



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of June 18th - June 23rd, 2017

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

1) SMOKED BRISKET (GF)

Slow cooked “pull styled” beef, topped with Savory Wild Mushroom Jus.

2) PROSCUITTO WRAPPED CHICKEN

Tender chicken breast stuffed with ricotta, walnuts, sundried tomato & fresh sage. Wrapped in prosciutto, topped with a lemon caper veloute.

3) NORI CRUSTED SALMON

Grilled skin on salmon fillet finished off with a crunchy, sweet Nori crust. (Contains sesame seeds)

4) IRISH LAMB STEW

Traditional Lamb Stew braised with root vegetables.

5) ASIAGO CHICKEN THIGHS

Boneless chicken thighs breaded in a mixture of Panko, Asiago cheese, cayenne, paprika and Dijon mustard. Baked not deep fried.

6) CABBAGE ROLLS

Lean ground beef & rice, baked in tomato sauce.

7) TURKEY CUTLETS

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

8) SEAFOOD NEWBURG - \$13.95

Prawns, scallops, shrimp meat & salmon in a creamy white wine sauce. Served in a puff pastry shell with rice & two veg.

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!

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