



**CEDAR SKY**  
FOODS INC.

## DELICIOUS MEALS DELIVERED

Chef prepared meals from our kitchen to yours. We make food just like you would at home- all of our stocks, sauces, meals and baked goods are made from scratch using the finest ingredients.

We offer a convenient home delivery service from Qualicum Beach to Nanaimo (within 30km of our location).

Registered Service Provider for the  
Veteran's Independence Program

**ORDER ONLINE, BY PHONE OR  
IN-STORE!**

[www.cedarskyfoods.com](http://www.cedarskyfoods.com)

**Phone: (250) 248-5663**

**Unit #4- 1065 Herring Gull Way,  
Parksville BC (across from Lordco in  
the Parksville Industrial Park)**



**Monday 10am – 4pm**  
**Tuesday 11am – 4pm**  
**Wednesday 10am – 4pm**  
**Thursday 11am – 5pm**  
**Friday 10am – 5pm**  
**Sat & Sun Closed**

*\*Menu & prices are subject to change*

## SOUP & STEW

Beef Vegetable Stew	\$4.99
Chicken & Rice Soup	\$3.99
Chili con Carne	\$3.99
Hungarian Mushroom Soup	\$3.99
Minestrone Soup 	\$3.99
New England Clam Chowder	\$4.99
Squash & Maple Soup 	\$3.99
Roasted Corn & Bacon Chowder	\$3.99
Vegetable Chili 	\$3.99

## ENTREES for ONE

Shepherd's Pie	\$4.99
Vegetable Shepherd's Pie 	\$4.99
Spaghetti Bolognese	\$4.99
Coconut Curry Vegetables & Basmati Rice 	\$4.99
Beef Bourguignon, Mashed Potatoes & Chef's Vegetables	\$7.99
Beef Stroganoff, Rice Pilaf & Chef's Vegetables	\$7.99
Braised Pork Ribs, Pineapple Rice & Chef's Vegetables	\$8.99
Butter Chicken & Basmati Rice	\$6.99
Cabbage Rolls & Rice	\$7.99

 *Vegetarian meals*

## ENTREES for ONE

Meatloaf, Mashed Potatoes & Chef's Vegetables	\$7.99
Mushroom Dijon Chicken, Rice Pilaf & Chef's Vegetables	\$6.99
Polynesian Chicken & Rice	\$6.99
Thai Green Curry Chicken & Jasmine Rice	\$6.99
Thai Red Curry Beef & Jasmine Rice	\$6.99
Baked Salmon, Peach Ginger Sauce, Rice & Chef's Vegetables	\$8.99
Beef Pot Pie 5"	\$6.99
Chicken or Turkey Pot Pie 5"	\$5.99

## COUPLE/FAMILY ENTREES

Cabbage Rolls (serves 2)	\$12.49
Cabbage Rolls (serves 4-5)	\$24.99
Shepherd's Pie (serves 2)	\$10.99
Shepherd's Pie (serves 5-6)	\$24.99
Butter Chicken (serves 2-3)	\$11.99
Beef Bourguignon (serves 2-3)	\$16.99

## SAUCES/SIDES

Bolognese sauce 450g	\$4.99
Bolognese sauce 900g	\$9.99
Mashed Potatoes (serves 2)	\$2.99

## BAKED GOODS

### **Mini Fruit Pies 5" \$5.99**

Apple, Bumbleberry, Peach or Cherry  
(serves 2)

### **Carrot Cake \$5.99**

425g (serves 2-4)

### **Mini Loaves – 2 servings each Frozen, ready to thaw & serve \$3.49**

Cornbread  
Lemon Poppyseed  
Orange Cranberry  
Banana Bread  
Banana Chocolate Chip  
Chocolate Zucchini  
Pumpkin Spice

### **Cookies – Baked Fresh to Order \$5.99/dozen**

Chocolate Chip (1 doz)  
Oatmeal Raisin (1 doz)  
Ginger (1 doz)  
Snickerdoodle (1 doz)  
Triple Chocolate (1 doz)  
Cookie Sample Pack (1 doz)

### **Cookie Dough- Frozen, pre-portioned to bake at home \$5.99/dozen**

Chocolate Chip (1 doz)  
Oatmeal Raisin (1 doz)  
Ginger (1 doz)  
Snickerdoodle (1 doz)  
Triple Chocolate (1 doz)

## HOW IT WORKS

Our meals are chef prepared with fresh local ingredients, rapidly frozen, labelled with heating instructions and are ready to place in your freezer when you receive them. This way you can order meals for a week or a month, and have your choice of meal, at your convenience. Soups, stews, entrees- heat and enjoy within minutes! Baked goods are either thaw and serve, or fresh baked to order. Save time, money, and enjoy the convenience of eating nutritious prepared meals in the comfort of your own home. The containers provided are microwave and oven safe, and can be recycled in your blue bin pickup.

## ORDERING

Order online at [www.cedarskyfoods.com](http://www.cedarskyfoods.com), order by phoning us at (250) 248-5663 or visit us in store during business hours.

## PAYMENT

Choose how you want to pay- use your credit card to pay online with our secure and encrypted payment gateway (credit card information is never stored), send us an Interac e-transfer, pay with credit card or cash in-store or pay cash on delivery. Sorry, no cheques.

## LOCAL DELIVERY

We currently offer a local delivery service within 30 km of our location. Orders must be \$30 or more to be eligible for delivery.

**Qualicum Beach, Parksville, Coombs, Errington or Nanoose Bay:** FREE delivery with orders of \$30 or more. We visit these areas two days per week. Delivery Tuesdays between 9-11am, Thursdays between 9-11am or 6-8pm.

**Lantzville and Nanaimo:** FREE delivery with orders of \$50 or more, otherwise an \$8 delivery fee will be applied. We visit these areas one day per week. Delivery Thursdays between 9-11am or 6-8pm.

## IN-STORE PICKUP HOURS

<b>Monday</b>	<b>10am – 4pm</b>
<b>Tuesday</b>	<b>11am – 4pm</b>
<b>Wednesday</b>	<b>10am – 4pm</b>
<b>Thursday</b>	<b>11am – 5pm</b>
<b>Friday</b>	<b>10am – 5pm</b>
<b>Sat &amp; Sun</b>	<b>CLOSED</b>

After placing your order online or by phone we will let you know when your order is ready to pick up (same or next day). Or just drop by during store hours, make your selections and take your meals home right away. We usually have most items in stock.

## HAVE QUESTIONS?

**Please call us at (250) 248-5663  
or email:**

**[info@cedarskyfoods.com](mailto:info@cedarskyfoods.com)**