

## **WEEKLY FRESH SHEET**

# March 20th - 26th, 2024

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

## **PORK**

#### 1. BREADED PORK CHOP

15

Tender boneless Pork Chop breaded with seasoned Panko, grilled and finished in the oven. Topped with our house made Blackberry Honey Mustard 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!

## **CHICKEN & TURKEY**

#### 2. JERKED CHICKEN

15

Tender Chicken Chunks marinated in Jerk Seasonings, Soy Sauce and Lime. Topped with house made Pineapple Black Bean Salsa.

**3. SPINACH & ARTICHOKE CHICKEN**15

Boneless, skinless Chicken Thighs braised in Cream with Spinach, Artichokes, Garlic, Sweet

Onions and Italian Parlsey. Served over herbed Linguine noodles.

## **VEGETARIAN**

4. SPINACH & FETA CANNELLONI

Spinach, Feta, Ricotta, Lemon and Garlic rolled in fresh Pasta Sheets and braised in our house made Marinara 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.

#### BEEF & LAMB

## 5. BEEF A LA CHURCHILL

15

AAA Inside Round braised with Carrots, Celery, Pearl Onion and Rutabaga in our rich Beef Stock, Guinness Beer and Worcestershire.

#### **6. SALISBURY STEAK**

15

Seasoned Lean Ground Beef formed into juicy Patties and braised in house made Beef Gravy. Topped with Caramelized Onions.

#### 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!

## **FISH & SEAFOOD**

**7. BACON & TOMATO CRUSTED HADDOCK** 1 Haddock fillet baked with lemon & our fish

seasoning. Topped with Panko, Roma Tomato, Crispy Bacon and Parsley.

8. SWEET CHILI PRAWNS & SCALLOPS 18.95

Tender Sea Scallops, Tiger Prawns roasted with Bell Pepper, Sweet Onions, Carrots and Celery. Tossed with Sweet Chili Sauce over Rice Pilaf.



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

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