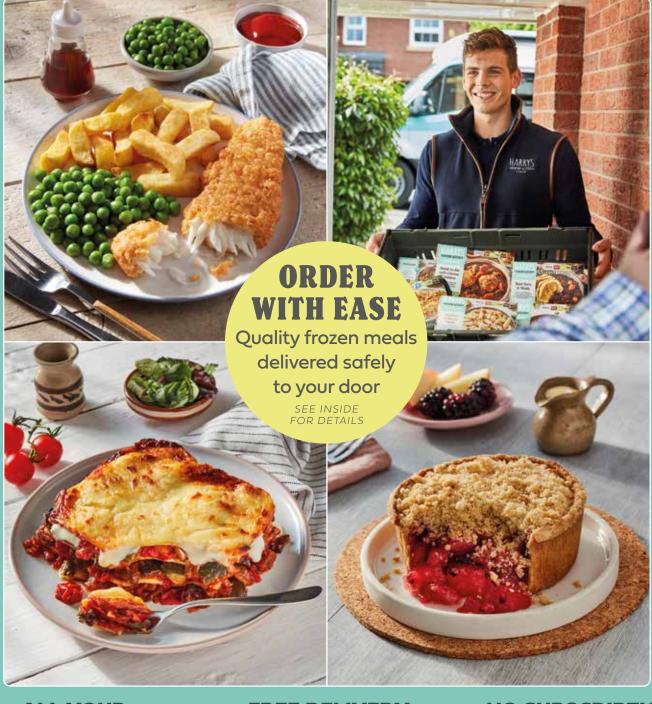
HARRYS country kitchen

Good food to your door



ALL YOUR FAVOURITE MEALS

FREE DELIVERY ON ORDERS OVER £20* NO SUBSCRIPTION NECESSARY

To order call FREE on 0800 029 3263







GOOD FOOD TO YOUR DOOR

committed to using high quality ingredients to create delicious and convenient prepared meals, delivered broad menu whilst ensuring you can

source great ingredients at the right not only tastes good, but is also great

We care about community and your who will deliver our food to your door. As an extra level of service, in addition butter and milk.







great taste of our food, the value

dishes meet our exacting standards,

We've tried to make our website

our food, value and service.





COMMUNITY CHAMPION

Our team of Community Champions deliver direct to your door and are always happy to go the extra mile. They provide free home delivery throughout the year, rain or shine. Whether you require a no contact delivery or want your order placed in the freezer they are more than happy to accommodate your needs.

The Community Champions have been hand selected from your local area to

ensure they are fully in touch with the community's needs.

As well as delivering your order, they can also take your next order at the doorstep. You can even top up your order with kitchen essentials.

Our Community Champions are there to make the process as easy as possible.





QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

EASY & SECURE **PAYMENT METHODS** HARRYS **COUNTRY KITCHEN** Good food to your door

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:









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

Trustpilot

Second order and still

excellent meals.

Will continue.

Mr Green

6

🔭 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 with bags of flavour. If you're a dessert lover like me you'll very much enjoy this (Sticky Toffee Pudding). 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.

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

facebook

🔀 Trustpilot

The roast dinners were

incredible and the gravy

was so rich! My favourite

has to be the Lasagne

convenient to place my

order on the phone too.

Harry and the staff were

though. It was really

wonderful:)

Srv Tmr

Brilliant service!

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

MENU All your favourites

MAIN MEALS





TRADITIONAL, INDIAN AND CHINESE PAGE 8-15

DESSERTS



HOT DESSERTS AND COLD DESSERTS PAGE 16-17





*Free delivery for orders over £20 (minimum order value is £20). Delivery address must be within the delivery catchment area Terms apply, see www.harryscountrykitchen.com

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

or visit www.harryscountrykitchen.com

Alison









Traditional Main Meals

Traditional Main Meals





Pasta

Penne pasta with British

chicken breast strips & bacon

in cheese & garlic sauce

Per Pack (378g) Microwaved

30%

of an adult's reference intake Typical values (Microwaved) per 100g: Energy 500 kJ / 119 kcal

Weight: @400g Allergens: Wheat, Milk, Barley, Mustard

Chicken Roast Dinner

British chicken breast

served with roast potatoes,

peas, carrots, onion & sage

stuffing & chicken gravy

Per Pack (400g) as Sold

1.2g

6%

of an adult's reference intake Typical values per 100g: Energy 341 kJ / 81 kcal

Weight: @400g Allergens: Barley, Wheat

£4.75

Fat

5.6g

8%

Energy 1296 kJ

308 kcal

15%

MICRO

£4.25

Fat

16%

Energy

1890 kJ

449 kco 22%

MICRO 800W

MMT20

33%

Sugars

6%

11.0g 6.0g 5.2g 2.0g

OVEN 180°C FAN



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

			MM AL ORDE	T19 r numbe	R
Per Pack (342g) Microwaved					
Energy	Fat	Saturates	Sugars	Salt	1
2136 kJ	25.3g	14.6g	3.5q	2.9q	
510 kcal			0.09	y	
26%	36%	73%	4%	48%	
of an adult's reference intake /pical values (Ovenbaked) per 100g: Energy 529kJ / 126kcal					

OVEN 180°C FAN



Beef Roast Dinner

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

	£4	ı.75	м			
	I	Per Pack	(400g			
	Energy	Fat	Saturate			
	1332 kJ 316 kcal	8.4g	2.0g			
	16%	12%	10%			
	Typica	of an ad values per	ult's refere 100g: Ene			
MICRO 12 800W MINUTES 1						
	Weight: Θ	400g Alle	rgens: Bo			

8

MMT1

MEAL ORDER NUMBER

Sugars

7.2g

8%

OVEN 180°C FAN

Salt

3.12g

49%

45



50

Veight: @460g Allergens: Milk, Fish, Crustaceans, Wheat, Mustard

British beef slices with peas



arley, Wheat, Egg, Milk



Steak in Ale with Cheese Cobblers

British beef brisket in ale gravy with cheese dumplings

		5C				R NUMBE	R
	Energy	Fat	Satur	ates	Sugars	Salt	
	1861 kJ 443 kcal	17.1g	7.5	ig	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							
	MICRO 9 OVEN 40 800W MINUTES 180°C FAN MINUTES						

Weight: e400g Allergens: Wheat, Milk, Barley



All Day Breakfast

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

		+.25	ME		I T3 r numbe	R
Per Pack (400g) as Sold Energy Fat Saturates Sugars Saturates 2480 kJ 24.4q 7.2q 10.0q 2.76q						
	592 kcal 30%	35%	36%	9%	46%	
of an adult's reference intake Typical values per 100g: Energy 620 kJ / 148 kcal						
-	1ICRO 800W Weigh	9 MINUT			40 MINUTE	s



Traditional Main Meals

Traditional Main Meals







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

	£۷	ı.75	ме		I T4 R NUMBE	R
		Per Pacl	(400g)	as Sold		
	Energy	Fat	Saturates	Sugars	Salt	
	2456 kJ 588 kcal	24.0g	2.0g	3.2g	1.64g	
	29%	34%	10%	4%	27%	
	Typica		ult's referen 100g: Energ		47 kcal	
MICRO 2 MINS OVEN 35 800W & 30 SECS 180°C FAN MINUTES						
	Weig	ght: @400	Allergen	: Fish, Whe	eat	

10



Fishcake, Chips & Peas

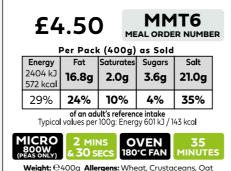
Haddock fishcake coated in a crisp batter with chips & garden peas

£4.25 MMT5 MEAL ORDER NUMBER							
	1	Per Pack	(400g)	as Sold			
	Energy	Fat	Saturates	Sugars	Salt		
	2468 kJ 588 kcal	19.2g	1.6g	3.2g	1.9g		
	28%	27%	8%	4%	32%		
	Турісо		ult's referen 100g: Ener		47 kca l		
№ (P	MICRO 2 MINS OVEN 35 & 30 SECS 180°C FAN MINUTES						
	We	ight: 0400)g Allerger	ns: Fish, Wł	neat	J	



Scampi, Chips & Peas

Light & crispy scampi with chips & garden peas





Gammon, **Pineapple & Chips**

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

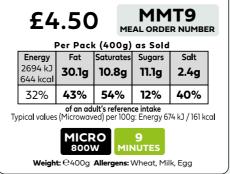
£4.50						-	R
		Per Pack	(400g) as So	bld		_
	Energy	Fat	Saturate	s Sugai	rs !	Salt	
	1600 kJ 376 kcal	41.6g	1.6g	22.8	g 2.	52g	
	19%	59%	8%	25%	6 4	2%	
of an adult's reference intake Typical values per 100g: Energy 324 kJ / 77 kcal							
•	IICRO 800W	10 MINUT	ES 18	OVEN O°C FAN	М	30 NUTE	s

Weight: @400g Allergens: Barley, Wheat, Sulphites



Spaghetti with Meatballs

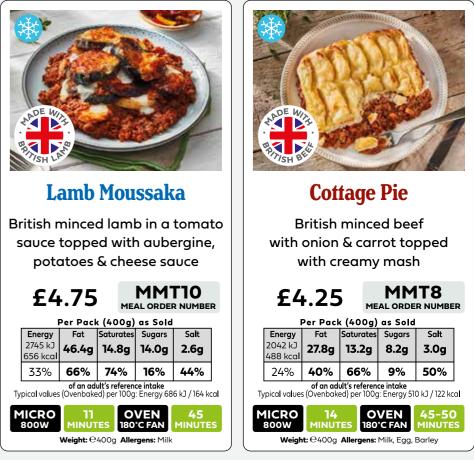
Spaghetti with British pork & beef meatballs in tomato & red wine sauce, topped with cheese





Beef Stew & Mash

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



	£4	.75	м
		Per Pack	(400g
	Energy	Fat	Saturate
	2745 kJ 656 kcal	46.4g	14.8g
	33%	66%	74%
Ту	pical values		ult's refere ed) per 100
	1ICRO 800W	11 MINUT	ES 18
		Weight: 🖯	400g All



_							
Per Pack (400g) as Sold							
Energ	зу	Fat	Saturates	Sugars	Salt		
1608		15.0g	8.4g	6.2q	2.7q		
388 k	cal			y	9		
19%	6	21%	42%	7%	45%		
of an adult's reference intake Typical values (As Sold) per 100g: Energy 402 kJ / 97 kcal							
	0	9 MIN			40		

£4.50

MMT11

180°C FAN MINUTES

Weight: @400g Allergens: Milk, Barley



Traditional Main Meals

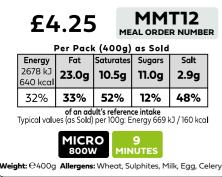
Traditional Main Meals







beef in tomato & herb sauce sprinkled with cheese



12



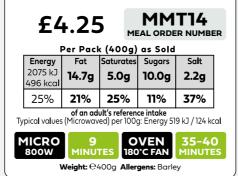
Beef Lasagne British minced beef in tomato & herb sauce, topped with béchamel sauce, Cheddar & mozzarella cheese

£4	+.5C	ме		T13 r numbe		
	Per Pack	(400g)	as Sold			
Energy	Fat	t Saturates Sugars Salt				
2159 kJ 516 kcal	22.4g	9.6g	12.8g	3.28g		
26%	32%	48%	14%	55%		
Typical valu	of an ad Jes (as So l d)	u lt's referen per 100g: E		kJ / 129 kcal		
AICRO 10 OVEN 45-50 800W MINUTES 180°C FAN MINUTES						



Chilli Con Carne

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





Vegetable Lasagne Aubergines, red peppers & courgettes in tomato sauce, topped with béchamel sauce &

r	mozzarella & Cheddar cheese							
E4.25 Per Pack (400g) as Sold					R			
	I		<u>, , , , , , , , , , , , , , , , , , , </u>					
	Energy	Fat	Saturates	Sugars	Salt			
	1640 kJ 392 kcal	16.4g	6.0g	13.2g	3.7g			
	20%	23%	30%	15%	62%			
	of an adult's reference intake Typical values (as Sold) per 100g: Energy 410 kJ / 98 kcal							
	MICRO 10 OVEN 45-50 800W MINUTES 180°C FAN MINUTES							

Weight: e400g Allergens: Wheat, Eggs, Milk, Celery



Vegetarian Chilli

with rice

	£۷	+.25	M	MM EAL ORDE	T16 ER NUMBE	R	
	Energy	Fat	Saturates	Sugars	Salt		
	1774 kJ 424 kcal	5.8g	1.0g	15.1g	2.0g		
	21%	8%	5%	17%	33%		
of an adult's reference intake Typical values (as Sold) per 100g: Energy 444 kJ / 106 kcal							
MICRO 10 OVEN 40-45 800W MINUTES 180°C FAN MINUTES							

Weight: @400g Allergens: Soya, Barley





Soya mince & kidney beans in a chilli & tomato sauce



Shepherd's Pie

British minced lamb with carrots, swede & onions, topped with creamy mash

£4.75 Per Pack (40			ME		R NUMBE	R
	Energy 2059 kJ 492 kcal		Saturates 14.2g		Salt 2.6g	
	25%	40%	71%	10%	43%	
	of an adult's reference intake Typical values (as Sold) per 100g: Energy 515 kJ / 123 kcal					
		14			/ E . E O	

MICRO	14	OVEN	45-50			
800W	MINUTES	180°C FAN	MINUTES			
Weight: @400g Allergens: Milk, Egg, Barley, Wheat						



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.







	27		ME	AL ORDE	R NUMBE	R	
	Per Pack (340g) Microwaved						
	Energy Fat Sat		Saturates	Sugars	Salt		
	1885 kJ 446 kcal 7.0g 1. 0		1.0g	50.1g	1.1g		
	22%	10%	5%	56%	18%		
Ту	pical values		u lt's referen ed) per 100g		54 kJ / 131 ko	al	
MICRO 6 OVEN 40 800W MINUTES 180°C FAN MINUTES							
Weight: @375g Allergens: Wheat, Soya							

14



Chicken Chow Mein

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

£4.50) ме			R	
	Pe	r Pack (330g) M	icrowav	ed		
				Sugars	Salt		
	1386 kJ	^{386 kJ} 6.7g		5.4a	3.1a		
	328 kcal	0.7g	0.9g	J. TY	5g		
	16%	10%	5%	6%	52%		
тy	pical values		ult's referen ed) per 100g	ce intake g: Energy 42	0 kJ / 100 ka	:al	
MICRO 7 OVEN 40 800W MINUTES 180°C FAN MINUTES							
eig	eight: @375g Allergens: Wheat, Soya, Barley, Sesame Seed						



Beef in Blackbean Sauce

Marinated British beef strips with red pepper in black bean sauce

£4.50) ме		C3 R NUMBE	R
	Pe	r Pack (348g) M	icrowav	ed	_
	Energy	Fat	Saturates	Sugars	Salt	
	1013 kJ 241 kcal	7.1g	1.2g	3.4g	4.3g	
	12%	10%	6%	4%	72%	
Ту	pical value		ult's referen red) per 100		91 kJ / 69 kc	al
	1ICRO 800W	11 MINUT		VEN °C FAN	45 MINUTE	s
_	Weight:	e375q A	llergens: So	ya, Wheat	, Barley	

Indian Style Main Meals



Chicken Korma

British chicken breast pieces in a creamy coconut sauce

MMI1 £4.25 Per Pack (343g) Microwaved Sugars Salt Energy Fat Saturat 2058 kJ 29.6g 13.5g 17.6g 2.8g 493 kc 25% 42% 68% 20% 47%

of an adult's reference intake Typical values (Microwaved) per 100g: Energy 600 kJ / 144 kcal MICRO 800W 50 OVEN 180°C FAN Weight: @375g Allergens: Mill

Chicken Tikka Masala

chicken breast pieces in a creamy curry sauce

£4.25			ME		R NUMBE	R
	Energy 2023 kJ	<u> </u>	Saturates 8.6q		Salt 2.6g	
	486 kcal 24%	45%	43%	16%	43%	
Ty	pical values		u lt's referen ed) per 100g		10 kJ / 142 k	cal
	1ICRO 800W	8 MII & 30 s		VEN °C FAN	50 MINUTE	s
_		Weight: 🖯	375g Aller	gens: Milk		







Tikka marinated British



Butter Chicken

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

		+.25			MN AL ORDE		R
	Energy 1853 kJ 445 kcal	Fat 28.5g	Satur 8.8		Sugars 9.5g	Salt 2.5g	
	22%	41%	44	%	11%	42%	
Ту	of an adult's reference intake Typical values (Microwaved) per 100g: Energy 542 kJ / 130 kcal						
٢	1ICRO 800W	8 Mil & 30 s		_	VEN °C FAN	50 MINUTE	s

Weight: @375g Allergens: Mill



White Rice Steam Bag

Cooked white rice ready to microwave in 3 minutes

	£1.00 Per Bag (200g)					ER	
	Energy 1141 kJ		Saturates	-	Salt		
	268 kcal	0.0g	0.0g	0.0g	0.1g		
	13%	0%	0%	0%	2%		
Ту	pical values		ult's referen ed) per 100g		6 kJ / 136 ko	cal	
MICRO 3 800W MINUTES							
		w	eight: e_{20}	0g			



All Your Favourite Desserts



All Your Favourite Desserts



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





D4 £1.50 DESSERT OPDER NUMBER Per Butterscotch and Treacle Pudding (185g) as Sold Energy Fat Saturates Sugars Salt 2662 kJ 29.6g 4.1g 64.9g 0.33g 638 kcc 42% 21% 72% 6% 32% of an adult's reference intake Typical values per 100g: Energy 1439 kJ / 343 kcal

> 70-80 AICRO 800W

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



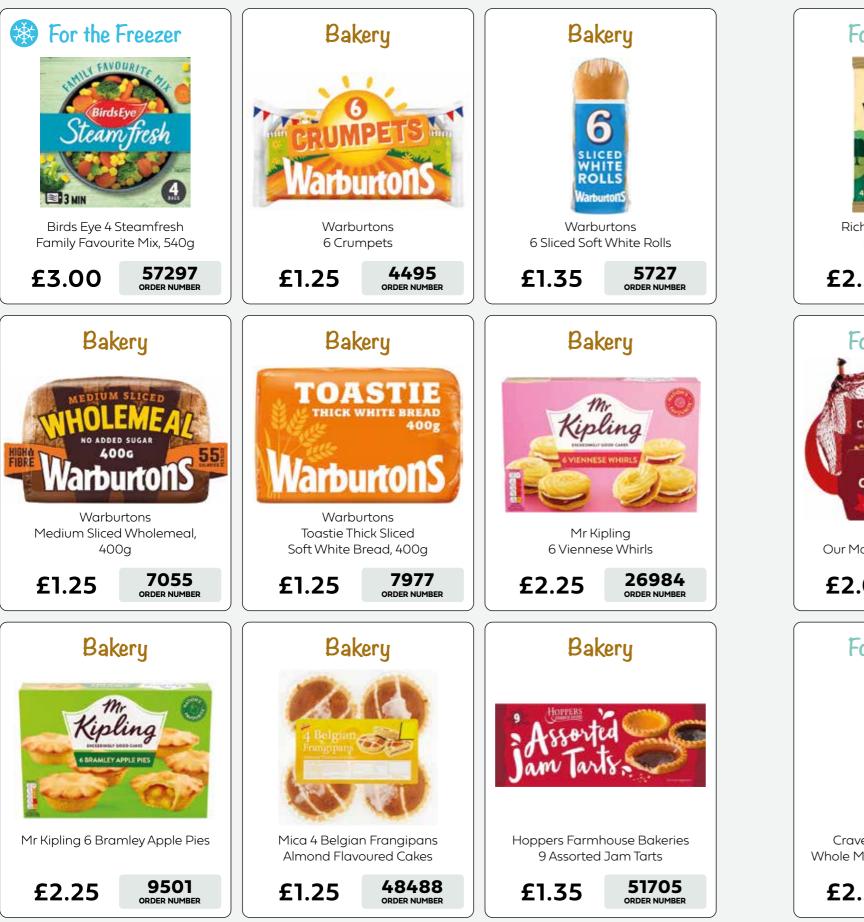






Kitchen Essentials

Kitchen Essentials





or visit www.harryscountrykitchen.com





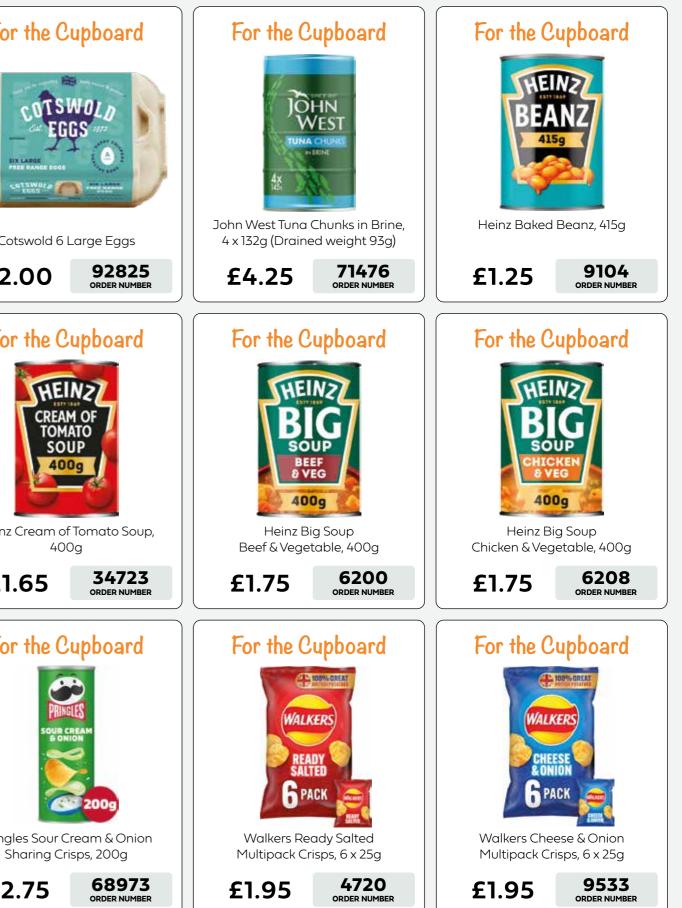
Or alternatively refer to the website www.harryscountrykitchen.com



Kitchen Essentials

Kitchen Essentials

For the Fridge	For the Fridge	For the Fridge	For th
miller Corner Strawberry 136g	Conner Derecoust carate tocol Banana Chocolate Flakes 124g	ACTIVIA GUT HEALTH X4 strawberry	
Müller Corner Delicious, Creamy Yogurt Strawberry, 136g	Muller Corner Delicious, Creamy Yogurt Banana Chocolate Flakes, 124g	Activia Strawberry Gut Health Yogurt 4 x 115g, (460g)	Cotswo
£1.00 7038 ORDER NUMBER	£1.00 6944 ORDER NUMBER	£2.75 33506 ORDER NUMBER	£2.00
For the Fridge	For the Cupboard	For the Cupboard	For th
Elmlea Double, 270ml	Nescafe Gold Blend Instant Coffee, 200g	Extra EXTRE EXTRE </th <th>Heinz Crea</th>	Heinz Crea
£1.85 51796 ORDER NUMBER	£7.50 4027 order NUMBER	£5.50 60991 ORDER NUMBER	£1.65
For the Cupboard	For the Cupboard SKIMMED MILK	For the Cupboard	For th
Whitworths Granulated Sugar, 1kg	SKIMMED MILK Viva Skimmed Long-Life Milk, 1L	Viva Semi-Skimmed Long-Life Milk, 1L	Pringles S Sharir
£0.75 53845 ORDER NUMBER	£0.90 54123 ORDER NUMBER	£0.90 54122 ORDER NUMBER	£2.7



For full information on allergens, nutrition, ingredients & storage please ask your Community Champion or the customer services team when placing your order. Or alternatively refer to the website www.harryscountrykitchen.com







Kitchen Essentials

Kitchen Essentials

For the Cupboard	For the Cupboard	For the Cupboard	For the Cupboard
Ritz The Original Biscuit Crackers, 165g	Coca-Cola Original Taste, 1L	Diet Coke, 1.25L	McVitie's Digestives Milk Chocolate, 2 x 266g
£1.25 74593 ORDER NUMBER	£1.65 72842 ORDER NUMBER	£1.55 56529 ORDER NUMBER	£2.89 91602 ORDER NUMBER
For the Cupboard	For the Cupboard	For the Cupboard	For the Cupboard
SUBJECT OF CONTRACTOR OF CONTA	Devon	Rice Pudding	CALLER CONCINE
Robinsons Orange, 1L	Ambrosia Devon Custard, 400g	Ambrosia Rice Pudding Can, 400g	Kit Kat 2 Finger Milk Chocolate Biscuit Bar, 5 x 20.7g
£2.00 23122 order NUMBER	£1.20 5563 order NUMBER	£1.20 5564 order NUMBER	£1.50 92512 ORDER NUMBER
For the Cupboard	For the Cupboard	For the Cupboard	For the Cupboard
Werther's Original Butter Candies	Maynards Bassetts Witte Gungs	Hartleys Jelly fred fruit strawberry Flover	REAL
Werther's Original Butter Candies, 137.5g	Maynards Bassetts Wine Gums Sweets Bag, 165g	Hartley's Jelly Strawberry Flavour, 125g	Hellmann's Real Mayonnaise, 430ml
£1.50 55650 ORDER NUMBER	£1.50 78173 ORDER NUMBER	£0.60 47260 ORDER NUMBER	£2.70 51741 ORDER NUMBER

For full information on allergens, nutrition, ingredients & storage please ask your Community Champion or the customer services team when placing your order. Or alternatively refer to the website www.harryscountrykitchen.com





For the C	upboard	For the C	upboard
BOURBON BOURBON Crawford's Bou Sandwich Bis	CREAMS	Cadbury Timeout Wafer Bar 6 Pack, 121.2g	
£0.90	53598 ORDER NUMBER	£1.50	58377 ORDER NUMBER
For the C	upboard	For the C	2000
Galaxy Ripple C Multipack	BARS Ipple	Heinz Tomato	INZ ATO NUP
£1.50	45437 ORDER NUMBER	£2.00	49075 ORDER NUMBER



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!





FREE DELIVERY* ON ORDERS OVER £20

NO SUBSCRIPTION NECESSARY

HARRY'S FAVOURITE MEALS

Get started in one simple order with this great selection from the Harry's range, call us or visit our website for more details.



QUICK AND SIMPLE ORDERING WITH HARRY'S COUNTRY KITCHEN

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

FREE, FRIENDLY DELIVERY

Once you have placed your order, one of our local Community Champions will bring it directly to you. Delivery is **FREE**, the minimum order spend is £20.

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.

*Free delivery for orders over £20 (minimum order value is £20). Delivery address must be within the delivery catchment area. Terms apply, see www.harryscountrykitchen.com [†]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.