

Fresh Salad Bowls		QTY
<b>Baja-ha Bowl</b>	Quinoa, romaine lettuce, cabbage, tomato, corn salsa, green onion, cilantro, chipotle drizzle. With <b>Baja-ha Bean n Sweet Potato</b>	11.25
With <b>Baja-ha Beef</b>		15.00
With <b>Baja-ha Chicken</b>		14.50
<b>Buddhaful Bowl</b>	House made hummus, soba noodles, shredded carrots, cabbage, snap peas, peppers, lettuce, sesame soy dressing, drizzled with Sriracha	11.25
With <b>Sweet Potato and Avocado</b>		
With <b>Marinated Steak</b>		15.00
With <b>Marinated Chicken Breast</b>		14.50
<b>Beet Of My Heart (Serves 1 - 2)</b>	BC Red Beets, spinach, apples, toasted almonds, berries, goat cheese, cranberry balsamic vinaigrette	8.75
<b>Jolly Cauli Curry Salad</b>	Roasted cauliflower, sweet potato, chickpeas, tomato, red onion, cabbage, carrot, roasted almonds, spinach, curry dressing	8.75
<b>Broc N Tater Salad</b>	Boiled new potato, chopped broccoli, red onion, green onion, tomato, creamy dill grainy mustard ranch dressing	7.75
<b>Caesar the Day Salad</b>	Romaine lettuce, house made decadent buttery crouton, shredded parmesan cheese, our take on the classic Caesar dressing with caper and anchovy	7.75
<b>Caesar The Day Salad – Family (Serves 5+)</b>		16.50
<b>In the House Salad (Serves 1 - 2)</b>	Tomato, purple cabbage, orange carrots, green cucumber, toasted pumpkin seeds, avocado dressing, lettuce blend	8.75
<b>In the House Salad – Family (Serves 5+)</b>		17.50
<b>Yes Chef Salad (Serves 1 – 2)</b>	Ham, chicken, egg, cheese, cucumber, tomato, cabbage, carrot & mixed greens, our house made ranch dressing	13.50
<b>Easy Breezy Caprese Salad (Serves 1-2)</b>	Tomatoes, bocconcini cheese, red onion, basil, spinach, orzo pasta, balsamic dressing	8.75
<b>Make It Snap Pea (Serves 1-2)</b>	Charred snap peas, cucumber, shredded carrot, cabbage, romaine, cashews and our sriracha mango dressing	8.75
Sandwiches		QTY
<b>Buffalo Chicken Wrapper – DIY Kit</b>	Build your own Buffalo Chicken Wraps. Crispy chicken pieces, in buffalo sauce, cabbage celery slaw, parmesan ranch sauce, 3 mini or 2 small flour tortillas	10.00
<b>Eggcellent Sandwich – Egg Salad</b>	Delicious egg salad with mayo and green onion with lettuce on white bread	6.50
<b>Classic 80's Country Ham Sandwich</b>	Delicious sliced ham, cheese, lettuce, tomato, mayo, and mustard	9.00
<b>Dinner Club Turkey Sandwich</b>	2oz JD Farm real turkey breast, 2 slices bacon, bread stuffing, cranberry mayo, and lettuce on brown bread	10.00
<b>Well Done Roast Beef Sandwich</b>	Sliced roast beef, horseradish mayo, lettuce, on a whole grain bun	9.50
<b>Crispy Chicken Bacon Caesar Wrap</b>	Crispy chicken breast, romaine lettuce, parmesan cheese, our house made caesar dressing, in a whole wheat wrap	8.50
<b>Moroccan Me Crazy Wrap, Chicken</b>	Spice roasted zucchini and peppers, chicken breast, Moroccan chickpea spread, cabbage, carrot, spinach, chopped tomato in a whole wheat wrap	9.00
<b>Moroccan Me Crazy Wrap, Veggie</b>	Spice roasted zucchini and peppers, Moroccan chickpea, spread, cabbage, carrot, spinach, chopped tomato in a whole wheat wrap	7.50
<b>Southwest Beef Wrap</b>	Shredded beef, romaine, tomato, shredded cheese, corn salsa, chipotle sauce in a whole wheat wrap	9.00
<b>Southwest Veggie Wrap</b>	Roasted zucchini, peppers, sweet potato, romaine, tomato, shredded cheese, corn salsa, cabbage, chipotle sauce in a whole wheat wrap	9.00

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Icon Legend						
	FRESH	FROZEN	GLUTEN FRIENDLY	KETO	VEGETARIAN	Lactose Free

Low Carb Keto		QTY
<b>Nosh Bread</b>		16.00
<b>Fajita Keto Sizzler – Ind</b>		15.00
<b>Mediterranean Pesto Chicken – Ind</b>		15.00
<b>Cauli Bacon Mac n Cheese – Ind</b>		14.00
<b>Nosh Keto Cajun Prawn – Ind</b>		16.00
<b>Nosh Keto Spicy Cajun Chicken – Ind</b>		15.00
<b>Nosh Zucchini Lasagna – Ind</b>		14.00
<b>Nosh Chocolate Chip Cookies – 6</b>		11.00
<b>Nosh Peanut Butter Choc Fat Bomb Pack</b>		9.50
Soups		QTY
<b>Lucky 13 (750ml)</b>		11.50
<b>French Canadian Split Pea (750ml)</b>		11.50
<b>Caulipeno Popper Soup (400ml)</b>		9.00
<b>Grandma's Chicken Noodle (750ml)</b>		11.50
<b>Classic Beef Barley (750ml)</b>		11.50
<b>Nosh No Noodl Chicken Soup(400ml)</b>		7.50
<b>Nosh's Zuppa Toscana soup (400ml)</b>		10.00

Fresh Snacks		QTY
<b>10 Star Granola</b>	Toasted almonds, pumpkin seeds, flax seeds, oatmeal, butter, sugar	6.50
<b>Fresh N' Fruity</b>	Assorted fresh fruit, but usually, pineapple, melon, orange, grape, berries	6.25
<b>Say Cheese</b>	Cheeses, fresh fruit, nuts, and crackers	9.00
<b>Veg Out</b>	Cut veggies and homemade ranch dressing	7.00
<b>Yogurt Parfaition</b>	Vanilla yogurt with fresh berries and 10 star granola	6.25
<b>Chick N Veggies</b>	Chicken breast, house made hummus, seasonal veggies	10.00

Desserts		QTY
<b>Chocolate Chip Cookies (12)</b>		6.75
<b>Papa's Gingersnap Cookies (12)</b>		6.75
<b>Chocolate Fudge Macaroons</b>		6.75
<b>Banana Bread Loaf</b>		4.75
<b>Carrot Cake with Cream Cheese Icing</b>		4.50
<b>Special Brownies</b> *ask for flavour*		5.25
<b>Seasonal Tarts (2)</b>		6.00
<b>Seasonal Tarts (12)</b>		33.00
<b>Lemon Tarts (2)</b>		4.50
<b>Lemon Tarts(12)</b>		24.00
<b>The Pastry Box's Lemoncello Cloud Cake</b>		15.00
<b>The Pastry Box's Chocolate Cloud Cake</b>		15.00

Comfort Meals for One		QTY
<b>Poultry</b>		
Opa Greek Chicken	11.75	
Boneless Chicken Thigh, Rice Pilaf, Zucchini, Eggplant, Peppers in Marinara, Feta		
#9 Chicken Chow Mein	10.75	
Chicken breast, Hons Noodles, Chinese Black Bean Sauce and Stir Fried Veggies		
Open Sesame Citrus Chicken	11.50	
Citrus Glazed Chicken, Sticky Rice, Stir-Fried Vegetables		
Mom's Spaghetti Bowl	8.50	
Our JD Farm's Ground Turkey Bolognese Sauce, Spaghetti Noodles		
Thai Chicken Curry Bowl	11.25	
Thai Coconut Green Curry Sauce, Chicken, Jasmine Rice, Cashew, Cilantro		
Thee Turkey Dinner	12.75	
JD Farm Turkey Breast, Gravy, Mashed Potato, Bread Stuffing, Peas & Carrots		
Meatman's Chicken & Veggie Pot Pie	9.00	
Chili Out Bowl	8.00	
JD farm Ground Turkey, Mild Chili with Carrots, Kidney & Garbanzo Beans		
Fajita Chicken Mac n Cheese	9.50	
Cheddar Mac n Cheese Topped Seared Peppers, Onion, Chicken Breast		
Chicken Primavera Mac n Cheese	9.50	
Parmesan Mac n Cheese, Spring Vegetables, Chicken Breast & Peccarino Cheese		
What The Halloumi (Chicken)	12.00	
Pasta d'Angelo Cheese Cappelletti, Chicken, Halloumi, Roasted Veg, Marinara Sauce		
<b>Beef and Pork</b>		
Sweet and Sticky Balls	11.50	
Sweet and Sticky Sauce Meatballs, Rice, and Stir Fried Vegetables		
Mama's Meatloaf Meal	11.00	
Beef & Pork Meatloaf, Garlic Smash, Vegetable Medley		
Santa Fe BBQ	11.25	
Chipotle Honey BBQ Pulled Pork, Rice, Corn Salsa, Black Beans, Sweet Potato, and Tomatoes		
Sir Salisbury Dinner	11.00	
Beef Patty, Creamy Mushroom Gravy, Mashed Potatoes, Broccoli & Carrot		
Sunday Night Roast Dinner	13.00	
Sliced Pot Roast, Mashed Potatoes, Gravy, Carrot & Beans		
Country Ham Dinner	11.50	
Baked ham, Honey Dijon Drizzle, Scalloped Potatoes, Cheddar Cheese, Broccoli		
Shepherd's Pie	9.50	
Ground Beef, Veggies, and topped with Mashed Potatoes		
La La La Lasagna	9.50	
Layers of pasta Beef Bolognese, Cottage Cheese, Spinach, Mozzarella		
Meatman's Steak & Veggie Pot Pie	9.00	
Taco Beef Mac n Cheese	9.50	
Ground Beef, Salsa, Cheddar Mac, Nacho Cheese, Tortilla Chips		
<b>Seafood</b>		
Blackened Basa Fillet	11.25	
Spice Rubbed Basa, Rice, Corn Salsa, Black Beans, Sweet Potato, and Tomatoes		
Shrimply the Best Meal	13.00	
6 Prawns, Buttery Mushroom Tomato Sauce Rice Pilaf, Zucchini & Peppers		
Mapleyaki Salmon	12.50	
Maple Soy Marinated Salmon, Sticky Rice, Stir fried Vegetables, Maple Teriyaki Sauce		
<b>Vegetarian</b>		
Thai Veggie Curry Bowl	9.00	
Cauliflower, Peas, Sweet Potatoes, Thai Coconut Green Curry Sauce, Jasmine Rice, Cashew, Cilantro		
#5 Veggie Chow Mein	9.00	
Stir Fried Veggies, Chinese Black Bean Sauce, Hons Chow Mein Noodles		
Veggie Moussaka	9.25	
Lentil Mushroom Base, Topped with Eggplant, Zucchini, Parmesan Cream Sauce		
Mac Snacker	6.25	
Nothing beats a classic		
Primavera Veggie Mac N' Cheese	8.00	
Parmesan Mac n Cheese, Spring Vegetables & Peccarino Cheese		
What the Halloumi (Veggie)	9.50	
Pasta d'Angelo Cheese Cappelletti, Halloumi, Roasted Veg, Marinara Sauce		

A la Carte Meals for Two or More		QTY
Cedar Planked Salmon (4 Loins)	32.00	
Chicken Kababs (4p) or (10p)	16.00	36.00
Beef Kababs(4p) or (10p)	22.00	48.00
Veggie Kababs (4p) or (10p)	12.00	24.00
Opa Greek Marinated Thigh (4p) or (10p)	14.00	32.00
Chicken Strips (750g)	25.00	
Mama's Meatloaf (800g)	28.00	
Sweet and Sticky Balls (20p)	30.00	
Blackened Basa Fillet (5 Fillets)	32.00	
Baby Back Pork Ribs Full Rack	22.00	
Pulled Pork (500g)	30.00	
Shredded Beef (500g)	30.00	
Beef Burgers (6 x 8oz)	30.00	
<b>Moms Spaghetti Sauce (900g) </b>	<b>15.50</b>	
<b>Thai Chicken Green Curry Sauce (450g) </b>	<b>11.50</b>	
<b>Thai Veggie Green Curry Sauce (450g) </b>	<b>8.50</b>	
<b>Alfredo Sauce's (450g) </b>	<b>10.00</b>	
<b>Turkey Gravy (500g) </b>	<b>10.00</b>	
<b>Veggie Marinara Sauce (450g) </b>	<b>8.00</b>	
Pasta D'Angelo Chicken & Herb Ravioli (600g)	13.50	
Pasta D'Angelo 4 Cheese Ravioli (600g)	13.50	
Asparagus Havarti Risotto (500g)	9.25	
Mash Taters (500g)	7.50	
Garlic Smashed Potato (500g)	7.50	
Scallop Potato (500g)	9.25	
Hons Pot Stickers (30 with Sauce)	12.00	
<input type="checkbox"/> Chicken <input type="checkbox"/> Pork <input type="checkbox"/> Veggie		
Summs! Veggie Spring Roll(6 with Sauce)	8.00	
Summs! Pork Spring Roll(6 with Sauce)	8.00	
Breakfast Wraps (4)	15.50	
Bacon Breakfast Wraps (4)	19.00	
Beef Burritos (4)	19.00	
Veggie Burritos (4)	14.50	
Chicken Quesadillas (4)	16.50	
Veggie Quesadillas (4)	13.25	
<b>Casserole &amp; Family</b>		
		<b>2 Per 5 Per</b>
Chili Out	16.00	
Mac n' Cheese	13.50	28.00
Primavera Chicken Mac n' Cheese	19.50	40.00
Taco Beef Mac n' Cheese	19.50	40.00
Fajita Chicken Mac n' Cheese	19.50	40.00
Primavera Mac n' Cheese	16.50	40.00
Shepherd's Pie	19.50	40.00
La La La Lasagna	19.50	40.00
Veggie Moussaka	18.50	37.00
#9 Chicken Chow Mein	45.00	
#5 Veggie Chow Mein	36.00	