



Hours of Operation:

Monday to Friday: 8am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

***** CLOSED MONDAY OCT 8TH, 2018 *****

Weekly Healthy Meals, Fresh for you!

Available for the week of Oct 9th - Oct 13th, 2018

All Meals \$10.00 (includes choice of starch and two vegetables)

1) BBQ SPARE RIBS

Tender Pork back ribs glazed with our house made BBQ Sauce

2) CRANBERRY CHICKEN

Boneless breaded breast topped with Cranberry Sauce

3) LEMON GARLIC PRAWNS

Prawns sautéed in garlic, lemon & herbed butter

4) GINGER BEEF

Cantonese style Ginger Beef served over brown rice, choice of two vegetables

5) BUTTER CHICKEN

Boneless chicken thighs marinated in a blend of yogurt & Indian Spices

6) BANGERS & MASHED

Traditional English sausages served with Onion Gravy

7) VEAL PARMESAN

Tender, breaded Veal cutlet topped with Italian Tomato Sauce & Parmesan Cheese

POLLO PORTAFINO - \$11.95

Tender chicken breast stuffed with prosciutto, Swiss cheese, prawns & fresh basil. Mustard 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

Email: info@chefontherun.ca | Website: www.chefontherun.ca

2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4