

Icon Legend



Code Fresh Salads and Sandwiches QTY

Salads		
100	Bean to Santa Fe	7.50
Beans, Tomato, Carrot, Corn, Pumpkin Seeds, Avocado Dressing		
105	Beet It	7.50
Beet, Spinach, Almonds, Goat Cheese, Balsamic		
110	Broc 'N Potato	7.00
Broccoli, Potato, Onion, Tomato, Olives, Capers, Ranch		
115	Brie It On	11.50
Harvest mixed greens, brie, bacon, apples, beets, cranberries, grapes, Balsamic		
120	Curry on Cauli	7.50
Curry, Cauliflower, Tomato, Carrot, Cabbage, Mixed Greens, Almonds		
125	Easy Breezy Caprese	7.50
Tomato, Broccoli, Onion, Spinach, Orzo, Balsamic		
130	Mad Greek	7.50
Quinoa, Peppers, Cucumber, Tomato, Onion, Olives, Pumpkin Seeds, Artichoke Dressing		
135	Make it Snap Pea	7.75
Peas, Peppers, Cucumber, Cabbage, Carrot, Romaine, Noodles, Sunflower Seeds, Siracha Dressing		
145	Rainbow Bright Chop	6.75
Tomato, Cucumber, Carrot, Cabbage, Beans, Lettuce, Artichoke Dressing		
150	Yes Chef Salad	11.75
Ham, Turkey, Cheese, Tomato, Onion, Cucumber, Ranch		

Salad Bowls

200	Baja-ha Bowl	13.25
Quinoa, veggie salsa, romaine, cabbage, corn salsa, baja beef, cherry tomato, avocado, chipotle mayo, cilantro, green onion		
205	BBQ.A.L.T	12.75
Quinoa, veggie salsa, beans, romaine, cherry tomato, chicken, bbq sauce, avocado, green onion, cilantro, avocado dressing		
210	Buddhaful Bowl	11.50
Mixed Greens, noodles, sweet potatoes, cabbage, snap peas, red pepper, carrots, edamame, avocado, black sesame, chickpeas, soy dressing		
215	Flank You Bowl	13.75
Mixed greens, noodles, cabbage, snap peas, red pepper, carrots, green onion, black sesame, flank steak, siracha, soy dressing		

Sandwiches

300	The South Westerner Wrap	8.00
BBQ beef, lettuce, tomato, red onion, Monterey jack cheese, and homemade chipotle mayo in a wrap		
305	Eggcellent Sandwich	5.25
Classic Egg salad with mayo, green onions, and lettuce on white bread		
310	Classic 80's Country Ham	7.25
Sliced ham, cheddar, lettuce, tomato, mayo and mustard on a bun		
315	Lord Albacore	7.00
Albacore tuna, pickles, onion, ranch, lemon, lettuce on white bread		
320	Dinner Club	8.75
JD Farm turkey breast, bacon, bread stuffing, cranberry mayo, lettuce and tomato on brown bread		
325	All Wrapped Up in Veg	7.00
Roasted vegetables, spinach, and homemade hummus in a wrap		
330	The Whole Shebang Bang	7.25
Wraps, Romaine, Onion, Crispy Chicken, Sweet & Spicy Sauce		

Code Drinks QTY

800	Apple Juice Bottle (296ml)	2.00
810	Ensure –Strawberry (6)	10.00
815	Ensure –Vanilla (6)	10.00
820	Ensure – Chocolate (6)	10.00

Name: _____ Date: _____

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
530	Seasonal Brownie *ask for flavour*	5.00
535	Berry Compote Cheesecake Slice	5.00
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
570	Seasonal Brownie Slab *ask for flavour*	26.00
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 Strawberry Cheesecakes (4)	13.00
635	Nosh's Caramel Cheesecakes (4)	13.00
636	Nosh's Cinnamon Bun Squares (4)	11.00
640	Nosh's Zuppa Toscana Soup	15.00
645	Nosh's Better Broccoli Cheddar Soup	15.00

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
1345	Naughty Thai (750ml)	8.00

Code	Keto Friendly Meals	QTY
700	Broc N' Chorizo Casserole	7.95
705	Bacon Cauliflower Mac N' Cheese	7.95
710	Pesto Presto Chicken	7.95
715	Fajita Chicken Sizzler	7.95

Code	Meals for One	QTY
Poultry		
900	Rosemary's Chicken 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	Cacciatore Chicken 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	Teriyaki Chicken Chow Mein Marinated chicken thigh, homemade teriyaki sauce, stir-fried veggies, and Hons chow mein noodles	10.00
930	Mom's Spaghetti Bowl Homemade JD Farm's ground turkey spaghetti sauce on top of spaghetti	7.50
940	Korma Chicken 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	Sir Salisbury 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	Shrimply the Best Meal Compound butter, sautéed onions, mushrooms, tomato and rice pilaf	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 Black beans, charred corn, veggie salsa, mixed beans, on rice	8.00
1205	Mac n Cheese Nothing beats a classic	6.00
1210	Korma Veggie Curry Bowl Roasted veggies, and rice	8.00
1215	Veggie Lasagna Pasta sheets, roasted vegetables, cottage cheese and spinach	8.00
1220	Teriyaki Veggie Chow Mein Charred snap peas and peppers, homemade teriyaki sauce, stir-fried veggies, and Hons chow mein noodles	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
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	Korma Chicken Curry – Family	32.00
1471	Korma Veggie 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
1496	Sanjay's Veggie Samosas (12)	15.00
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's Chicken (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	Cacciatore Chicken – Family	35.00
1635	Sir Salisbury Steaks – Family (5)	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