

♥♥♥ Restaurant, ♥♥♥
Take Away & Caterers





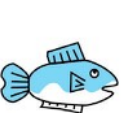









Chefs Note

All meals are freshly cooked to order. At peak times orders may incur a delay.

Special Dietary Requirements Vegetarian, Vegan, Gluten free, Wheat free, Dairy free please inform us of any special requirements and we can change or substitute items on the menu as required.

ALLERGEN INFORMATION

Refer to table below for menu numbering of allergens. All products may contain nuts as dishes with nuts are prepared in our kitchen. For further allergy information please ask a member of the team.

 Celery 1	 Cereals containing gluten 2	 Crustaceans 3	 Eggs 4	 Fish 5
 Lupin 6	 Milk 7	 Mollusc 8	 Mustard 9	 Nuts 10
 Peanuts 11	 Sesame seeds 12	 Soya 13	 Sulphur Dioxide 14	ALLERGEN NUMBER IN BRACKETS ON MENU FOR EACH DISH

V = Vegetarian friendly

VG = VEGAN friendly

VG = VEGAN option available*

V = Vegetable / Tofu options available*



TAKEAWAY MENU

V8.0 APRIL 2020

*Exciting homemade food &
 original inspirational dishes*

Established 2011

PLEASE ORDER BY TELEPHONE

07789 455 774

COVID 19 UPDATE

WE HAVE CLOSED THE RESTAURANT & BAR AREAS. IMPLEMENTED NEW CLEANING & SEPARATION PROCEDURES. ALL TAKEAWAYS NOW TO BE COLLECTED FROM FRONT WINDOW AT ALLOTTED COLLECTION TIME AND PAID BY CARD



TAKEAWAY MENU

V8.0 APRIL 2020

*Restaurant, Takeaway & Caterers
 Head Chef: Chan O'Neill*

OPEN

Thursday to Sunday

6pm to 9pm

Catering/Takeaway: **01986 89 69 53**
 Restaurant: **01986 89 68 80**
 Email: **the3cooks@hotmail.com**
 Web: **www.the3cooks.co.uk**

Sides

- Homemade Handcut Chunky Chips** £3.50 (VG)
Southern Style Curly Fries £3.50 (VG 2)
Beer Battered Onion Rings £3.50 (VG 2, 14)
Steamed Jasmine Rice £2.80 (VG)
Garlic Rice £3.50 (VG 13)
Garlic Bread £3.50 (V 2,7,14)
Salad with Italian dressing £3.50 (VG)
Sticky Pork Ribs £4.50 (2,8,12,13)
Prawn Toast £5.50 (2,3,12,13)
Black Peppered Breadcrumbed Calamari £5.50 (1,4,8)

Children's

- Tofu Goujons with chips & peas** £4.50 (V,VG* 2,4,13)
Suffolk Sausages with chips & peas £5.50 (1,2,4,7)
Chicken Goujons with chips & peas £5.50 (2,4)
Fish Fingers with chips & peas £5.50 (2,5)
Spinach & Cheese Spring Rolls, chips & peas £5.50 (V2,7)
Spaghetti Bolognese £6.90 (1,2,4)

Vegetarian Starters

- Sweet Corn Cakes** £4.50 (VG 1,2)
Oriental Veggie Spring Rolls £4.50 (VG 2,12,13)
Spinach & Mature Cheddar Spring Rolls £4.50 (V2,7)
Japanese Vegetable Tempura £4.90 (VG 2*,12,13)

Vegetarian Delights

- Veggie Burger** £12.90 (V 1,2,4,7)
With a generous thick hand cut slice of mature cheddar cheese, a free range egg, salad & The Three Cooks sauce with chips & onion rings
Spinach & Vegetable Lasagne £12.90 (V 2,7)
A lovely creamy homemade lasagne served with a side salad and a choice of curly fries or homemade hand cut chunky chips
Pad Thai £11.90 (V* 4,5*,10)
Stir fried mixed oriental vegetables, egg and rice noodles in a tamarind sauce topped with fried chillies and chopped peanuts
Japanese Style Teriyaki Vegetables £11.90 (VG 2*,13,14)
Teriyaki Tofu £13.90 (VG 2*,13,14)
Spicy Tofu £13.90 (V*VG* 2*,8*,12,13)
Pan fried tofu and oriental vegetables drizzled in a spicy hot chilli and sesame oil topped with fresh chillies and herbs served with Jasmine garlic rice

(Dietary info & allergen numbers in brackets)

Soups

- Seasonal Mixed Vegetable Soup** £4.50 (V 1,2*,7)
Thai Tom Kha Soup £4.90 (VG* 5)
Light coconut soup with mushroom & onion, flavoured with lemongrass, lime leaves, galangal, coriander and a touch of chilli oil
Tofu Tom Yam Soup £4.90 (VG* 3*,5*)
Chicken Tom Yam Soup £5.90 (3,5)
Seafood Tom Yam Soup £6.90 (3,5,8,13)
Spicy hot & sour soup with fish, prawns, mussels and mixed vegetables with lemongrass, lime leaves, coriander and chilli oil

Starters

- Chicken Satay** £5.50 (9,11,13)
Pork Spring Rolls £5.50 (2,8,12,13)
Japanese King Prawn & Veg Tempura £5.90 (2*,3,12,13)
Thai Fish Cakes £5.90 (3,5)

Oriental Delights

- Japanese Style Teriyaki Chicken** £13.90 (2*,13,14)
Pan fried chicken & vegetables Japanese style with Jasmine rice
Cambodian Breakfast £13.90 (2,8,12,13)
BBQ pork with stir fried vegetables and jasmine rice
Cambodian Pork Belly Noodles £14.90(1,2*4,8,12,13,14)
Slow roasted pork belly, oriental vegetables & egg noodles
Spicy Beef £14.90 (2,8,12,13)
Pan fried beef drizzled in sesame oil & herbs with vegetables & rice
Traditional Cambodian Fish Amok £14.90 (3,5,6,10*)
Fish with vegetables in tamarind, lemon grass, lime leaf, turmeric and coconut served with jasmine rice
Chan's Special Duck £15.90 (2,13)
Roasted boneless duck leg and garlic rice with vegetables in a soybean, ginger & garlic sauce served with cucumber lemon herb dip
King Prawn Pad Thai £15.90 (3,4,5,9,10*)
King prawns in a tamarind sauce with oriental vegetables & rice noodles topped with nuts

The Three Cooks House Special

- T3C House Special** £15.90 (1*,2*,3*,4,8,12,13,14)
Stir fried egg noodles with king prawns, slow roasted pork belly, strips of spicy beef, chicken fillet cuts and oriental vegetables in a homemade oriental sauce

Curry

- All curries served with steamed Jasmine rice*
Vegetable Green Curry £11.90 (V,VG*7*, 10*)
Green Chicken Curry Cambodian Style £13.90 (3,7,10*)
Red Beef Curry £13.90 (3,7,10*)
Lamb Shank Massaman Curry £15.90 (3,10*)

Traditional Mains

- Awesome Homemade Burger** £13.90 (1,2,4,7,9,12,13)
Beef burger to our chefs recipe with a generous thick hand cut slice of mature cheddar cheese, bacon, salad & The Three Cooks sauce with chunky chips & beer battered onion rings
Pan Fried Chicken £13.90 (7,14)
New potatoes, green vegetables and a creamy wild mushroom sauce
Pork Belly & Mash £14.90 (1,7,14)
Slow roast pork belly with creamy mash and freshly steamed vegetables finished with an apple cider jus
Pan Fried Fish £15.90 (3,5,7,14)
Fish of the day in garlic butter with king prawns, new potatoes, green beans & tomatoes

Desserts

- Banana & White Chocolate Spring Rolls** £4.90 (2,7)
Seasonal Fruit Crumble Sundae £4.90 (2,4,7,10)
Mixed fruit crumble layered with a rich homemade vanilla custard

Chan's Signature Sweet Treat

- Cambodian Coconut Rice Pudding** £4.90 (V,VG* 7*)
Chan's childhood favourite just as her mother made, Cambodian style creamy coconut rice pudding with a mixed fruit compote

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