



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

*****CLOSED FRIDAY APRIL 19 2019*****

Weekly Healthy Meals, Fresh for you!

Available for the week of April 15th - April 20th, 2019

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) CHICKEN DIJON

Boneless breaded breast topped with Grainy Dijon Sauce

3) TEMPURA COD & CHIPS

House battered Cod served with French Fries

4) LOUISIANA BEEF CREOLE

Lean & tender beef braised with sweet bell peppers, mushrooms & tomatoes

5) ASIAN SESAME CHICKEN

Boneless chicken thighs marinated in a Sesame- Hoi Sin Sauce

6) BEEF SHEPHERD'S PIE

Traditional beef shepherd's pie, topped with mashed potatoes

7) BAKED MAC & CHEESE W/ HAM

Homemade macaroni & cheese with diced maple ham

HONEY & LEMON GRILLED HALIBUT

\$14.95

Served with Rice Pilaf and two fresh veggies

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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