



What a Crock Meals Printable Menu (Updated 3/2024)

Questions? Call us at (484) 474-0451 or email help@whatacrockmeals.com

Chicken/Poultry

Meal/Price	Description
BBQ Grilled Chicken Thighs - \$11.99	Delicious and tender grilled chicken thighs in our house made BBQ sauce — they're perfect for any summer dinner.
Chicken Marsala - \$14.99	A slow cooker spin on an Italian-American classic. Chicken, mushrooms, onions and herbs cooked in a Marsala wine sauce. Enjoy with a side of white rice. (Rice included with this meal)
Chicken Alfredo - \$14.99	Juicy chicken and tender broccoli simmered in our creamy, house-made alfredo sauce and served with penne pasta. A classic dish perfected for the slow cooker.
Chicken Florentine - \$13.99	Grilled chicken, sauteed spinach, roasted red peppers, and sliced mushrooms simmered in our chef-crafted light and creamy sauce made with cheese, garlic, diced tomatoes, and a wine reduction.
Chicken Parm Meatballs - \$14.99	Our well-seasoned chicken meatballs are stuffed with fresh mozzarella and served with Grandma's Gravy over penne pasta. Amazing Italian flavors all in one meal!
Chicken Pierogi Stew - \$12.99	Tender chicken, carrots, corn, peas and pierogis stewed with a country herb blend in a savory sauce.
Chicken Pot Pie Stew - \$11.99	Tender chicken, carrots, corn, peas and potatoes stewed with a country herb blend in a savory sauce.
NEW! Creamy Pesto Chicken - \$14.99	Grilled chicken breast smothered in our garlicky made-from-scratch creamy pesto sauce and served with penne pasta.
Firecracker Chicken Thighs - \$12.99	A fan-favorite with a brand new recipe! Pan-seared chicken thighs, red bell peppers, and pineapples slow cooked in a sweet and spicy red chili sauce. Comes with white rice on the side.
Jerk Chicken - \$12.99	Tender, boneless chicken that's tossed in our Jamaican jerk seasoning and slow cooked to perfection. This chicken is juicy and bursting with flavor with just a little kick of spice. Served with rice that will soak up the rich flavor of our jerk seasoning.
Lemon Garlic Chicken \$14.99	Pan-seared white chicken breast, squash, zucchini and a mix of summer veggies in a smooth and zesty lemon sauce. Served over penne pasta.
Oven Roasted Pulled Chicken - \$11.99	Slow roasted chicken cooked in a light stock with Italian herbs and pre-pulled for your convenience. Perfect for sandwiches, salads, or with a side of our Creamy Garlic Mashed Potatoes.

Parma Rosa Chicken - \$14.99	Juicy white-meat chicken smothered in our scratch-made creamy, cheesy parma rosa sauce and served with penne pasta.
Honey Garlic Chicken - \$14.99	Juicy boneless chicken pieces are smothered in a sweet and tangy honey garlic glaze, then slow-cooked until they're ridiculously tender and served with rice and mixed veggies. Each portion comes with two large boneless chicken pieces.
Southwest Smoked Chicken Chili - \$10.99	Tender pulled chicken simmered in our light chili sauce with green peppers, onions, sweet corn, and beans. This is our most versatile dish — serve it as tacos, wraps, or fajitas.
Spanish Chicken & Rice - \$13.99	Our chef-crafted Spanish Chicken & Rice is made with perfectly roasted chicken, peas, and simple yet bold seasonings.
Turkey Chili - \$10.99	A classic healthy dish that has generous portions of premium ground turkey breast, green peppers, onions, beans & a blend of savory spicy chili seasonings.

Beef

Meal/Price	Description
Au Jus Buttermilk Steak - \$13.99	The Au Jus sauce makes this a juicy and delicious way to class up a sandwich - or serve this tender cut of meat as your main course with fresh veggies.
Beef & Broccoli - \$13.99	A Chinese-American classic with tender strips of beef and broccoli simmered in our sweet and savory brown soy and ginger sauce.
Beef Overstuffed Peppers - \$12.99	A rich, satisfying version of this great comfort food. With ground beef, black beans, corn, carrots and caramelized onions all cooked in a light, flavorful sauce.
Beef Stroganoff - \$14.99	A true comfort food classic, with tender, sauteed beef strips and mushrooms simmered in our house-made garlic cream sauce. Served on a bed of soft, buttery egg noodles.
Brisket Fajitas - \$15.99	Hand-cut strips of brisket simmered with fresh onions and peppers in a traditional fajita sauce. Comes with rice.
Grandma's Homemade Meatballs - \$13.99	Large, hand-rolled Italian meatballs simmered to perfection in our scratch made red sauce. Serve over the penne pasta included with this meal.
New Orleans Braised Beef - \$15.99	Blackened USDA Choice Bottom braised in our authentic New Orleans Creole seasoning and slow cooked in our etouffee sauce: AKA "gravy with an attitude."
Old Fashioned Pot Roast - \$14.99	This dish features a large fork-tender cut of premium beef with a vegetable medley in a flavorful sauce that features a splash of wine for the ultimate comfort food dining experience.

Pepper Steak - \$14.99	Tender steak, bell peppers, and onions simmered in our savory made-from-scratch teriyaki sauce and served with fluffy white rice. Despite its name, our Pepper Steak is not spicy and makes a great dinner for the whole family!
Sloppy Joe - \$9.99	Our Sloppy Joe screams comfort with every bite! This All-American classic is the newest addition to our meal lineup.
Uptown Beef Stew - \$13.99	Outrageously tender premium beef is simmered with carrots, potatoes, onions, and peas in a luscious brown gravy. Our Uptown Beef Stew truly is a timeless meal.

Pork

Meal/Price	Description
Carnitas - \$10.99	Mexican-style braised pork simmered until it's unbelievably tender and juicy. This taco truck favorite is perfect on a taco, burrito, sandwich, or over a salad.
NEW! Creamy Pesto Sausage - \$16.99	Mild Italian sausages enveloped in our garlicky made-from-scratch creamy pesto sauce and served with penne pasta.
Jambalaya - \$15.99	A classic Cajun dish featuring an intoxicating combination of andouille sausage, chicken, shrimp, and ham — all simmered in our delicious red Creole sauce.
Sausage Scallopini - \$11.99	Savory Italian sausage, peppers, and onions simmered in our scratch-made red sauce. This dish is best enjoyed as a sandwich on a toasted roll or atop some fresh pasta.
Smoked BBQ Pulled Pork - \$11.99	Choice pork roast is simmered until fork tender in our sweet Southern-style sauce. Simply use two forks to pull and the meat will fall apart, making it ideal for BBQ Pulled Pork Sandwiches.

Seafood

Meal/Price	Description
Honey Garlic Shrimp - \$14.99	Plump shrimp and mixed veggies smothered in our sweet and tangy honey garlic glaze and served with white rice.
Jambalaya - \$15.99	A classic Cajun dish featuring an intoxicating combination of andouille sausage, chicken, shrimp, and ham — all simmered in our delicious red Creole sauce.
Jerk Shrimp - \$13.99	Tender shrimp simmered in our Jamaican jerk sauce and slow cooked to perfection. This dish is bursting with that familiar sweet, spicy and fruity jerk flavor. Served with a side of rice and beans.
Lobster Ravioli - \$15.99	Rich lobster enveloped in velvety pasta and simmered in your choice of sauce - our classic Grandma's Gravy, or our creamy, cheesy Parma Rosa sauce.

Shrimp Alfredo - \$15.99	Succulent shrimp in our creamy, made-from-scratch parmesan alfredo sauce and served over penne pasta.
Shrimp Florentine - \$15.99	Tender shrimp, sauteed spinach, roasted red peppers, and sliced mushrooms simmered in our chef-crafted light and creamy sauce made with cheese, garlic, diced tomatoes, and a wine reduction.
Shrimp Scampi - \$13.99	Fresh shrimp served in a house made crisp white wine sauce, cooked down with oil, garlic and a blend of Italian seasonings. Served with a side of penne.

Vegetarian & Vegan

Meal/Price	Description
Broccoli Alfredo - \$10.99	Broccoli florets and al-dente penne pasta simmered in our creamy and indulgent scratch-made alfredo sauce.
Cheese Ravioli - \$10.99	Fluffy pasta stuffed with ricotta, mozzarella, romano, and parmesan cheeses and simmered in your choice of sauce - our classic Grandma's Gravy, or our creamy, cheesy Parma Rosa sauce.
Roasted Red Pepper Florentine - \$10.99	Al-dente penne pasta with sauteed spinach, roasted red peppers, and sliced mushrooms simmered in our chef-crafted light and creamy sauce made with cheese, garlic, diced tomatoes, and a wine reduction.
White Bean Chili (Vegan) - \$9.99	This satisfying chili made with cannellini beans, corn, bell peppers, and tomatoes is so hearty and flavorful that it will make you forget it's vegan.

Dips (sold by the pound)

Meal/Price	Description
Buffalo Chicken Dip – \$12.99, \$19.98 (two pound)	Tender chicken breast shredded into a blend of creamy cheeses, then brought to life with our bold and flavorful hot sauce. Serve with tortilla chips or soft pretzels.
Pepperoni Pizza Dip - \$12.99, \$19.98 (two pound)	A mouth-watering dip loaded with cheese and pepperoni. Pairs perfectly with chips, crackers, bread or just about anything! We love serving this with an Italian loaf or garlic knots.
Philly Cheesesteak Dip - \$12.99, \$22.99 (two pound)	We've taken the Philly Cheesesteak from the roll to the dipping bowl! This creamy dip is packed with Philly steak, green peppers, onions, and a three-cheese blend. Serve with a nice Italian loaf.
Spinach & Artichoke Dip - \$12.99, \$19.98 (two pound)	Fresh spinach, chopped artichokes, three cheeses and a pinch of seasoning makes this warm and creamy dip perfect for any gathering. Serve alongside pita chips, in a rye bread bowl, or with one of our other dips!

Soups (sold by the quart)

Meal/Price	Description
Homemade Chicken Soup - \$12.99	A classic chicken soup, just like mom used to make. Made with pulled chicken, carrots, peas, and green beans. Choose from noodles or rice to go with this staple. Customers with dairy allergies should select egg noodles, as our rice contains butter.
Italian Wedding Soup - \$13.99	A hearty Italian Wedding Soup with hand-rolled all-beef meatballs and a medley of veggies and pasta. The perfect comforting soup for a chilly evening.
Loaded Potato Soup - \$13.99	A creamy soup loaded with chunks of potato, bacon, scallions and cheddar cheese. It's everything you love about a loaded baked potato, only in soup form!
Minestrone Soup - \$12.99	Our hearty Minestrone Soup is a delightful blend of tender vegetables, Ditalini pasta, and savory Italian herbs, simmered to perfection in a rich tomato broth. Packed with flavor and wholesome ingredients, it's the ultimate comfort food for any season.

Sides & Sauces

Meal/Price	Description
Cheesy Garlic Bread - \$5.99	Seeded Italian loaf coated in butter from end to end, then sprinkled with a blend of parmesan cheese, mozzarella, and garlic salt.
Crabby Mac & Cheese - \$8.99	A delicious blend of melted cheeses, cream, and imitation crab poured over al dente pasta shells and sprinkled with Old Bay seasoning.
Creamy Garlic Mashed Potatoes - \$6.99	Enjoy our hand-peeled and spoon-mashed red bliss creamy mashed potatoes that have just the right amount of butter, cream and garlic. These potatoes are the perfect pairing for any meal.
Creamy Pesto Sauce (24oz) - \$12.99	Our creamy, made-from-scratch garlic and pesto sauce.
Dirty Rice - \$4.99	Cajun-style rice mixed with bell peppers, onions, black beans, carrots, diced tomatoes, and a bold seasoning.
Grandma's Gravy (24oz) - \$7.99	Our secret Italian red sauce recipe passed down from our founder's family for generations. This sauce is perfect for someone who wants a classic red sauce but doesn't have the time to spend an entire day in the kitchen making it.
Parma Rosa Sauce (24 oz) - \$11.99	Our house-made creamy, cheesy, garlicky sauce. A classic parma rosa/rosé sauce without all the work.
Three Cheese Mac & Cheese - \$7.99	A delicious blend of cheeses and cream that are slowly melted together to perfection, then poured over al dente pasta shells.
Scampi Sauce (24oz) - \$11.99	Our delicious garlic and white wine scampi sauce.

Desserts

Meal/Price	Description
Chocolate Molten Cake - \$16.99	Goosey, chocolatey, and decadent. Designed specifically to be cooked in the slow cooker, this is certainly not your average chocolate cake! Serve with vanilla ice cream and enjoy
Famous 4 th Street Cookies (various flavors) -\$11.99 to \$13.99	Famous 4th Street's gourmet cookies are homemade using all-natural ingredients. Each tub contains 16 cookies worth of dough (one pound) and is shipped to you frozen. Choose from a rotating selection of flavors including Chocolate Chip, Oatmeal Raisin, M&M, Sugar, Peanut Butter, and more!

Extra Information

- Our meals are sold by the portion. One portion is built to feed one person with a large appetite or two light eaters. On average, one portion weighs between 1.5 and 2 pounds.
- This menu may become outdated as product inventory changes over time. Please visit whatacrockmeals.com to view our most up to date menu.
- **Prices are subject to change.**
- Nutrition and allergen information is available on our website. (whatacrockmeals.com)
- Subscriptions and meal bundles are available on our website. (whatacrockmeals.com)
- Gift cards are available on our website. (whatacrockmeals.com)
- Meal availability may vary based on time of year/inventory.
- Wondering which size slow cooker you should use?
 - 1 Portion meals, soups, and dips cook best in a 2-to-3-quart slow cooker.
 - 2 Portions can cook in a 4-to-6-quart slow cooker. A 4 quart is the optimal size.
 - 3 Portions can cook in a 4-to-7-quart slow cooker. A 5 quart is the optimal size.
 - 4 Portions can cook in a 5-to-7-quart slow cooker A 6 quart is the optimal size.
 - 5 Portions can cook in a 6-to-7-quart slow cooker. A 7 quart is the optimal size.