



# What a Crock Meals Printable Menu (*Updated 8/20/2022*)

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

## Chicken/Poultry

Meal/Price	Description
Cheesy Chicken - \$13.99	Juicy chicken and crisp scalloped potatoes are enhanced by bacon and broccoli and simmered in a scratch made cheese sauce that takes comfort food to a whole new level.
Chicken Marsala - \$11.99	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 Parm Meatballs - \$13.99	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 - \$11.99	Tender chicken, carrots, corn, peas and pierogis stewed with a country herb blend in a savory sauce.
Chicken Pot Pie Stew - \$10.99	Tender chicken, carrots, corn, peas and potatoes stewed with a country herb blend in a savory sauce.
Chicken Tikka - \$11.99	This Indian style dish includes pan-seared white chicken breast, cauliflower, peas and rice all slow cooked in a flavorful Tikka Masala sauce.
Firecracker Chicken - \$11.99	This sweet and spicy dish includes pan-seared white chicken breast, red bell peppers, pineapples and jalapeños, all slow cooked in a sweet red chili sauce. Comes with white rice on the side. Please note that this dish is SPICY!
Honey Garlic Chicken - \$12.99	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.
<b>NEW!</b> Southwest Smoked Chicken Chili - \$9.99	Tender pulled chicken is simmered in our light chili sauce with green peppers, onions, sweet corn, and beans. Our most versatile dish! Have it as tacos, wraps, or fajitas
Spanish Chicken & Rice - \$10.99	Our chef-crafted Spanish Chicken & Rice is made with perfectly roasted chicken, peas, and simple yet bold seasonings.
Turkey Chili - \$9.99	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 - \$10.99	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 Burgundy - \$13.99	Tender cooked beef with mushrooms and carrots, simmered in a traditional red wine sauce. Serve this dish over the egg noodles provided with this meal.
Beef Overstuffed Peppers - \$11.99	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.
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 - \$12.99	Hand rolled large Italian meatballs simmered to perfection in our scratch made red sauce, weighing in at over a half pound of meat per portion. Serve over penne pasta which is included with this meal.
Homemade Chili - \$9.99	A classic home-style dish that has generous portions of premium ground beef, green peppers, onions, beans, and a blend of savory chili seasonings.
New Orleans Braised Beef - \$11.99	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 - \$12.99	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.
<b>NEW!</b> 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 - \$12.99	A timeless meal with a generous portion of tender premium beef, with carrots, potatoes, onions and peas in a luscious brown gravy.

## Pork

Meal/Price	Description
Jambalaya - \$15.99	This flagship of Cajun cuisine offers an intoxicating combination of andouille sausage, chicken, shrimp and ham - all simmered in our delicious red Creole sauce.
Sausage Meatballs - \$11.99	These meatballs are made with Maglio's Sausage and slow cooked in our Grandma's Gravy. Serve them with the generous portion of pasta included with your meal. These are not your Grandma's meatballs, but she would approve!
Sausage Scallopini - \$10.99	Lots of savory Italian sausage, red and green peppers and onions all in our scratch made and simmered all day red sauce.
Smoked BBQ Pulled Pork - \$10.99	Choice hand-pulled pork roast is simmered until fork tender in our sweet Southern style sauce.

## Seafood

Meal/Price	Description
Jambalaya - \$15.99	This flagship of Cajun cuisine offers an intoxicating combination of andouille sausage, chicken, shrimp and ham - all simmered in our delicious red Creole sauce.
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.
Shrimp Tacos - \$12.99	Everything but the shell. Fresh shrimp simmered in our light chili sauce with green peppers, onions, sweet corn, and beans. Have it on hard shells, soft tortillas, or in a burrito!
Shrimp Primavera - \$16.99	Our take on the classic Italian dish, made with shrimp, red onions, bell peppers, eggplant, zucchini, and squash. Served in a light lemon scampi sauce with penne pasta. Also available without shrimp (vegetarian).
Italian Shrimp Gumbo - \$13.99	Our Italian Shrimp Gumbo is pure comfort food. We put our own Italian spin on the classic Cajun stew, making it perfect for anyone craving some homestyle flavor in a lighter and healthier dish. Also available with scallops.
Old Bay Crab Chowder - \$12.99	A creamy scratch-made chowder with crab, potatoes, corn, celery, green peppers, and a touch of Old Bay. The perfect blend of spice and sweet.

## Vegetarian & Vegan

Meal/Price	Description
Broccoli Cheddar Ale Soup - \$12.99	A rich cheddar and broccoli soup brought to life with a splash of American Lager. One of fall's best flavors!
Sweet Chili & Rice - \$9.99	Our Sweet Chili & Rice is inspired by our popular Mexican Chicken Fiesta. This dish includes peppers, onions, sweet corn, beans and rice in a light chili sauce.
Tomato Basil Bisque - \$12.99	This creamy tomato soup is full of flavor and sure to impress. Add a sprinkle of cheese and enjoy!
Veggie Overstuffed Peppers (Vegan) - \$9.99	Our vegan peppers are overstuffed with a mixture of black beans, diced carrots, caramelized onions, chopped tomatoes and white rice - all tossed in a light red sauce with a Mexican blend of seasoning.
Veggie Tikka Masala (Vegan) - \$9.99	This Indian style dish includes cauliflower, chickpeas, onions, peas and rice all simmered together in a flavorful Tikka Masala sauce.
Veggie White Bean Chili (Vegan) - \$9.99	Simmer up a satisfying low-fat and low-calorie chili that is so hearty and flavorful that it will make you forget it's vegetarian!

## Dips (sold by the pound)

Meal/Price	Description
Buffalo Chicken Dip - \$12.99	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	Our Pizza Dip is loaded with cheese and pepperoni. This mouth-watering dip is great with chips, crackers, bread or just about anything! We love serving this with an Italian loaf or garlic knots.
Philly Cheesesteak Dip - \$12.99	Philly steak, green peppers, onions and a three-cheese blend takes the Philly cheesesteak from the roll to the dipping bowl. Serve with a nice Italian loaf.
Spinach & Artichoke Dip - \$12.99	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!
Cheesy Taco Dip - \$12.99	Creamy & kickin'! This Southwest style taco dip is packed with hearty amounts of ground beef and full of creamy Sriracha flavor.

## Soups (sold by the quart)

Meal/Price	Description
Broccoli Cheddar Ale Soup - \$12.99	A rich cheddar and broccoli soup brought to life with a splash of American Lager. One of fall's best flavors!
Chicken Soup - \$12.99	Just like mom used to make. You get to choose from noodles or rice to go with this staple!
Loaded Potato Soup - \$12.99	Chunks of potato, bacon, scallions and cheddar cheese - everything you love about a loaded potato!
Tomato Basil Bisque - \$12.99	This creamy tomato soup is full of flavor and sure to impress. Add a sprinkle of cheese and enjoy!
Old Bay Crab Chowder - \$12.99	A creamy scratch-made chowder with crab, potatoes, corn, celery, green peppers, and a touch of Old Bay. The perfect blend of spice and sweet.

## Sides & Sauces

Meal/Price	Description
Cheesy Garlic Bread - \$4.99	Our Cheesy Garlic Bread is made with seeded Italian loaf. It's first coated in butter from end to end, then sprinkled with our blend of parmesan cheese, mozzarella cheese, and garlic salt.
Creamy Garlic Mashed Potatoes - \$4.99	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.
Dirty Rice - \$4.99	A Cajun-style rice that includes, bell peppers, onions, black beans carrots and diced tomatoes with bold seasoning.
Fra Diavolo Sauce (24oz) - \$7.99	A very spicy Italian red sauce recipe passed down from our founder's family for generations. This sauce is perfect for someone who wants a classic Fra Diavolo but doesn't have the time to spend an entire day in the kitchen making it.
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.
Three Cheese Mac & Cheese - \$7.99	Our Three Cheese Mac & Cheese is a delicious blend of cheeses and cream that are slowly melted together to perfection, then poured over al dente pasta shells.
Scampi Sauce (24oz) - \$7.99	Our delicious garlic and white wine scampi sauce.

## Desserts

Meal/Price	Description
Chocolate Molten Cake - \$15.99	Feeds 6-8 people. Our Chocolate Molten Cake is delicious, decadent, and deceiving because this is not your average chocolate cake!
Famous 4 <sup>th</sup> Street Cookies (various flavors) -\$11.99 to \$12.99	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!
Rotating seasonal selection of desserts – prices vary	Each season (fall-winter and spring-summer) we introduce new crockpot desserts! Visit <a href="http://whatacrockmeals.com">whatacrockmeals.com</a> or call 484-474-0451 to see what's currently available. Desserts include Peach Cobbler, French Toast Bread Pudding, Apple Cake and more!

## Fall Flavors (Available Starting 8/20/2022) (While Supplies Last)

Meal/Price	Description
Apple Cider Chicken - \$12.99	Grilled chicken thighs, apples and caramelized onions simmered in a rich savory cider with a hint of sweetness. Enjoy with a side of white rice. (Rice included)
Brown Sugar Mashed Sweet Potatoes - \$5.99	One of our seasonal favorites! Our sweet mashed potatoes are the ideal blend of sweetness and creaminess, making them both rich in flavor and smooth in texture.
French Toast Bread Pudding - \$9.99	A bread pudding that works for both breakfast and dessert. We use fresh artisan bread and a cinnamon and sugar sauce, then top this creation with raisins as the finishing touch.
Pumpkin Apple Soup - \$13.99	Fall, if it were a hug... or a bowl of soup! A flavorful soup using the quintessential fall flavors. Its rich, velvety texture makes it ideal for those chilly fall evenings. This is a vegetarian option.
Roasted Butternut Squash Soup - \$12.99	This silky, creamy soup has the perfect blend of warm fall flavors with just a hint of sweetness that comes naturally from roasted winter vegetables. This is a vegetarian option.
Thai Ginger Carrot Soup - \$12.99	This unique and delicious soup is smooth and creamy with just a little kick of ginger.
Turkey Sweet Potato Stew - \$13.99	Thanksgiving all year round! This holiday stew is made with roasted turkey, sweet potatoes, dried cranberries, a mixed vegetable medley & a scratch made turkey gravy.

### 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](http://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](http://whatacrockmeals.com))
- Subscriptions and meal bundles are available on our website. ([whatacrockmeals.com](http://whatacrockmeals.com))
- Gift cards are available on our website. ([whatacrockmeals.com](http://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.