



WEEKLY FRESH SHEET

April 24th– 30th, 2024

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

1. **CARMELIZED PORK BITES** 15
Pork Tenderloin hand cut & seared with Seasoned Flour, Soy Sauce, Brown Sugar & Olive Oil & topped with Green Onions

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. **ORANGE GLAZED CHICKEN** 15
Boneless Panko Breaded Chicken Breast topped with Our Housed Made Mandarin Orange Glaze

3. **PARMESAN ROSEMARY HADDOCK** 15
Haddock Fillet topped with Rosemary, Parmesan Cheese & Cornmeal Crust, baked to golden brown (G/F)

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. **HOMESTYLE BEEF CHILI** 15
AAA Angus Beef stewed with Kidney Beans & Mild Chili Seasonings (G/F)

5. **ASIAN SESAME CHICKEN THIGHS** 15
Boneless Chicken Thighs baked in Hoi-Sin 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 ocean-positive action today!

6. **ASPARAGUS LEMON ORZO PASTA** 14
Orzo, Asparagus, Spinach, Sweet Bell Peppers, Red Onion Pasta topped with Brie & Asiago Cheese's

7. **CURRIED BEEF BIRYANI** 15
Ground Beef, Celery, Onions, Raisins, Almonds & Mild Curry Seasonings

8. **CASHEW CRUSTED SALMON \$19.95**
Served over Rice Pilaf with your choice of fresh vegetables (G/F)

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

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