

## 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](http://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](mailto:info@cedarskyfoods.com)

### WHERE ARE WE?

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



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. 😊