



**Gourmet Chef-Inspired  
Meal Kits**

**Frozen for Convenience**

**Made with healthy,  
locally-sourced ingredients**

**Easy & ready-to-cook  
in minutes**

**Fully prepared  
(no need to wash & chop)**

**Zero-waste  
compact packaging**

**Delivered to your door in Calgary  
every Tuesday and Thursday**

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## Rosé MENU



### ROSÉ CHICKEN with Red Rice

*Velvet rosé sauce, pan-seared chicken medallions, whole grain red rice, roasted red peppers, hint of cinnamon and cardamom. GFF.*

### ROASTED FLORETS

*Charred broccoli florets, savory toasted millet flax and hemp seed seasoning.  
VF, DFF, GFF.*

**CHOCOLATE QUINOA CAKE**  
**with Cherry Merlot Sauce**  
*Premium red cocoa & organic quinoa cake,  
black cherry merlot reduction.*

*Dietary considerations are as follows:  
GFF = Gluten-Free Friendly DFF = Dairy-Free Friendly  
VF = Vegetarian Friendly*

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