

WEEKLY FRESH SHEET

March 13th - 19th, 2024

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

CHICKEN & TURKEY

1. CHICKEN PARMESAN

14

Made in house. Butterflied and breaded Chicken Breast fried golden brown and topped off with our Tomato Sauce.

2. CHICKEN COQ AU VIN

14

Tender Chicken Thighs braised with Wine, Mushrooms, Pearl Onions, Carrots, Onion, Celery and Tomato in a rich Chicken Stock.

3. TURKEY MEATLOAF

14

Ground Turkey, Root Vegetables and Savory Seasonings baked in a delicious loaf. Topped with house made Turkey Gravy.

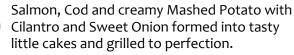
WE SUPPORT OCEANWISE SEAFOOD

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!

FISH & SEAFOOD

7. FISH CAKES

14



PORK

8. GINGER PORK TENDERLOIN

14

Pork Tenderloin rubbed with Cajun Spice, grilled to perfection and glazed with house made Ginger Sauce. Finished in the oven and sliced into medallions.

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.

BEEF & LAMB

4. VIETNAMESE BEEF STEW

14

Pot-roasted beef stew, fragrant with lemongrass, star anise and cinnamon. When the meat is fork tender, vegetables are added to complete the dish



5. SPAGHETTI AND MEATBALLS

14

Tender hand made Beef Meatballs simmered in house made Tomato Sauce. Served over Spaghetti noodles and topped with Cheese.

6. BRAISED LAMB SHANK

18.95

Tender Lamb braised with root vegetables, Pearl Onion, Brussel Sprouts & Yukon Gold Potato in a rich red wine sauce. Topped with Gremolata



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!

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

Phone: 250.595.3151 | Fax: 250.595.3129 info@chefontherun.ca | www.chefontherunoakbay.com 2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4



WEEKLY FRESH SHEET

March 13th - 19th, 2024

DAILY OFFERINGS!

LIGHT BITES

Beef Cabbage Rolls (2pc)			9
Potato & Cheddar Perog	y w/ onio	ns	4.5
Mac 'n' Cheese	small 7	large	14
Pulled Pork Mac 'n' Chee	se	coming s	oon
Beef Lasagna			13
Tuscan Vegetable Lasagr	ıa		13
Garlic & Herb Baguette		coming s	oon
Garlic, Herb & Cheese Fo	ccacia	coming s	oon
Ham & Cheese Rolls		coming s	oon
Spinach & Artichoke Dip		coming s	oon
Crispy Potato Bites		coming s	oon

SALADS