



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meal's, Fresh for you!

Available for the week of March 12th – 17th, 2018

All Meals \$9.50 (includes choice of starch and two vegetables)

1) BBQ SPARE RIBS

Tender Pork back ribs glazed with house made BBQ Sauce

2) APPLE CREAM CHICKEN

Breaded breast topped with Apple Cream Sauce

3) RAINBOW TROUT

Boneless skinless filet topped with Baby Shrimp & Creamy White Dill Sauce

4) BEEF RAGOUT (STEW)

Lean and tender inside round stewed with carrots, diced tomatoes, mushrooms & onions

5) CHICKEN KON-TIKI

Boneless chicken thighs braised in a tomato, brown sugar & pineapple casserole

6) ROTINI BOLOGNESE

Rotini pasta noodles mixed with our house made Bolognese Meat Sauce, topped with Parmesan & Asisago Cheese

7) BBQ PULLED PORK

Slow roasted pork shoulder flavored with our house made BBQ Sauce..

COQUILLES ST. JACQUES - \$14.95

Pan Seared Scallops Creamy White Dill Sauce in Pastry, topped with Mashed Potato. Served with two fresh veggies

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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