



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

******CLOSED MONDAY AUGUST 7TH******

Weekly Healthy Meals, Fresh for you!

Available for the week of Aug 8th - Aug 12th, 2017

All Meals \$9.00 (includes choice of starch and two vegetables)

1) BBQ RIBS

Tender Pork Back Ribs glazed with house made BBQ Sauce

2) CRANBERRY CHICKEN

Boneless, breaded breast topped with Cranberry Sauce

3) TEMPURA COD & CHIPS

Cod in our own seasoned Tempura Batter, served with thick cut French Fries

4) BEEF BOURGUIGNON

Lean diced beef braised along with mushrooms & onions in a Burgundy Wine Sauce

5) BUTTER CHICKEN

Boneless chicken thighs marinated in a blend of yogurt & Indian Spices, finished with Mild Tomato Curry Sauce

6) LAMB PATTIES

Fresh ground lamb seasoned and shaped into meat patties, served with gravy

7) BANGERS 'N'MASH

English style dinner sausages served with Onion Gravy

Steak & Kidney Pies \$5.95 (frozen)

Lamb Shepherd's Pie \$8.50 (frozen)

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

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