



Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

****CLOSED MONDAY AUG 1st****

Weekly Healthy Meals, Fresh for you!

Available for the week of **Aug 3th – Aug 9th, 2022**

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

1) PORK TENDERLOIN

Oven Roasted Pork Tenderloin served with Rhubarb Chutney

2) MUSHROOM CHICKEN

Boneless breaded breast topped with Mushroom Sauce

3) BBQ SALMON

Salmon Fillet baked in House Made BBQ Sauce

4) IRISH LAMB STEW

Diced lean lamb stewed with root vegetables

ARTISAN GREEN SALAD \$6

5) COCONUT CURRY CHICKEN

Boneless thighs simmered in Thai Coconut Curry Sauce (mild-med)

6) SPINACH & FETA CANNELLONI

Spinach, Feta & Mozza cheese wrapped in a pasta sheet & topped with Arrabiata Sauce

7) BEEF MEATLOAF

Seasoned Ground Beef Meatloaf topped with Rich Beef Gravy

****BEEF WELLINGTON \$17.95****

AAA Angus Beef Tenderloin with Dijon Mustard, Mushroom Duxelle, wrapped in pastry (Choice of Starch & veggies)

FROZEN MEALS TUES AUG 2ND

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

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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