



**Hours of Operation:**

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

## Weekly Healthy Meals, Fresh for you!

Available for the week of Jan 20<sup>th</sup>- Jan 26<sup>th</sup>, 2021

All Regular Meals \$12.00 (most include choice of starch and two vegetables)

**1) PORK TENDERLOIN**

Slow roasted Pork Tenderloin topped with Rhubarb Chutney

**2) CHICKEN FLORENTINE**

Boneless breaded breast topped with Spinach Cheese Sauce

**3) RAINBOW TROUT**

Rainbow Trout fillet topped with Dill Cream Sauce & Shrimp

**4) IRISH LAMB STEW**

Lean & tender diced Lamb stewed with Root Vegetables

**5) BBQ CHICKEN THIGHS**

Boneless chicken thighs baked in our House Made BBQ Sauce

**6) SMOKED SALMON FRITTATA**

House smoked salmon, sweet onions, garlic, fresh dill & creamy goat cheese, plus 2 veggies

**7) ENGLISH BANGERS**

Traditional English Bangers served with Onion Gravy

**\*\*SEAFOOD NEWBURG \$15.95**

Salmon, prawns, shrimp & scallops in a white wine dill sauce, nestled inside a Puff Pastry Shell

**ALSO AVAILABLE, FRESH SOUPS, TASTY DESSERTS, POT PIES, SHEPHERD'S PIE, FISHERMANS PIE, AND QUICHES!**

*Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!*

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