



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 June 22nd – June 28th, 2022

All Regular Meals \$13.00 (most include choice of starch and two vegetables)

1) TEXAS STYLE BRISKET

Slow cooked, super tender
“pulled style” beef with BBQ
Sauce & Caramelized Onions

2) BRUSCHETTA CHICKEN

Marinated Boneless breast
topped with tomatoes, garlic,
basil, Olive Oil & Asiago Cheese

3) SEAFOOD CRAB CAKES

Crab Cakes over Herbed Linguine

4) BEEF CABBAGE ROLLS

Ground Beef Cabbage Rolls in
Italian Tomato Sauce

5) HONEY LIME CHICKEN

Boneless chicken thighs baked in
Honey & Fresh Lime

6) TURKEY SAUSAGES

Dinner style Turkey Sausages
topped with Turkey Gravy

7) CURRIED LAMB BIRYANI

Lean ground lamb simmered in mild
curry seasonings

**~*6 OZ BACON WRAPPED BEEF
TENDERLOIN STEAK \$18.95*~**

Served with Au Jus, Roasted
Potatoes & choice of 2 Fresh Veggies

Artisan green salad \$6.00

**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 (2) | 9.00 |
| Potato & Cheddar Perogy (6) | 4.50 |
| Chicken Tandoori Samosa (3) | 6.95 |
| Vegetable Samosa (3) | 7.95 |
| Mac 'n' Cheese small 6.50 large | 13.00 |
| Beef Lasagne | 11.00 |
| Tuscan Vegetable Lasagne | 11.00 |

SALADS / SANDWICHES

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|---------------------------------|------|
| 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 | 5.95 |

INDIVIDUAL MEAT PIES

| | |
|----------------------------|------|
| Quiche – Lorraine | 6.50 |
| Quiche – Spinach & Feta | 6.50 |
| Quiche – Shrimp & Dill | 6.50 |
| Quiche – Vegetable | 6.50 |
| Pot Pie – Chicken | 8.00 |
| Pot Pie – Steak & Kidney | 8.00 |
| Pot Pie – Steak & Mushroom | 8.00 |
| Pot Pie – Tortierre | 8.00 |
| Pot Pie – Turkey | 8.00 |
| Beef Sausage Rolls (3) | 6.50 |
| Turkey Sausage Rolls (3) | 6.50 |

| | |
|----------------------------|------|
| Beef Cottage Pie | 10.5 |
| Lamb Shepard's Pie | 10.5 |
| Turkey & Yam Shepard's Pie | 10.5 |
| Fisherman's Pie | 10.5 |

DESSERTS

| | |
|------------------------------------|------|
| Apple Crisp | 6.95 |
| Shortcake – Strawberry | 2.25 |
| Shortcake – Lemon | 2.25 |
| Cookie – 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 |

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