



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Delivery In Your Area – Tuesday'

Weekly Healthy Meal's, Fresh for you!

Available for the week of March 19th – 24th, 2018

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

1) BEEF BRISKET

Slow cooked “pulled style” beef drizzled with Wild Mushroom Jus

2) CHICKEN CHASSEUR

Grilled breast served with Red Wine Mushroom Sauce

3) TEMPURA COD & CHIPS

Cod in our own Tempura Batter, served with thick cut French fries.

4) BEEF STROGANOFF

Lean & tender beef braised with mushrooms & onions finished with sour cream & dill pickle

5) TERIYAKI CHICKEN STIR FRY

Boneless chicken thighs marinated in teriyaki sauce served with rice & stir fry vegetables

6) SPINACH & FETA CANNELLONI

Spinach, Feta and Mozzarella wrapped in a Fresh pasta sheet and topped with Arrabiata Sauce

7) TURKEY CUTLET

Lightly breaded turkey cutlets grilled golden brown, served with Pan Gravy.

POLLO PORTAFINO - \$15.95

Tender chicken breast stuffed with prosciutto, swiss cheese, prawns & fresh basil. Topped with a mustard, thyme, cream sauce.

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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