



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
Salmon, Cod and creamy Mashed Potato with Cilantro and Sweet Onion formed into tasty little cakes and grilled to perfection.

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



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DAILY OFFERINGS!

LIGHT BITES

Beef Cabbage Rolls (2pc)	9
Potato & Cheddar Perogy w/ onions	4.5
Mac 'n' Cheese	small 7 large 14
Pulled Pork Mac 'n' Cheese	coming soon
Beef Lasagna	13
Tuscan Vegetable Lasagna	13
Garlic & Herb Baguette	coming soon
Garlic, Herb & Cheese Foccacia	coming soon
Ham & Cheese Rolls	coming soon
Spinach & Artichoke Dip	coming soon
Crispy Potato Bites	coming soon

SALADS

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