



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 **Dec 1st - Dec 7th, 2021**

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

1) BBQ RIBS

Tender Back ribs in our own House Made BBQ sauce

2) CHICKEN FLORENTINE

Boneless breaded breast topped with Spinach Cheese Sauce

3) GRILLED BASA (gf)

Basa fillet grilled in a seasoned Cornstarch Coating

4) HOMESTYLE CHILI

Tender diced beef braised with beans, tomatoes, onions & chili seasonings

****FRESH FRUIT SALAD \$4.95*****

5) CHICKEN A LA KING

Boneless chicken casserole with sweet bell peppers & mushrooms in a white wine cream sauce

6) SPAGHETTI & MEATBALLS

Lean house made meatballs in Italian Tomato Sauce served over Spaghetti Noodles

7) HONEY GARLIC PORK

Pork tenderloin medallions drizzled with Honey Garlic Sauce

****PRIME RIB DINNER \$17.95****

AAA Rib eye cooked medium-rare & served w/ roasted potatoes, roasted winter veggies, brussels, Yorkshire pudding & pan gravy

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!

Office: 250.595.3151 | Fax: 250.595.3129

Email: info@chefontherun.ca | Website: www.chefontherun.ca

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OFFERED DAILY!

LIGHT BITES

Cabbage Rolls (each)	4.00
Potato & Cheddar Perogy (6)	4.50
Chicken Tandoori Samosa (3)	5.95
Vegetable Samosa (3)	5.95
Mac 'n' Cheese small 6.00 large	12.00
Beef Lasagne	10.50
Tuscan Vegetable Lasagne	10.50

SALADS / SANDWICHES

Pastrami & Cheddar Sandwich	6.00
Roasted Turkey & Swiss Sandwich	6.00
Ham & Swiss Sandwich	6.00
Artisan Green Salad w/ Balsamic	6.00
Fresh Fruit Salad	4.95
Cold Vegetable & Pasta Salad	7.00

INDIVIDUAL MEAT PIES

Quiche – Lorraine	6.00
Quiche – Spinach & Feta	6.00
Quiche – Shrimp & Dill	6.00
Quiche – Vegetable	6.00
Pot Pie – Chicken	7.25
Pot Pie – Steak & Kidney	7.25
Pot Pie – Steak & Mushroom	7.25
Pot Pie – Tortierre	7.25
Pot Pie – Turkey	7.25

Beef Cottage Pie	9.75
Lamb Shepard's Pie	9.75
Turkey & Yam Shepard's Pie	9.75
Fisherman's Pie	9.75

DESSERTS

Apple Crisp	5.95
Shortcake – Strawberry	2.25
Shortcake – Lemon	2.25
Cookie – Chocolate Chip	2.10
Cookie – Double Chocolate Chip	2.10
Cookie – Oatmeal Raisin	2.10
Cookie – White Chocolate Macadamia	2.10
Pie – Lemon Meringue	3.30
Pie – Apple	3.30
Pie – Blueberry	3.30
Pie – Cherry	3.30
Pie – Strawberry Rhubarb	3.30
Square – Butter Tart	2.10
Square – Carrot Cake	2.10
Square – Date	2.10
Square – Nanaimo Bar	2.10
Square – Triple Chocolate Cake	2.10
Square – Chocolate Pecan Brownie	2.10
New York Style Cheesecake	4.95

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