



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 11am – 4pm

Thursday 11am – 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. ☺

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 \$4.99
- Beef Vegetable Stew \$5.99

MEALS FOR ONE

- Beef Shepherd's Pie \$4.99
- Vegetable Shepherd's Pie \$4.99
- Mushroom, Broccoli & Red Pepper Quiche or Ham & Broccoli Quiche \$4.99
- Coconut Curry Vegetables & Rice \$5.99
- Cabbage Rolls (2 rolls) \$5.99
- Beef, Chicken, or Turkey Pot Pie \$6.99
- Seafood Pot Pie \$7.99
- Butter Chicken & Rice \$6.99
- Thai Green Curry Chicken & Rice \$6.99
- Beef Lasagna \$8.99
- Vegetarian Lasagna \$7.99
- Beef Bourguignon, Mashed Potatoes & Vegetables \$8.99
- Braised Pork Back Ribs, Pineapple Rice & Vegetables \$8.99
- Beef Stroganoff, Rice Pilaf & Vegetables \$7.99
- Mushroom Dijon Chicken, Mashed Potatoes & Vegetables \$7.99
- Baked Ham, Scalloped Potatoes & Vegetables \$7.99

MEALS FOR ONE cont.

- Meatloaf, Mashed Potatoes, Gravy & Vegetables \$7.99
- Salmon with Peach Ginger Sauce, Rice Pilaf & Vegetables \$10.99
- Salmon, Cheesy Mashed Cauliflower & Vegetables \$10.99
- Honey Lemon Chicken, Scalloped Potatoes & Vegetables \$7.99
- Braised Chicken Thighs, Mashed Potatoes & Vegetables \$7.99

SERVES 2+

make your own sides

- Butter Chicken (serves 2-3) \$14.99
- Mushroom Dijon Chicken (serves 2-3) \$14.99
- Thai Green Curry Chicken (serves 2-3) \$14.99
- Beef Stroganoff (serves 2-3) \$16.99
- Beef Bourguignon (serves 2-3) \$16.99
- Bolognese Sauce (serves 2) \$5.99
- ½ Rack Braised Pork Back Ribs \$8.99
- Meatballs (24 pieces) \$11.99
- Pulled Pork 500g (serves 2-3) \$11.99
- Cabbage Rolls (4 rolls) \$11.99
- Shepherd's Pie 750g (serves 2-3) \$12.99
- Beef Lasagna 800g (serves 2-3) \$15.99
- Vegetarian Lasagna 800g (serves 2-3) \$14.99

FAMILY SIZE

- *Cabbage Rolls (10 rolls) \$24.99
 - *Shepherd's Pie 2.5kg (serves 6+) \$24.99
- *foil tray for oven only

SIDES (serves 2)

- Mashed Potatoes \$3.99
- Scalloped Potatoes \$2.99
- Rice Pilaf \$2.99
- Cheesy Mashed Cauliflower \$4.99

DESSERT & BAKED GOODS

Cookies- baked fresh or frozen pre-portioned to bake at home \$7.99/dozen

- Oatmeal Raisin
- Chocolate Chip
- Triple Chocolate
- Ginger

Pack of 2 cookies \$2.00

Brownie \$2.50

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

- Apple, Peach, Bumbleberry, Blueberry, Strawberry Rhubarb

Carrot Cake (serves 2) \$5.99

Muffins \$2.25 each or \$12 for 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.

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

Parksville, French Creek: FREE delivery with orders of \$40 or more. Delivery Thursday mornings 9-11am.

Qualicum Beach, Errington, Coombs: FREE delivery with orders of \$40 or more. Delivery Wednesday mornings 9-11am.

Nanoose Bay: FREE delivery with orders \$40 or more. Delivery Wednesday evenings 4:30-6pm.

Lantzville and Nanaimo: FREE delivery with orders of \$60 or more. Delivery every second Thursday evening between 5:30-8pm.

*Alternate delivery days or times may be available for an extra fee. Delivery schedule 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 (beside Indaba).



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