



prairie box

THANK YOU FOR CHOOSING PRAIRIE BOX FOR YOUR NEXT FRESH AND CONVENIENT DELIVERY.

ORDERING:

A 10% operations fee will be added to all deliveries. Any deliveries under \$150 will have a \$11.50 delivery charge.

During our business hours of Monday through Friday from 8:00 pm - 4:00 pm orders can be placed at 204.488.9927 or by email at info@prairiebox.com.

Orders placed by 12 pm will be ready for next day delivery.

For Monday orders or orders following a holiday, orders must be in by 12 pm on the last business day prior to the delivery.

QUALITY GUARANTEE:

The Prairie Box culinary team uses only the **freshest ingredients** prepared and cooked by ourselves to ensure the highest quality and best flavour in all of our sandwich and entree selections.

ALLERGY AND DIETARY RESTRICTIONS:

Many of our menu items and dishes can be altered to meet allergy and dietary requirements (a surcharge may apply).

Please contact Prairie Box directly with any questions.

GF = Gluten-Free

VG = Vegetarian

VE = Vegan

DF = Dairy Free

COLD BREAKFAST SELECTIONS

*Minimum order of 10 per selection

Classic Continental \$12.75

fresh sliced fruit - VG/GF/DF/VE
selection of breakfast pastry - VG
selection of apple/orange juice
fresh coffee/tea

Healthy Start \$14.75

granola/yogurt/dried fruit/fresh berries - VG
Selection of breakfast pastry - VG
Selection of apple/orange juice
Fresh coffee/tea

Executive Breakfast \$16.75

Assorted lox/bagel/cream cheese
Fresh tomato, capers, red onion
Fresh sliced fruit VG/VE/DF/GF
Breakfast pastry VG
Selection of juices · Fresh coffee/tea

SUGGESTED ADD-ONS:

Sliced fruit platter \$4.00/PP

VG/GF/DF/VE

Assorted breakfast pastries \$3.75/PP

Assorted muffins, scones and pastry
fresh out of the oven VG

Parfaits \$4.00/PP

Vanilla bean Greek-style yogurt, fresh
berries, crunchy granola

HOT BREAKFAST SELECTIONS

*Minimum order of 10 per selection

Classic Breakfast \$15.75

Scrambled eggs VG/GF
Grilled ham OR sausage OR bacon GF/DF
Country fried potatoes, fresh rosemary
GF/VG/VE/DF
Fresh sliced fruit VG/VE/DF/GF
Breakfast pastry VG
Selection of juices · Fresh coffee/tea

Huevos Rancheros Wraps \$15.75

Scrambled eggs, crunchy tortilla, salsa,
sour cream, avocado, bean and corn salsa,
shredded cheese in a grilled wrap
Fresh sliced fruit VG/VE/DF/GF
Breakfast pastry VG
Selection of juices · Fresh coffee/tea

Breakfast Sandwiches \$5.75

Your choice of the following on a fresh
english muffin
Bacon, egg, cheddar
Sausage, egg, cheddar
Tomato, egg, cheddar VG
Huevos rancheros wrap VG

LUNCH ENTREES

*minimum order of 10 per selection

*complete lunch includes your choice of beverage+ dessert

Chicken Parmesan \$13.50 / \$17.50

breaded and fried chicken breast, rustic tomato-basil sauce, pan seared potato,
shaved grana padano.

Vegetarian Lunch Bowl GF/VE \$12.60 / \$16.50

sticky rice, braised red cabbage, tofu, avocado, daikon, kimchi, cucumber, green onions,
cilantro, dashi

Korean Fried Chicken GF / DF \$13.50 / \$17.50

pickled vegetable and kimchi slaw, basmati rice, Korean BBQ sauce, toasted
sesame seeds

Butter Chicken GF / DF \$13.50 / \$17.50

chicken breast, mild curry sauce, basmati rice, toasted naan + mango chutney
VG /VE- option available (substitute chicken with tofu or extra vegetables)

Quiche VG \$13.50 / \$17.50

served al fresco, oven-dried tomatoes, grana padano, arugula pesto.

Lasagna \$13.50 / \$17.50

meat lover's or vegetarian;
spinach ricotta+ mozzarella, served with garlic+ herb toasted baguette

Chicken Alfredo Pasta \$13.50 / \$17.50

Grilled chicken breast in a creamy alfredo sauce, served over linguine.
Substitute gluten-free pasta for \$1.00pp

Chicken Pot Pie \$13.50 / \$17.50

Shredded chicken, mushrooms, carrots & peas in a hearty sauce, baked with
crisp pastry ovetop.

Chicken Finger Lunch \$13.50

Chicken fingers with a side Caesar salad, garlic bread and dip. Classic and
delicious!

Teriyaki Chicken Skewers \$16.75

Grilled teriyaki chicken skewers with greek salad, fresh buns or garlic bread,
wild rice and assorted dainties or cookies

Pasta Carbonara \$13.50 / \$17.50

Pasta with creamy carbonara sauce, topped with crisp bacon and sweet peas.
Comfort food in a bowl.

SANDWICHES/SOUP

All of our sandwiches are made from the freshest ingredients, using Gunn's Bakery bread. You can make any sandwich into a wrap, or GF for an additional charge.

Sandwich options include:

Slow-roasted beef
 Deli-style corned beef
 Shaved Turkey
 Cooked Ham
 Pastrami on rye (with a pickle!)
 Chopped chicken salad
 Tuna salad
 Curried egg salad
 Grilled chicken breast
 Swiss and tomato

Sandwiches (each)	\$8.00
Sandwich + side salad OR soup combo	\$13.50
Sandwich complete combo (Sandwich, salad, dessert, drink)	\$17.50
Specialty Wraps (each)	\$10.50
Specialty Wrap + side salad OR soup combo	\$15.50
Sandwich complete combo (Sandwich, salad, dessert, drink)	\$20.50

Turkey and Swiss

Shaved turkey breast on a bed of alfalfa sprouts with a thick slice of Swiss cheese

Grilled Seasonal Veg

Whatever's fresh and seasonal, tossed in our secret dressing and served with fresh sprouts

Chicken and Cranberry

Chicken breast, roasted and served with cranberry mayo, crisp lettuce and sliced red onion.

Brie, Cucumber and Apple

Thick-cut, soft brie served with crisp cucumber, mayo and fresh Granny smith apple

Thai Peanut Chicken

Crispy chicken tossed in our thai peanut sauce, served with crunchy peppers and togarashi mayo

Chicken Caesar

Classic. Caesar salad, crispy chicken, served in a wrap. Who doesn't love a chicken caesar wrap?

Sesame Ginger Chicken

Crispy chicken tossed in sesame ginger sauce, served with rainbow veg and herb aioli

Want something extra? Call us and let us make a custom menu for you!

HOUSE MADE SOUPS

All of our soups are made in-house by our team of chefs:

*Minimum order of 10 per selection

\$4.50/pp

Roasted Butternut Squash + Coconut

additional charge. coconut milk, lemongrass, kaffir lime leaves
 GF / VE

Beef Barley

housemade beef stock, vege tables, roasted tomato

add rolls + butter \$1.25/pp

Tomato Basil Soup

leeks, roasted fennel + bell peppers
 GF / VE

SALADS & SIDES

Enjoy one of our sides or salads to compliment your sandwich, wrap, or hot lunch entree.

They are fresh, inventive, and packed with flavor. Even the dressings are made in-house.

Also available as a full meal salad. Enjoy!

Mandarin Salad GF / VG / DF

Our famous mandarin salad. Candied nuts, sliced red onions, juicy mandarin orange segments and our housemade dijon vinaigrette, served on a crisp bed of leaf lettuce.

side - full
 \$3.95 / \$8.00

Caesar VG

romaine, croutons, parmesan cheese, caesar dressing, crispy capers

\$4.95 / \$9.00

Ancient Grains GF / VG / VE/ DF

*minimum order of 6 per selection

Prairie amber quinoa, wild rice, chickpeas and dried fruit mixed with our housemade apple vinaigrette and topped with toasted pumpkin seeds. For the health-conscious eater who still wants a delicious meal.

\$4.95

Pasta Salad VG

*minimum order of 6 per selection

roast tomatoes, arugula, zucchini, grana padano, basil buttermilk dressing

\$4.95

Yam + Quinoa Salad GF / VG

*minimum order of 6

arugula, caramelized onion, goat cheese

\$4.95

SALADS & SIDES - CONTINUED

Greek Salad VG/GF

Crisp bed of leaf lettuce, topped with ripe tomatoes, red onions, kalamata olives, cucumbers, bell pepper slices and a generous scoop of feta cheese.

\$3.50

ADD PROTEIN TO ANY SALAD

Grilled chicken GF / DF
Pan seared wild BC salmon GF
Seared tofu GF / VG / VE/ DF
Grilled flank steak GF / DF

\$5.95

PLATTERS

*other platter add-ons also available

Sliced Fruit Platter GF/VG/VE

\$4.00/PP

Meat + Cheese

cured meats including coppa, bresola and salumi, local+ international cheeses, crackers+ crostini

\$8.00/PP

Garden Vegetables GF/VG

seasonal vegetables, herb-artichoke dip

\$5.00/PP

Fruit & Cheese

sliced fruit, chevre, aged cheddar, brie, balsamic glazed crostini (gluten-free crackers available upon request) VG

\$7.50/PP

SWEETS

Fresh-Baked Cookies VG

Baked fresh in-store, each order comes with 2 fresh cookies.

\$3.00/PP

Traditional Desserts VG

may include; salted toffee, pecan chocolate chunk, black forest and coconut caramel squares, double chocolate brownies, lemon+ nanaimo bars.

\$3.00/PP

SOMETHING MORE

Sliced Fruit Platter GF/VG / VE

\$4.00/PP

Parfaits GF/VG

vanilla bean Greek style yogurt, fresh berries, caramelized white chocolate+ almond granola

\$4.00/PP

COLD DRINK SELECTIONS

Still Water

\$2.75

Assorted Juices

apple, orange

\$2.60

San Pellegrino

sparkling, aranciata orange, limonata, blood orange, grapefruit

\$3.20

Soft Drinks

Coke, Diet Coke, Sprite, ginger ale, root beer, iced tea, fresca

\$1.99

HOT DRINK SELECTIONS

Coffee-To-Go

96oz (12 cups) fresh-brewed coffee+ decaf

\$23.50

Tea-To-Go

96oz (12 cups) selection of organic tea

\$23.50