



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 Mar 18th – Mar 23rd, 2019

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

1) PORK TENDERLOIN

Pork tenderloin served with house made Rhubarb Chutney

2) CHICKEN JOSEPHINE

Boneless breaded breast stuffed with Brie Cheese, topped with Raspberry Coulis

3) RAINBOW TROUT

Boneless skinless fillet topped with baby Shrimp & Dill Cream Sauce

4) IRISH STEW

Lean & tender diced lamb stewed with root vegetables

5) CHICKEN TAGINE

Boneless chicken thighs casserole with apricots, cinnamon & ginger

6) SALISBURY STEAK

Savory lean ground beef patty served with Onion Gravy

7) SMOKED SALMON FRITTATA

House smoked salmon, sweet onions, garlic, fresh dill & creamy goat cheese, add 2 veggies of your choice

****PRIME RIB DINNER (6oz) - \$15.95****

AAA Rib eye cooked medium-rare & served with herb roasted potatoes, roasted winter veggies & balsamic brussel sprouts.

Yorkshire pudding 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!

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