



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 support our local BC farmers and producers!

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

Phone: (250) 248-5663

**Unit #4- 1065 Herring Gull Way,
Parksville BC**

Monday 10am – 4pm

Tuesday 11am – 4pm

Wednesday 10am – 4pm

Thursday 11am – 5pm

Friday 10am – 5pm

Closed Sat, Sun & Holidays

SOUP & STEW \$4.99

Beef Vegetable Stew

Chicken & Rice Soup

Chili con Carne

Hungarian Mushroom Soup

🍃 Minestrone Soup

New England Clam Chowder

🍃 Squash & Maple Soup

Roasted Corn & Bacon Chowder

🍃 Vegetable Chili

ENTREES for ONE

Shepherd's Pie \$4.99

Spaghetti Bolognese \$4.99 Lrg. \$7.99

🍃 Vegetable Shepherd's Pie \$4.99

🍃 Coconut Curry Veggies & Rice \$4.99

Beef, Chicken or Turkey Pot Pie \$6.99

🍃 Beef or Vegetarian Lasagna \$8.99

Cabbage Rolls & Rice \$7.99

Butter Chicken & Rice \$6.99

Polynesian Chicken & Rice \$6.99

Thai Green Curry Chicken & Rice \$6.99

Thai Red Curry Beef & Rice \$7.99

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

🍃 Vegetarian item

ENTREES for ONE Continued

Meatloaf, Mashed Potatoes
& Chef's Vegetables \$7.99

Mushroom Dijon Chicken, Rice
Pilaf & Chef's Vegetables \$7.99

Baked Salmon, Peach Ginger
Sauce, Rice & Chef's Vegetables \$8.99

LARGE ENTREES

Cabbage Rolls (900g serves 2) \$12.49
(2.1 Kg serves 4-5) \$24.99

Shepherd's Pie (750g serves 2) \$11.99
(2.5 Kg serves 5-6) \$24.99

ADD YOUR OWN SIDES

Butter Chicken \$12.99

Mushroom Dijon Chicken \$14.99

Beef Bourguignon \$16.99

Thai Green Curry Chicken Skewers \$13.99

Coconut Curry Chicken Skewers \$13.99

SAUCES/SIDES

Bolognese sauce 450g \$4.99
900g \$9.99

🍃 Mashed Potatoes (serves 2) \$3.99

PLEASE NOTE: OUR MENU DOES
CHANGE PERIODICALLY, AND
NOT ALL ITEMS ARE ALWAYS IN
STOCK. CHECK OUR WEBSITE FOR
THE MOST CURRENT MENU

DESSERT/BAKED GOODS

Mini Fruit Pies 5" \$5.99

Apple, Bumbleberry, Peach, Blueberry or Cherry

Carrot Cake \$5.99

Mini Loaves \$3.49

Cornbread

Lemon Poppyseed

Orange Cranberry

Banana Bread

Banana Chocolate Chip

Chocolate Zucchini

Pumpkin Spice

Cookies – Baked Fresh to Order OR Frozen pre-portioned to bake at home \$6.99/dozen

Chocolate Chip (1 doz)

Oatmeal Raisin (1 doz)

Ginger (1 doz)

Snickerdoodle (1 doz)

Triple Chocolate (1 doz)

Cookie Sample Pack (1 doz)

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, 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 5:30-8pm.

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 5:30-8pm.

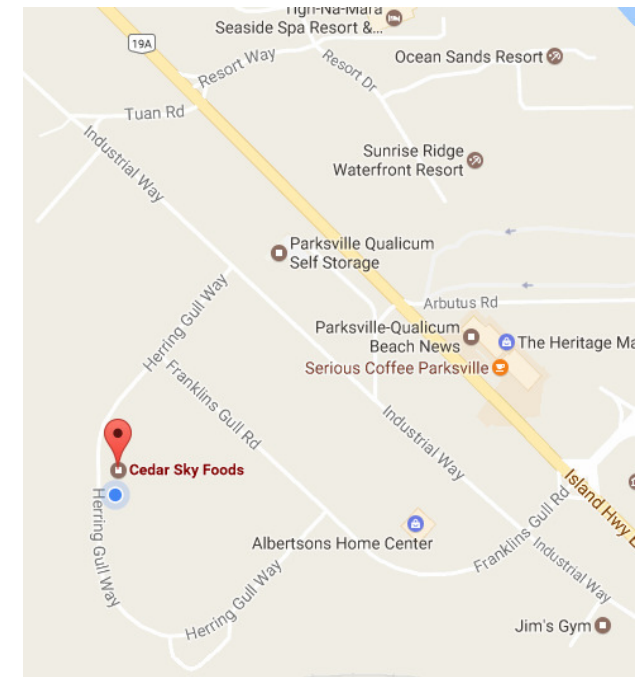
After placing your order online or by phone we will let you know when your order is ready to pick up (same or next day). Or just drop by during store hours, make your selections and take your meals home right away.

HAVE QUESTIONS?

Please call us at (250) 248-5663 or email: info@cedarskyfoods.com

How to Find our Store

We are located in the Parksville Industrial Park- Unit #4- 1065 Herring Gull Way.



**Menu & prices are subject to change*