


















September 2022

NAME: _____

















DATE: _____

Fresh Salads	Individual Servings	qty	Add 5oz chicken	qty	Family	qty
In the House Salad  Tomato, purple cabbage, orange carrots, green cucumber, toasted pumpkin seeds, avocado dressing, lettuce blend	8.75		14		17.50	
Caesar the Day Salad  Romaine lettuce, house made decadent buttery crouton, shredded parmesan cheese, classic caper anchovy Caesar dressing	8.75		14		17.50	
Beet Of My Heart  BC Red Beets, spinach, apples, toasted almonds, berries, goat cheese, cranberry balsamic vinaigrette	9.50		15		18.50	
Greeked Salad  Tomato, cucumber, onion, peppers, feta, olives, lettuce, artichoke dressing	8.75		14		18.50	
Sandwiches/Wraps						
Eggcellent Sandwich  Egg salad with mayo and green onion with lettuce on white bread	6.50					
Classic 80's Country Ham Bunwich  Sliced ham, cheese, lettuce, tomato, mayo, and mustard, country bun	8.50					
Dinner Club Turkey Sandwich  JD Farm real turkey breast, 2 slices bacon, bread stuffing, cranberry mayo, and lettuce on multigrain bread	10.00					
Well Done Roast Beef Sandwich  Sliced roast beef, onion, pickle, mayo, mustard, lettuce, on a whole grain bun	9.25					
Breakfast Wrap  2 eggs, hashbrowns, nacho cheese, house made salsa on whole wheat wrap.	5.00				16.50	
Bacon Breakfast Wrap	6.50				20.00	
Chicken Quesadilla 2 tortilla, chipotle spread, cheese, corn salsa, salsa	10.00				42.00	
Black Bean Quesadilla 2 tortilla, chipotle spread, cheese, corn salsa, salsa	8.50				35.00	
Buffalo Chicken Wrapper – DIY Kit  Build your own Buffalo Chicken Wraps. Crispy chicken pieces, in buffalo sauce, cabbage celery slaw, parmesan ranch sauce, tortilla	10.00				42.00	
Baja Beef Taco– DIY Kit  Build your own baja beef wraps, corn salsa, salsa, chipotle, cabbage, tortilla	12.00				55.00	
Grab n Go	Serves 1				Family	
Fresh N' Fruity  Assorted fresh fruit, but usually, pineapple, melon, orange, grape, berries	6.25				15.00	
Say Cheese  Cheeses, fresh fruit, nuts, and crackers	9.00					
Yogurt Parfaiton  Vanilla yogurt with fresh berries and 10 star granola	6.25					
Veg Out  Cut veggies and homemade ranch dressing	7.00				24.00	

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Comfort Meals	Frozen Serve 1	qty	Fresh Family	qty
Thee Turkey Dinner JD Farm Turkey Breast, Gravy, Mashed Potato, Bread Stuffing, Peas & Carrots	12.75		60.00	
Open Sesame Citrus Chicken   Citrus Glazed Chicken, Sticky Rice, Stir-Fried Vegetables, teriyaki sauce	11.50		48.00	
BBQ Chicken Thighs  Chicken Thigh, roasted veggies, rice pilaf	12.00		52.00	
#9 Chicken Chow Mein  Chicken breast, Hons Noodles, Chinese Black Bean Sauce and Stir Fried Veggies	10.75		45.00	
Sunday Night Roast Dinner  Sliced Pot Roast, Mashed Potatoes, Gravy, Carrot & Beans	13.00		60.00	
Mama's Meatloaf Meal  Beef & Pork Meatloaf, Garlic Smash, Vegetable Medley	11.00		49.00	
Country Ham Dinner  Baked ham, Honey Dijon Drizzle, Scalloped Potatoes, Cheddar Cheese, Broccoli	12.00		56.00	
La La La Lasagna Layers of pasta Beef Bolognese, Cottage Cheese, Spinach, Mozzarella	9.75		44.00	
Sir Salisbury Dinner  Beef Patty, Creamy Mushroom Gravy, Mashed Potatoes, Broccoli & Carrot	11.00		48.00	
#5 Veggie Chow Mein   Stir Fried Veggies, Chinese Black Bean Sauce, Hons Chow Mein Noodles	9.00		36.00	
Mac Snacker  Nothing beats a classic	6.25		30.00	
Homemade Soup COMING SOON!				
Beef Barley 				
Chicken Noodle 				
Split Pea & Ham 				
Cream of Vegetable 				
Minestrone 				
Homemade Desserts	(2 piece)		1dz	
Chocolate Chip Cookies	1.50		6.75	
Papas GingerSnappers	1.50		6.75	
Chocolate Fudge Macaroons gf	1.50		6.75	
Carrot Cake gf	4.00		22.00	

Delivery:

Tuesday: Langley, South Surrey, Maple Ridge, Pitt Meadows, White Rock, Ladner, Tsawwassen, North Delta

Wednesday: Vancouver, Burnaby, New West, Coquitlam, Port Coquitlam, Port Moody, West Van, North Van, Richmond, North Surrey

Saturday: All Areas

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