



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 April 23rd - 28th, 2018

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

1) BBQ PORK RIBS

TENDER PORK BACK RIBS BRAISED IN OUR HOUSE MADE BBQ SAUCE.

2) MEDITERRANEAN CHICKEN

BONELESS CHICKEN BREAST STUFFED WITH KALE, SUNDRIED TOMATO & FETA CHEESE. TOPPED WITH A LEMON CAPER VELOUTE.

3) BLACKENED SNAPPER

COATED WITH OUR HOUSE MADE BLACKENING SPICE AND GRILLED TO PERFECTION.

4) IRISH LAMB STEW

TRADITIONAL LAMB STEW SLOWLY BRAISED WITH RUTABAGA, PARSNIPS, CARROTS, ONION & CELERY.

5) CHICKEN & MUSHROOM TORTELLINI

CHICKEN, MUSHROOMS & ROASTED GARLIC, FINISHED WITH WHITE WINE, ASIAGO CHEESE & CREAM.

6) FRIED LIVER & ONIONS

HAND BREADED TENDER BEEF LIVER FRIED & TOPPED WITH CARMELIZED ONIONS AND RICH BEEF GRAVY.

7) PESTO TURKEY MEATBALLS

FRESH GROUND TURKEY SHAPES INTO TASTY BALLS. FINISHED WITH PESTO CREAM SAUCE.

CASHEW CRUSTED SALMON \$13.95

GRILLED SALMON FILET COATED WITH HONEY MUSTARD SAUCE & CASHEWS. SERVED OVER BRAISED BOK CHOY AND RICE PILAF. CHOICE OF 2 VEGETABLES.

ALSO AVAILABLE, FRESH SOUPS, LASAGNA'S, DESSERTS, POT PIES, SHEPHERD'S PIE, FISHERMANS PIE, QUICHES, ICE CREAM & MORE

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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