Entrees & Suggested or Optional Sides

Chicken Paprikash

Roasted chicken breast pulled and simmered in a paprika sour cream sauce. Served with a side of parsley buttered spaetzle noodles. (contains: wheat and milk)

Jack Daniel's BBQ Cheddar Burger

8 oz fresh choice chuck beef patty topped with Jack Daniels BBQ Sauce, smoked cheddar cheese, caramelized onion and bacon crumbles. Served with a side of Le Bus Bakery Onion Poppy Brioche roll and bacon cheddar Loaded Potato Salad. (contains: Milk, Roll: Wheat)

Farmer's Veggie Lasagna

Lasagna pasta sheets layered with veggies, ricotta, parmesan and mozzarella, with a white sauce, topped with a bit of marinara and mozzarella. Served with a side of steamed green beans. (contains: wheat, eggs, milk)

Baked Panko Crusted Buffalo Chicken

Chicken breast coated in a creamy buffalo chicken sauce and coated with crispy panko bread crumbs. Baked and served with a side of cheddar chive potato skins and sour cream. (contains: Milk, wheat)

Blackened Mahi Mahi

Fresh Mahi Mahi blackened with light Cajun seasoning (medium heat), cooked to medium rare and ready for you to finish in the oven. Served with a side of yellow rice and pigeon peas. (GF) (Rice contains: coconut milk)

Grilled Flat Iron Steak

8 oz Choice flat iron steak, char-grilled to very rare to finish in your oven to desired doneness and topped with browned butter caramelized onions. Served with a side of garlic mashed potatoes. (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!

Just a note!!! If there is bad weather on Monday into Tuesday, or Tuesday afternoon into Wednesday and you need to pick up your order on Wednesday or Thursday...just email us at www.29cooks.com and we will make sure to hold your food for you!

STEP TWO:

Substitute OR Add extra side items

- Garlic Mashed Potatoes (GF)
- Yellow rice and pigeon peas(GF)
- Steamed Green Beans (GF)
- Loaded Potato Salad(GF)
- Parsley Butter Spaetzle
- Peas and Carrots (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! Southwestern Avo Salad

Romaine, baby greens, yellow cheddar, roasted corn, black beans, tomato, avocado. Side of crispy tortilla strips and honey mustard dressing. GF

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

Add Soup

Halupki Soup

Tomato beef broth combined with shredded cabbage, carrots, onion, ground beef and basmati rice.

STEP FOUR:

Add Dessert \$5 single \$10 double

Blueberry Cheesecake

Rockland Bakery New York Cheesecake topped with Blueberry Topping.

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 !