



**STEP ONE:**

Choose Entrees & Suggested or Optional Sides

**Maple Apple Glazed Pork Tenderloin**

*Pan seared maple glazed pork tenderloin, topped with caramelized apples and onions. Served with a side of mashed sweet potatoes. (GF) (Contains: milk)*

**Rigatoni with Meat Sauce**

*Rigatoni pasta mixed with fresh ground beef marinara sauce. Topped with grated parmesan cheese and served with a side of garlic Texas toast. (contains: wheat and milk)*

**Grilled Chicken Marsala**

*Grilled chicken with wild mushroom marsala sauce. Served with a side of red skin garlic mashed potatoes. GF (contains: milk in potatoes)*

**Italian Sausage Sandwich**

*Hearty serving of Italian Sausage with caramelized peppers and onions with marinara sauce. Served with sub roll and cheddar potato fried pierogies. (contains: wheat, milk).*

**Curry Chicken Stir Fry**

Boneless chicken thigh, marinated in a mild curry rub, grilled, sliced and joined with snap peas, water chestnuts, roasted butternut squash, carrot shreds, and cauliflower. Served with steamed basmati rice. GF (contains: Egg, sesame)

*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 this week?**

**Email us your order at**

**[29cooks@gmail.com](mailto:29cooks@gmail.com) and bring the GC in when you pickup for us to deduct it manually. Do not order and pay online.**

**STEP TWO:**

Substitute OR Add extra side items

Garlic Mashed Potatoes(GF)

Mashed Sweet Potatoes

Garlic Texas Toast

Ramen Slaw & Maui Chip Combo

Fried Pierogies

Steamed Baby Peas

Steamed Basmati Rice

*\*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!!* Blueberry Bacon Feta Spinach Salad**

*Baby Spinach, fresh blueberries, blueberry craisins, sunflower seeds, feta cheese crumbles, diced cucumber and bacon crumbles. Served with a side of Maple Honey Dijon Dressing. (gf) (Can be vegan by request)*

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

**ADD SOUP (GF)**

**Tomato Bisque**

*Fresh tomato veggie broth based smooth bisque with a touch of basil and cream*

**STEP FOUR:**

Add Dessert

\$4 single \$8 double

**Wet Bottom Shoo Fly Pie**

**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](http://www.29cooks.com)

Or by email:

[29cooks@gmail.com](mailto:29cooks@gmail.com)

Or 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 !