



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 16th – 21st, 2018

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

1) ROAST BARON OF BEEF

Med Rare roast beef served with Yorkshire Pudding & Gravy.

2) CHICKEN FLORENTINE

Boneless breast topped with a house made spinach & cheese Mornay sauce.

3) LEMON HERB HADDOCK

Premium white fish baked with lemon herbed panko.

4) BEEF A LA CHURCHILL

Tender beef braised with root vegetables and Guinness.

5) ASIAN SESAME CHICKEN

Boneless chicken thighs marinated in a sesame-hoisin sauce.

6) SPAGHETTI & MEATBALLS

Italian style meatballs served over spaghetti noodles. Topped with house made Arrabbiata Sauce.

7) TURKEY SAUSAGES

Savory turkey dinner sausages served with Pan Gravy.

PRIME RIB DINNER (6oz) - \$15.95

AAA Ribeye cooked medium-rare & served with herb roasted potatoes, grilled asparagus & honey dill carrots. Topped with Yorkshire pudding and pan gravy.

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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