



CEDAR SKY
FOODS INC.

FRESH & FROZEN PREPARED MEALS & BAKED GOODS

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 real ingredients.

FREE DELIVERY on select days/times
Qualicum Beach to Nanaimo.

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

www.cedarskyfoods.com

Phone (250)248-5663

#4- 1065 Herring Gull Way
Parksville, BC

Monday 10am – 4pm

Tuesday 10am – 4pm

Wednesday 10am – 4pm

Thursday 10am – 5pm

Friday 10am – 5pm

Closed Sat, Sun & Holidays

Please note: This is a sample menu. Product availability and pricing is subject to change. Check our website or phone to see what's currently in stock. ☺

MEALS FOR ONE

- Cabbage Rolls (2 rolls) \$6.99
- Vegetable Shepherd's Pie \$6.99
- Beef Shepherd's Pie \$7.99
- Chicken or Turkey Pot Pie \$6.99
- Beef or Seafood Pot Pie \$7.99
- Butter Chicken & Rice \$7.99
- Thai Green Curry Chicken & Rice \$7.99
- Mushroom Dijon Chicken, Mashed Potatoes & Vegetables \$7.99
- Beef Lasagna \$8.99
- Vegetarian Lasagna \$8.99
- Beef Bourguignon, Mashed Potatoes & Vegetables \$8.99
- Braised Pork Back Ribs, Pineapple Rice & Vegetables \$8.99
- Beef Stroganoff, Rice Pilaf & Vegetables \$8.99
- Baked Ham, Scalloped Potatoes & Vegetables \$7.99
- Meatloaf, Mashed Potatoes, Gravy & Vegetables \$8.99
- Honey Lemon Chicken, Scalloped Potatoes & Vegetables \$8.99
- Wild Salmon with Peach Ginger Sauce, Rice Pilaf & Vegetables \$10.99
- Wild Salmon, Cheesy Mashed Cauliflower & Vegetables \$10.99

SIDES (serves 2)

- Mashed Potatoes \$3.99
- Scalloped Potatoes \$3.99
- Rice Pilaf \$2.99
- Cheesy Mashed Cauliflower \$3.99

SOUP & STEW

- Hungarian Mushroom Soup \$4.99
- Yellow Split Pea & Ham Soup \$4.99
- Butternut Squash & Maple Soup \$4.99
- Roasted Corn & Bacon Chowder \$4.99
- New England Clam Chowder \$5.99
- Vegetarian Chili \$4.99
- Beef Chili \$5.99
- Beef Vegetable Stew \$5.99

SERVES 2+

make your own sides

- Butter Chicken (serves 2-3) \$14.99
- Thai Green Curry Chicken (serves 2-3) \$14.99
- Mushroom Dijon Chicken (serves 2-3) \$14.99
- Beef Stroganoff (serves 2-3) \$16.99
- Beef Bourguignon (serves 2-3) \$16.99
- ½ Rack Braised Pork Back Ribs \$9.99
- Meatballs (24 pieces) \$11.99
- Pulled Pork 500g (serves 2-3) \$11.99
- Cabbage Rolls (4 rolls) \$13.99
- Shepherd's Pie 750g (serves 2-3) \$14.99
- Beef Lasagna or Vegetarian Lasagna 800g (serves 2-3) \$16.99
- Pizza 8" Cheese- \$9.99
- Pizza 8" Ham & Pineapple, BBQ Chicken or Greek- \$11.99
- Pizza 10" Ham & Pineapple, Greek or BBQ Chicken \$14.99

FAMILY SIZE

- *Cabbage Rolls (10 rolls) \$29.99
- *Shepherd's Pie 2.5 kg (serves 5-6) \$29.99
- *foil tray for oven only

DESSERT & BAKED GOODS

Cookies- baked fresh \$7.99/dozen

Oatmeal Raisin
Chocolate Chip
Triple Chocolate
Ginger

Pack of 2 cookies \$2.00

Brownie \$2.50

Butter tart \$2.00

Mini Fruit Pies 5" (serves 2) \$6.99

Apple, Peach, Bumbleberry, Blueberry or
Strawberry Rhubarb

Carrot Cake (serves 2) \$6.99

Muffins \$2.50 each or

\$13.50 for any 6

Morning Glory
Banana Chocolate Chip
Chocolate Zucchini
Pumpkin Spice
Lemon Poppyseed

Food allergies? All menu items are gluten free.
Please ask about other allergens when
ordering.

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currently in stock. 😊

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. 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/or oven safe and recyclable.

ORDERING

Order online at www.cedarskyfoods.com, order by phoning us at 250-248-5663 or visit us in-store during business hours.

PAYMENT

We accept Visa, Mastercard, Debit, Paypal, Interac e-transfer or cash. Sorry, no cheques. We are a registered service provider for the Veteran's Independence Program.

LOCAL DELIVERY

Qualicum Beach (as far as Laburnum Rd), French Creek, Parksville & Nanoose Bay:

FREE delivery with orders of \$40 or more.
Delivery Wednesday evenings between 4-7pm.

Lantzville and Nanaimo (as far as Hwy 1 & Hwy 19 junction):

FREE delivery with orders of \$60 or more. Delivery every other Thursday evening between 5-8pm. Check website or call for next dates.

Delivery schedule and rates are subject to change.

STORE PICK UP

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

HAVE QUESTIONS?

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

WHERE ARE WE?

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

