

Icon Legend



Code	Fresh Salads and Sandwiches	QTY
Salads		
105	Beet It Beet, Spinach, Almonds, Goat Cheese, Balsamic	7.50
115	Brie It On Harvest mixed greens, brie, bacon, apples, beets, cranberries, grapes, Balsamic	11.50
120	Curry on Cauli Curry, Cauliflower, Tomato, Carrot, Cabbage, Mixed Greens, Almonds	7.50
135	Make it Snap Pea Peas, Peppers, Cucumber, Cabbage, Carrot, Romaine, Noodles, Sunflower Seeds, Siracha Dressing	7.75
140	Nothing But Caesar Salad Romaine lettuce, parmesan, croutons, and homemade caesar dressing	6.25
145	Rainbow Bright Chop Tomato, Cucumber, Carrot, Cabbage, Beans, Lettuce, Artichoke Dressing	6.75
150	Yes Chef Salad Ham, Turkey, Cheese, Tomato, Onion, Cucumber, Ranch	11.75
Salad Bowls		
200	Baja-ha Bowl Quinoa, veggie salsa, romaine, cabbage, corn salsa, baja beef, cherry tomato, avocado, chipotle mayo, cilantro, green onion	13.25
205	BBQ.A.L.T Quinoa, veggie salsa, beans, romaine, cherry tomato, chicken, bbq sauce, avocado, green onion, cilantro, avocado dressing	12.75
210	Buddhaful Bowl Mixed Greens, noodles, sweet potatoes, cabbage, snap peas, red pepper, carrots, edamame, avocado, black sesame, chickpeas, soy dressing	11.50
215	Flank You Bowl Mixed greens, noodles, cabbage, snap peas, red pepper, carrots, green onion, black sesame, flank steak, sriracha, soy dressing	13.75
Sandwiches		
300	The South Westerner Wrap BBQ beef, lettuce, tomato, red onion, Monterey jack cheese, and homemade chipotle mayo in a wrap	8.00
305	Eggcelent Sandwich Classic Egg salad with mayo, green onions, and lettuce on white bread	5.25
310	Classic 80's Country Ham Sliced ham, cheddar, lettuce, tomato, mayo and mustard on a bun	7.25
315	Lord Albacore Albacore tuna, pickles, onion, ranch, lemon, lettuce on white bread	7.00
320	Dinner Club JD Farm turkey breast, bacon, bread stuffing, cranberry mayo, lettuce and tomato on brown bread	8.75
325	All Wrapped Up in Veg Roasted vegetables, spinach, and homemade hummus in a wrap	7.00
330	The Whole Shebang Bang Wraps, Romaine, Onion, Crispy Chicken, Sweet & Spicy Sauce	7.25

Code	Fresh Snacks	QTY
400	Almond Flax Granola	6.00
410	The Chicken and The Veggies Slices of cooked chicken breast, cut veggies, and hummus	8.25
415	Fresh N' Fruity An assortment of fresh fruit	5.50
425	Say Cheese Assorted cheeses, fresh fruit, nuts, and crackers	8.25
430	Veg Out Cut veggies and homemade ranch dressing	6.25
435	Yogurt Parfait Vanilla yogurt with fresh berries and almond flax granola	5.50

Code	Desserts	QTY
500	Chocolate Chip Cookies (12)	6.00
510	Papa's Gingersnap Cookies (12)	6.00
515	Banana Bread Loaf	3.50
520	Seasonal Loaf *ask for flavour*	3.50
525	Carrot Cake with Cream Cheese Icing	3.75
540	Seasonal Tarts (2) *ask for flavour*	3.50
545	Lemon Tarts (2)	3.50
550	The Pastry Box's Lemoncello Cloud Cake	14.00
555	The Pastry Box's Chocolate Cloud Cake	14.00
560	Simon's English Apple Pie	6.25
565	Carrot Cake Slab	21.00
575	Seasonal Tarts (12) *ask for flavour*	18.50
580	Lemon Tarts (12)	18.50



































































Code	Nosh Low Carb	QTY
600	Nosh's Bread Loaf	14.00
605	Nosh's Buns (6)	12.00
610	Nosh's Chocolate Brownies (4)	7.00
615	Nosh's Chocolate Chip Cookies (6)	10.00
625	Nosh's Peanut Butter Fudge (6)	10.00
630	Nosh's Chocolate Cheesecakes (4)	13.00
635	Nosh's Strawberry Cheesecakes (4)	13.00

















































































































Code	Keto Friendly Meals	QTY
700	Broccoli & Chorizo Casserole	7.95
705	Cauliflower Bacon Mac N' Cheese	7.95
710	Cauliflower Pesto Chicken	7.95
715	Cheesy Chicken Fajita Bake	7.95

Code	Drinks	QTY
800	Apple Juice Bottle (296ml)	2.00
810	Ensure -Strawberry (6)	10.00
815	Ensure -Vanilla (6)	10.00

Code	Soups by Soup Etc!	QTY
1300	Lucky 13 (750ml)	8.00
1305	French Canadian Split Pea (750ml)	8.00
1310	The Broccoli Incident (750ml)	8.00
1315	Grandma's Chicken Noodle (750ml)	8.00
1320	Classic Beef Barley (750ml)	8.00
1330	Squashed! (750ml)	8.00
1335	Wild about Shrooms (750ml)	8.00 1335
1340	Garden Variety Chili (750ml)	8.00 1340
1345	An American Onion in Paris (750ml)	8.00 1345

Code	Chili	QTY
1325	Ground Turkey Chili Bowl	7.00
1326	Ground Turkey Chili - Medium	13.50

Code	Meals for One	QTY
Poultry		
900	Rosemary Roasted Chicken Thigh Meal   Roasted garlic smash, pan gravy, roasted seasonal veggies	10.00
905	Chipotle Chicken Meal   Pulled BBQ chipotle chicken, roasted root veggies, rice, and avocado crema	10.00
910	Chicken Cacciatore Meal   Braized chicken breast with a rustic tomato and vegetable sauce on rice pilaf	10.00
915	Apple Boursin Chicken Meal   Chicken breast, apple compote, boursin cheese, butternut squash risotto, and broccoli spears	10.00
920	Chicken Chow Mein   Marinated chicken thigh, homemade black bean sauce, stir-fried veggies, and Hons chow mein noodles	10.00
930	Spaghetti Bowl   Homemade JD Farm's ground turkey spaghetti sauce on top of spaghetti	7.50
940	Chicken Korma Curry Bowl   Roasted veggies, and rice	10.00
950	Turkey Dinner   Gravy, mashed potatoes, bread stuffing, peas and carrots	10.00
955	Simon's Chicken & Veggie Pot Pie   	6.50
Beef and Pork		
1000	Sticky Glazed Meatballs Meal   Sticky rice and stir-fry veggies	10.00
1005	Mama's Meatloaf Meal    Red skin garlic smash, and vegetable medley	10.00
1010	Pork Out Meal    Pulled pork, red beans, corn salsa, charred cabbage, and rice	10.00
1015	Salisbury Steak Dinner   Creamy mushroom gravy, mashed potatoes, broccoli and cauliflower	10.00
1020	Sunday Night Roast Dinner    Mashed potatoes, gravy, carrots, and beans	11.00
1025	Country Ham Dinner   Baked ham, Honey Dijon drizzle, scalloped potatoes, broccoli and cauliflower	10.00
1030	Shepherd's Pie    J Baird ground beef with veggies, and topped with mashed potatoes	8.50
1035	Traditional Beef Lasagna   Pasta sheets, J Baird ground beef tomato sauce, cottage cheese and spinach	8.50
1040	Simon's Steak & Veggie Pot Pie   	6.50
Seafood		
1100	Fish N Chips Meal    Potato chip crusted basa, tartar sauce, scallop potatoes, and broccoli	10.00
1105	Creamy Dill Prawns Meal    Crème sauce, rice pilaf, and vegetable medley	12.00
1110	5 Spice Salmon & Butternut Squash Risotto    Seasoned salmon, butternut squash risotto, and broccoli spears	11.00
1115	West Coast Gumbo    Prawn, salmon, basa, chorizo, mild Cajun tomato broth, carrot, celery, corn, rice	11.00
Vegetarian		
1200	Tex Mex Veggie Bowl    	8.00
1205	Mac n Cheese   Nothing beats a classic	6.00
1210	Veggie Korma Curry Bowl    Roasted veggies, and rice	8.00
1215	Veggie Lasagna    Pasta sheets, roasted vegetables, cottage cheese and spinach	8.00
1220	Veggie Chow Mein    Charred snap peas and peppers, homemade black bean, stir-fried veggies, and Hons chow mein noodles	8.00

Code	Meals for Two or More	QTY
1400	Mac N' Cheese – Medium  	11.50
1405	Shepherd's Pie – Medium  	15.50
1410	Traditional Beef Lasagna – Medium  	15.50
1415	Veggie Lasagna – Medium  	13.50
1420	Chicken Chow Mein – Family  	40.00
1425	Veggie Chow Mein – Family   	32.00
1430	Mac N' Cheese – Family  	28.00
1435	Shepherd's Pie – Family  	35.00
1440	Traditional Beef Lasagna – Family  	35.00
1445	Veggie Lasagna – Family  	32.00
1450	Pork Out – Family   	36.00
1455	Chipotle Chicken – Family   	36.00
1460	Turkey Dinner – Family  	40.00
1465	West Coast Gumbo – Family   	44.00
1470	Chicken Korma Curry – Family   	32.00
1471	Veggie Korma Curry – Family   	26.00
1475	Hons Chicken Pot Stickers (30 with Sauce)  	12.00
1480	Hons Pork Pot Stickers (30 with Sauce)  	12.00
1485	Hons Veggie Pot Stickers (30 with Sauce)  	12.00
1490	Veronica's Deluxe Feta & Bacon Perogies  	8.75
1495	Veronica's Potato & Onion Perogies   	8.75
Sides		
1505	Butternut Squash Risotto (1lb)   	7.50
1510	Rice Pilaf (1lb)  	6.00
1515	Mashed Potatoes (1lb)    	6.00
1525	Roasted Garlic Smashed Potatoes (1lb)    	6.00
1535	Scalloped Potatoes (1lb)   	8.00
1545	Turkey Gravy (500g)  	7.00
Proteins		
1605	Spaghetti Sauce (500g)   	7.00
1610	Rosemary Roasted Chicken Thighs (8 – 10)   	32.00
1615	Chicken Tenders (750g)  	22.00
1620	Mama's Meatloaf – Family (750g)   	24.00
1625	Sticky Glazed Meatballs (20)   	28.00
1630	Chicken Cacciatore – Family   	35.00
1635	Salisbury Steak – Family   	28.00
1640	Steaks (2 x 5oz)   	14.00
1645	Chicken Breasts (4 x 5oz)   	16.00
1650	Ground Beef (1lbs)  	6.50
Wraps and Burritos		
1700	Breakfast Wraps (4)   	13.50
1705	Bacon Breakfast Wraps (4)  	16.75
1710	Beef Burritos (4)  	16.75
1720	Chicken Burritos (4)  	15.75
1725	Veggie Burritos (4)   	13.00
1730	Chicken Quesadillas (4)  	14.50
1735	Veggie Quesadillas (4)   	11.00