

Icon Legend



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

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






























































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

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

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

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

























Please Note the Menu will continue to update for the next week or so!















Code	Meals for One	QTY
<b>Poultry</b>		
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	Yellow Curry Chicken 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
<b>Beef and Pork</b>		
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
<b>Seafood</b>		
1100	Lemon Pepper Crusted Basa Meal    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	Forest's Gumbo    Prawn, salmon, basa, chorizo, mild Cajun tomato broth, carrot, celery, corn, rice	11.00
<b>Vegetarian</b>		
1205	Mac n Cheese   Nothing beats a classic	6.00
1210	Yellow Curry Veggie 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	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










Code	Soups by Soup Etc!	QTY
1335	Wild about Shrooms (750ml)    	8.00
1340	Garden Variety Chili (750m)    	8.00
1345	An American Onion in Paris (750ml)   	8.00

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

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
1460	Turkey Dinner – Family  Stuffing, Mashed Potatoes, and Gravy.	40.00
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

<b>Sides</b>		
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

<b>Proteins</b>		
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

<b>Wraps and Burritos</b>		
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