



WEEKLY FRESH SHEET

April 17th– 23rd, 2024

All of our fresh meals are served with your choice Starch and two Vegetables unless otherwise denoted!

1. **BABY BACK BBQ PORK RIBS** 15
Slow Braised - Smoked & Oven
Roasted Baby Pork Back Ribs in our
House Made BBQ Sauce

WE ONLY USE FARM FRESH CHICKEN

Farm fresh chicken is a great option for those who are looking for a healthy and delicious protein source. It is also a great choice for those who are looking for a meat that is free range and organic. With a little bit of care and attention, farm fresh chicken can be a great addition to any meal.

2. **CAPRESE CHICKEN** 15
Boneless Chicken Breast Pieces in
Balsamic, Olive Oil, Vinegar fresh
basil & Asiago Cheese

3. **PINEAPPLE CURRY SALMON** 15
Salmon Fillets Glazed & Roasted In
Pineapple Curry Sauce

WE SUPPORT LOCAL VENDORS

Whether it is Hertel Meats in Port Alberni, Glenwood Meats in Langford, Islands West Produce in Victoria or Portofino Bakery in Saanichton, we source out local product when possible!

4. **KOREAN BEEF BULGOGI** 15
Hand Cut AAA Angus Beef Strips
Seared In Soy Sauce, Brown Sugar &
Sesame Oil

5. **CHICKEN CACCIATORE** 15
Boneless Chicken Thighs Casseroled
with Mushroom, Onions, Tomatoes,
Celery & Carrots in Tomato Sauce

WE SUPPORT OCEANWISE SEAFOOD

Together we can act for ocean health and the good of our planet. Our time to make a difference is not tomorrow, it's now. We must create

6. **RED LENTIL MOUSSAKA** 15
Casseroled Red Lentils, Egg Plant &
Root Vegetables topped with
Mashed Golden Yukon Potatoes

7. **MANDARIN PORK STIR FRY** 15
Pork Tenderloin, Mandarin Oranges,
& Stir Fry Vegetables over Rice (as is)

8. **BEEF WELLINGTON \$21.95**
AAA ANGUS Beef Tenderloin with Di-
jon Mustard, Mushroom Duxelle,
wrapped in Puff Pastry & Baked to
Golden Brown—Plus choose a starch
& two veggies :)

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

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