HARRYS country kitchen

Good food to your door



ALL YOUR FAVOURITE MEALS FREE NEXT DAY DELIVERY ON ORDERS OVER £40* NO SUBSCRIPTION NECESSARY

To order call FREE on 0800 029 3263









GOOD FOOD TO YOUR DOOR

At Harry's Country Kitchen we're committed to using high quality ingredients to create delicious and convenient prepared meals, delivered reliably to your door. We work tirelessly to create a full range of delicious dishes so you can enjoy selecting all your favourites from a wonderfully broad menu whilst ensuring you can see how nutritious they are for you.

Because our meals are frozen, we can source great ingredients at the right time and lock in their freshness. This is Harry's key to bringing you food that not only tastes good, but is also great value for money.

We want to help you to continue enjoying the meals you love at a price you can afford, without the fuss and occasional waste that comes with cooking from scratch.

We believe that the high quality and great taste of our food, the value we offer, and the level of service we provide, all make Harry's Country Kitchen the best choice anyone can make for regular home meal deliveries. Our team works hard to ensure all dishes meet our exacting standards, but if you try something and don't like it, don't worry: just let us know and we'll give you your money back. We make this pledge because we care about you and the food you eat, and don't ever want you to feel that we have left you out of pocket.

We've tried to make our website as simple and straightforward as possible. But if you do have any feedback to help us improve, please get in touch with your comments, and we will be more than happy to take your feedback onboard.

We very much hope you decide to give us a try. We're sure you'll love our food, value and service.



If you try one of our Harry's products and don't like it, don't worry: just let us know and we'll give you your money back!







QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

EASY & SECURE PAYMENTER BERNE HARRYS COUNTRY KITCHEN

To order call **FREE** on **0800 029 3263** or visit **www.harryscountrykitchen.com**

ORDERING ON THE PHONE

We have a dedicated team who are happy to help you place your order and assist you with anything else you might need. Simply call our freephone number to get in touch, the team are looking forward to having a chat. Monday to Friday 9am-5pm.

SECURE PAYMENT METHODS

Easy payment methods, pay over the phone, online or through your Community Champion. We accept the following:





Good food to your door



DON'T JUST TAKE OUR WORD FOR IT

Here's what customers are saying about our products and the service we provide...

🖈 Trustpilot

Such a friendly service. Excellent web site. Easy to order. The meals I tried were so tasty and like home made meals. The best spaghetti bolognese I have tasted in a ready meal. The fish dishes were wonderful. I highly recommend Harry's Country Kitchen. Thank you and Merry Christmas. Judith



Second order and still excellent meals. Will continue. **Mr Green**

Trustpilot

Good and Convenient. Very good offer on so thought I would give Harry's a try. Food tasty but portions could be more generous I feel. Customer service very good, delivery man was very friendly and a free box of tea bags was included! **Christine**

HARRY'S COUNTRY

KITCHEN WEBSITE

Soft, sweet and sticky

If you're a dessert lover

(Sticky Toffee Pudding).

with bags of flavour.

like me you'll very

much enjoy this

Pete

Trustpilot

Good Old Fashioned Values. Easy to order, James my driver very helpful & friendly. After a slight problem head office super efficient sorting it out. Feels like a good old fashioned service absolutely love it. **Alison**

facebook

100% Recommended 5 star for everything! Easy ordering, friendly delivery right to your door step, every meal is top quality and just perfect. Can't get enough of these easy meals. Great food. **Candice**

Trustpilot

Brilliant service! The roast dinners were incredible and the gravy was so rich! My favourite has to be the Lasagne though. It was really convenient to place my order on the phone too. Harry and the staff were wonderful :)

Srv Tmr



facebook

My order has just arrived and the food looks really good! Can't wait to try them. Quick and very friendly service definitely recommend! Jessika

To order call **FREE** on **0800 029 3263**

MENU All your favourites

MAIN MEALS



TRADITIONAL, INDIAN AND CHINESE PAGE 8-16

FAMILY MEALS



LARGE 1.4KG FAMILY MEALS PAGE 17

DESSERTS



HOT AND COLD DESSERTS PAGE 18-19

FREE NEXT DAY DELIVERY

ON ALL ORDERS RECEIVED BEFORE MIDDAY

*Free next day delivery for orders over £40. £6.95 delivery fee applicable to orders for next day delivery under £40. Delivery excludes Scottish Highlands, Northern Ireland, Channel Islands and the Isle of Man. Products and delivery slots are subject to availability. Terms apply, see www.harryscountrykitchen.com

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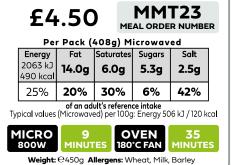






Beef & Tomato Tagliatelle

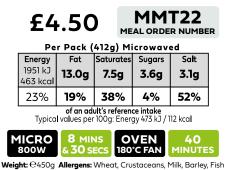
Slow cooked British beef, red wine & tomato sauce topped with cheese





Creamy King Prawn Pasta

King prawns with linguine in a creamy white wine & cheese squce



NDE MA

Ham & Mushroom Pasta

Tagliatelle with cheese & mushroom sauce topped with British smoky ham



	1688 kJ 400 kcal	7.8g	4.1g	4.2g	3.5g		
	20%	11%	21%	5%	58%		
Ту	of an adult's reference intake Typical values (Microwaved) per 100g: Energy 441 kJ / 104 kcal						
	IICRO 800W	7 MIN & 30 SI			40 MINUTE	-	

 $\textbf{Weight:} e400g \ \textbf{Allergens:} Wheat, Milk, Barley, Mustard$

To order call FREE on 0800 029 3263





	£4	.25	ме		T20 R NUMBE	R
	Pe	r Pack (378g) M			
	Energy	Fat	Saturates	Sugars	Salt	
	1890 kJ 449 kca l	11.0g	6.0g	5.2g	2.0g	
	22%	16%	30%	6%	33%	
of an adult's reference intake Typical values (Microwaved) per 100g: Energy 500 kJ / 119 kcal						cal
	1ICRO 800W	7 MINUT		VEN °C FAN	40 MINUTE	s
w	eight: 040	0g Allerg	ens: Whea	t, Milk, Bar	ley, Musta	rd



Fish Pie Salmon, king prawns & smoked haddock in white sauce, topped with a creamy mash & cheese crumb

	£4	+.5C) ме		T19 r numbe	R
Per Pack (342g) Microwaved						
	Energy	Fat	Saturates	Sugars	Salt	
	2136 kJ	25.3g	14.6g	3.5g	2.9g	
	510 kcal				,	
	26%	36%	73%	4%	48%	
_		of an ad	ult's referer	ce intake		

Typical values (Ovenbaked) per 100g: Energy 529kJ / 126kcal

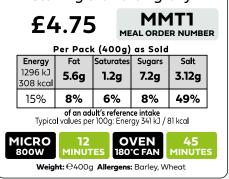
OVEN	5
180°C FAN	MIN

 $\textbf{Weight:} { } \Theta 460 g \textbf{ Allergens:} \text{ Milk, Fish, Crustaceans, Wheat, Mustard}$



Chicken Roast Dinner

British chicken breast served with roast potatoes, peas, carrots, onion & sage stuffing & chicken gravy





Beef Roast Dinner

British beef slices with peas & sliced carrots with roast potatoes in a rich beef gravy with Yorkshire pudding

£۷	۲.75	ме		IT2 R NUMBE	R
		(400g)			
Energy	Fat	Saturates	Sugars	Salt	
1332 kJ 316 kca l	8.4g	2.0g	7.2g	3.4g	
16%	12%	10%	8%	57%	
Typica		u lt's referen 100g: Energ		83 kcal	
ICRO BOOW	12 MINUT		VEN °C FAN	40 MINUTE	s
Weight: C		raens: Bar	lev Wheat	Faa Milk	



Steak in Ale with Cheese Cobblers

British beef brisket in ale gravy with cheese dumplings

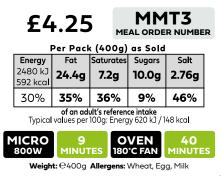
	£4.50				T18 r numbe	R
	Pe	r Pack (368g) O	venbak	ed	
	Energy	Fat	Saturates	Sugars	Salt	
	1861 kJ 443 kcal	17.1g	7.5g	5.4g	2.5g	
	22%	24%	38%	6%	42%	
of an adult's reference intake Typical values (Ovenbaked) per 100g: Energy 506 kJ / 120 kcal						al
	IICRO 800W	9 MINUT		VEN °C FAN	40 MINUTE	S
_	\A/aimhtu	0400~	Hermones V	Vheat Mill	Darley	

Weight: e400g Allergens: Wheat, Milk, Barley



All Day Breakfast

Two British pork sausages with baked beans, two hash browns and an omelette



9

To order call FREE on 0800 029 3263

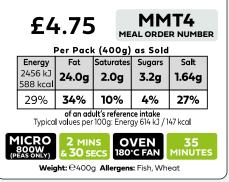






Cod, Chips & Peas

Crispy battered skinless, boneless Atlantic cod fillet with chips & garden peas





Fishcake, Chips & Peas

Haddock fishcake coated in a crisp batter with chips & garden peas





Scampi, Chips & Peas

Light & crispy scampi with chips & garden peas





 $\textbf{Weight:} e400g \ \textbf{Allergens:} Wheat, Crustaceans, Oat$





Gammon, Pineapple & Chips

British smoked gammon ham with chips, sliced carrots & peas with a pineapple ring & gravy

	.50	ME		R NUMBE	R
Energy		(400g) Saturates		Salt	1
1600 kJ 376 kcal	41.6g	1.6g	22.8g	2.52g	
19%	59%	8%	25%	42%	
Туріса		ult's referen 100g: Ener		77 kcal	•
IICRO 800W	10 MINUT		VEN °C FAN	30 MINUTE	s
Weight: Θ	400g Alle	rgens: Barl	ey, Wheat,	Sulphites	_



Beef Stew & Mash

British chuck beef in a bourguinon style red wine sauce with mushrooms, silverskin onions & British bacon with creamy mash

£4	+.5C	МЕ			R
Per Pack (400g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1608 kJ	15.0g	8.4q	6.2g	2.7q	
388 kcal		0.19	0.19	9	
19%	21%	42%	7%	45%	

of an adult's reference intake Typical values (As Sold) per 100g: Energy 402 kJ / 97 kcal

MICRO	9 MINS	OVEN	40
800W	& 30 SECS	180°C FAN	MINUTES
14/-		Lawrence Mills D	

Weight: 0400g Allergens: Milk, Barley



Spaghetti with Meatballs

Spaghetti with British pork & beef meatballs in tomato & red wine sauce, topped with cheese

	£4	.5C	ме			R
		Per Pack	(400g)	as Sold		_
	Energy	Fat	Saturates	Sugars	Salt	
	2694 kJ 644 kca l	30.1g	10.8g	11.1g	2.4g	
	32%	43%	54%	12%	40%	
Ту	pical values		u lt's referen ed) per 100g		74 kJ / 161 ka	: al
	MICRO 800W MINUTES					
	Weigh	t: e400g	Allergens: \	Wheat, Mil	k, Egg	



Lamb Moussaka

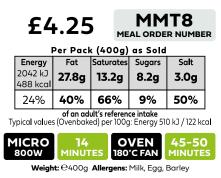
British minced lamb in a tomato sauce topped with aubergine, potatoes & cheese sauce

	£4	.75	ŀ		MM' Al ordei	T10 r numbe	R
	l	Per Pacl	(400	g)	as Sold		_
	Energy	Fat	Satura	tes	Sugars	Salt	
	2745 kJ 656 kcal	46.4g	14.8	g	14.0g	2.6g	
	33%	66%	74%	٥`	16%	44%	
of an adult's reference intake Typical values (Ovenbaked) per 100g: Energy 686 kJ / 164 kcal						cal	
	1ICRO 800W	11 MINUT			VEN °C FAN	45 MINUTE	S
Weight: @400g Allergens: Milk							



Cottage Pie

British minced beef with onion & carrot topped with creamy mash



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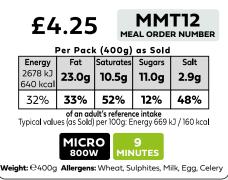






Spaghetti Bolognese

Spaghetti with British minced beef in tomato & herb sauce sprinkled with cheese





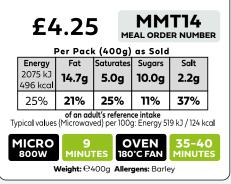
Beef Lasagne British minced beef in tomato & herb sauce, topped with béchamel sauce, Cheddar & mozzarella cheese £4.50

	47		ME	AL ORDE	R NUMBE	R		
	Per Pack (400g) as Sold							
	Energy	Fat	Saturates	Sugars	Salt			
	2159 kJ 516 kca l	22.4g	9.6g	12.8g	3.28g			
	26%	32%	48%	14%	55%			
of an adult's reference intake Typical values (as Sold) per 100g: Energy 540 kJ / 129 kcal								
	IICRO 800W	10 мілит		VEN °C FAN	45-50 MINUTE			



Chilli Con Carne

British minced beef with kidney beans & red peppers in a rich tomato sauce with rice













Lancashire Hot Pot

Slow cooked British lamb leg & minced lamb in a rich gravy, topped with pre-fried sliced potatoes

14

£4	.50			T25 R NUMBER	
Per	[.] Main M	leal (350)g) as So	old	
Energy	Fat	Saturates	Sugars	Salt	
1984 kJ 474 kcal	21.6g	8.1g	8.6g	2.5g	
24%	31%	41%	10%	42%	
Typical valu		ult's referen) per 100g: E		<j 135="" kca<b="">l</j>	•
IICRO 800W	10 мілит		VEN °C FAN	45 MINUTE	s
Weight:	e350g A	llergens: M	ilk, Barley,	Wheat	



Smoked Haddock Gratin Smoked haddock, pancetta & spinach in cheese sauce, topped with sliced potatoes & cheese crumb **MMT27** £4.50 MEAL ORDER NUMBER Per Meal (350g) as Sold Energy Fat Saturates Sugars Salt 2105 kJ 2.8g 27g 14.1g 4.5g 504 kca **39**% 71% 5% 47% 25%

of an adult's reference intake Typical values (as Sold) per 100g: Energy 601 kJ / 144 kcal						
10 MINUTES	0 180	VEN °C FAN	50 MINUTES			
	a (as Sold) per 1	s (as Sold) per 100g: E				

Weight: @350g Allergens: Milk, Barley, Wheat, Egg, Mustard

To order call FREE on 0800 029 3263

Chinese Style Main Meals

[†]White Rice Steam Bag, 200g, with selected Indian or Chinese meals. Max. 1 bag per meal. Subject to availability. No substitutes or alternatives. White Rice Steam Bag, 200g, also available to be purchased separately.







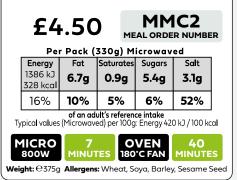
Sweet & Sour Chicken British chicken breast pieces in a sweet & sour sauce with pepper, water chestnuts & pineapple pieces £4.50 MMC1 MEAL ORDER NUMBER Per Pack (340g) Microwaved Energy Fat Saturates Sugars Salt





Chicken Chow Mein

British chicken breast strips with noodles, red & green peppers in a chow mein sauce





Beef in Blackbean Sauce

Marinated British beef strips with red pepper in black bean sauce

		+.5C) ME 348g) M		R NUMBE	R
	Energy 1013 kJ 241 kcal		Saturates		Salt 4.3g	
	12%	10%	6%	4%	72%	
Ту	pical value		ult's referen ed) per 100		91 kJ / 69 kc	al
	IICRO 800W	11 MINUT		VEN °C FAN	45 MINUTE	s
	Weight:	e375g A	llergens: So	ya, Wheat	, Barley	



Indian Style Main Meals



Chicken Korma

British chicken breast pieces in a creamy coconut sauce

	£4.25 Per Pack (343g					R	
	Energy 2058 kJ 493 kcal		Saturates 13.5g		Salt 2.8g		
	25%	42%	68%	20%	47%		
of an adult's reference intake ypical values (Microwaved) per 100g: Energy 600 kJ / 144 kcal							
MICRO 8 MINS OVEN 50 800W 5 30 SECS 180°C FAN MINITES							

Weight: @375g Allergens: Milk



Chicken Tikka Masala

Tikka marinated British chicken breast pieces in a creamy curry sauce

		ı.25	ME		R NUMBE	R
1	Per Pack (343g) Microwaved Energy Fat Saturates Sugars Salt					1
	Energy 2023 kJ				Salt	
	486 kcal	31.2g	8.6g	14.3g	2.6g	
	24%	45%	43%	16%	43%	
Ту	oical values		ult's referen ed) per 100g	ce intake g: Energy 59	10 kJ / 142 k	cal

8 MINS & 30 SECS 180°C FAN

Weight: e375g Allergens: Milk

50 1INUTES MEDIUM Includes White Rice Steam Bag

Butter Chicken

Marinated British chicken breast pieces in a rich & creamy tomato & butter curry sauce

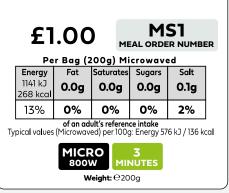
	£۷	⊦.2 5	ME		113 R NUMBE	R
	Pe	r Pack (342g) M	icrowav	ed	
	Energy	Fat	Saturates	Sugars	Salt	
	1853 kJ 445 kcal	28.5g	8.8g	9.5g	2.5g	
	22%	41%	44%	11%	42%	
Ту	pical values		ult's referen ed) per 100g		2 kJ / 130 k	cal
	1ICRO 800W	8 MI & 30 S		VEN °C FAN	50 MINUTE	s
		Weight: Θ	375g Aller	gens: Milk		

MICRO 800W



White Rice Steam Bag

Cooked white rice ready to microwave in 3 minutes



To order call **FREE** on **0800 029 3263**

Family Meals





To order call FREE on 0800 029 3263



All Your Favourite Desserts





Apple & Blackberry Crumble Tart

Apple & blackberry filled tart, topped with an oat flake crumble

18

E1.50 D3 DESSERT ORDER NUMBE Per Apple and Blackberry Crumble Tart (180g) as Sold				
Energy 2516 kJ 601 kcal		Saturates 9.5g	<u> </u>	Salt 0.4g
30%	37%	48%	43%	7%
Typical		00g: Energ	ce intake y 1398 kJ / 3 2	334 kca l

Weight: 180g Allergens: Wheat, Oat, Egg Also may contain: Milk, Nuts, Soya, Peanuts



2 Vanilla Panna Cottas

Vanilla flavoured set cream

£۱	.50	DES		-	ER		
Per Panna Cotta (90g) as Sold							
Energy	Fat	Saturates	Sugars	Salt			
1494 kJ	33.0g	20.0g	13.0g	0.1g			
357 kcal	55.0g	20.09	15.0g	Ulig			
18%	47%	100%	14%	2%			
Typical		ult's referen 100g: Energ		397 kca l	•		
Weig	ght: @180g	(2 x e90g)	Allergens:	Milk			
Also mo	ay contain:	Nuts, Sovo	a, Wheat, F	Peanuts			

To order call FREE on 0800 029 3263

All Your Favourite Desserts





Apple Crumble Apple pieces in a

cinnamon sauce topped with a crumble topping

£٦	.50	DES		2 Der numbe	ER	
Per A	pple Cru	umble (2	50g) as	Sold		
Energy	Fat	Saturates	Sugars	Salt		
2315 kJ 553 kcal	17.0g	5.3g	59.8g	0.28g		
28%	24%	27%	66%	5%		
Typica		ult's referen 100g: Energ		21 kca l		
MICRO 800W & 20 SECS						
-	5	Allergens: W	/heat, Egg			

Also may contain: Gluten, Soya, Milk, Egg, Nuts, Peanuts



Butterscotch & **Treacle Pudding**

A moist treacle sponge with butterscotch sauce

£1.50	D4 DESSERT ORDER NUMBER
	- Dudding (105 a) and Cold

Per Butter	Per Butterscotch and Treacle Pudding (185g) as Sold					
Energy		Saturates	Sugars	Salt		
2662 kJ	29.6a	4.1g	64.9q	0330		
638 kcal	29.0g	Tig	0 4 .59	0.559		
32%	42%	21%	72%	6%		
of an adult's reference intake Typical values per 100g: Energy 1439 kJ / 343 kcal						

MICRO 70-80 800V

Weight: @185g Allergens: Wheat, Egg, Milk Also may contain: Soya



Sticky Toffee Pudding Toffee sponge topped with toffee sauce and caramel fudge pieces

£۱	.50	DES		5 DER NUMBE	ER	
Per Stic						
Energy	Fat	Saturates	Sugars	Salt		
3082 kJ	37.6g	11.7g	70.1q	0.9g		
736 kcal	57.09	·	/ U.I.g	0.59		
37%	54%	59%	78%	16%		
Typical		ult's referen 00g: Energy		398 kca l	-	
MICRO 800W SECONDS						
Weigł	-	Allergens: \ nay contain		g, Milk		



Spotted Dick

Lightly spiced sponge packed with sultanas

£1.50			D6 DESSERT ORDER NUMBER		
Per Spotted Dick (170g) as Sold					
Energy	Fat	Saturates	Sugars	Salt	
1951 kJ	24.1g	2.4g	36.0g	0.2q	
466kcal	2-1.1g	2.49	50.0g	.Ly	
23%	34%	12%	40%	3%	
of an adult's reference intake Typical values per 100g: Energy 1148 kJ / 274 kcal					
MICRO 800W 70-80 SECONDS					
Weight: @170g Allergens: Wheat, Egg					



Chocolate Pudding

Chocolate sponge with a chocolate fudge sauce





EIOOFF your first order

WHEN YOU SPEND £40 OR MORE[^]

ENTER CODE

PHONE ORDERS WILL HAVE DISCOUNT APPLIED AUTOMATICALLY



If you try one of our Harry's products and don't like it, don't worry: just let us know and we'll give you your money back!

QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

To order call **FREE** on **0800 029 3263** or visit **www.harryscountrykitchen.com**

FREE NEXT DAY DELIVERY*

On all orders received before midday. Delivery is **FREE**, when you spend £40 or more.

NO SUBSCRIPTION NECESSARY

SECURE PAYMENT METHODS

Easy payment methods, pay over the phone, online or through your Community Champion. We accept the following:



ORDERING ON THE WEB

Our website is a quick, easy and secure way to have delicious frozen meals and desserts delivered directly to your home. Shop online 24/7

harryscountrykitchen.com

ORDERING ON THE PHONE

We have a dedicated team who are happy to help you place your order and assist you with anything else you might need. Simply call our freephone number to get in touch, the team are looking forward to having a chat. Monday to Friday 9am-5pm

Address: Harry's Country Kitchen, PO Box 254, HCK Grocery Limited, Deeside, CH5 9FR.

Call centre opening hours: Mon-Fri 9am-5pm (opening hours subject to change). Calls are free and may be recorded. All photography is serving suggestion only. Prices correct at time of print. Products subject to availability. ©Harry's Country Kitchen. Registered Office PO Box 254, HCK Grocery Limited, Deeside, CH5 9FR. All rights reserved.

*£10 off min £40 order spend in a single transaction, valid for one transaction, first order only. UK resident aged 18+ only with a valid UK postal address (exclusions apply). *Free next day delivery for orders over £40 (minimum order value is £40). £6.95 delivery fee applicable to orders for next day delivery under £40. Delivery excludes Scottish Highlands, Northern Ireland, Channel Islands and the Isle of Man. Products and delivery slots are subject to availability. Terms apply, see www.harryscountrykitchen.comm.
*White Rice Steam Bag, 200g, with selected Indian or Chinese meals. Max. 1 bag per meal. Subject to availability. No substitutes or alternatives. White Rice Steam Bag, 200g, also available to be purchased separately.