



## Well Seasoned Gourmet to Go Order

	In stock	Qty
<b>Homemade Soups:</b>		
Cream of Mushroom G/F V	\$10.99	
Mulligatawny G/F	\$10.99	
Creamy Tomato with Basil G/F V	\$10.99	
Cauliflower Cheese G/F V	\$10.99	
Corn Chowder with Bacon G/F	\$10.99	
Split Pea with Ham G/F D/F	\$10.99	
Coconut Curried Squash (vegan) G/F	\$10.99	
Broccoli Cheddar G/F v	\$10.99	
Beef Barley G/F D/F	\$10.99	
Clam Chowder G/F	\$10.99	
Asian Chicken & Wild Rice G/F D/F	\$10.99	

### Entrees:

Asian Chicken Lettuce Wrap Filling D/F	\$12.99	
Bolognese Sauce G/F	\$12.99	
Butter Chicken G/F	\$19.99	
Butter Sauce (no chicken) G/F V	\$10.99	
Beef Chili G/F D/F	\$11.99	
Mushroom Bruschetta	\$9.99	
Vegan Chili G/F D/F	\$10.99	
Lasagna	\$21.99	
Veggie Lasagna V	\$18.99	
Mac & Cheese V	\$17.99	
Mac & Cheese with Bacon	\$18.99	

### Savoury Pies:

Tourtiere large serves 6-8	\$23.99	
Bacon Cheeseburger serves 6-8	\$23.99	
Aussie (beef) serves 6-8	\$23.99	
Chicken & Mushroom Pie serves 6-8	\$23.99	
Tamale Pie serves 6	\$21.99	

### Delicious Local Curry:

Ban Chok Dee Yellow Curry 500 ml D/F	\$8.99	
Ban Chok Dee Red Curry 500 ml D/F	\$8.99	
Ban Chok Dee Green Curry 500 ml D/F	\$8.99	
Ban Chok Dee Panang Curry 500ml D/F	\$8.99	

### Flatbreads & Tarts:

Caramelized Onion & Fig Tart V	\$19.99	
BBQ Chicken Tart	\$19.99	
Pear & Gorgonzola Tart V	\$19.99	
Caprese Flatbread V	\$19.99	

## G/F gluten Free D/F dairy free V vegetarian

	In stock	Qty
<b>Keto Meals:</b>		
Cauli-rice G/F D/F V serves 4	\$13.99	
Faux tatoes G/F V serves 4	\$14.99	
Chicken Broccoli Bake G/F serves 4	\$19.99	
Mexican Taco Bake G/F serves 4	\$19.99	

### Sweets:

Baked Brie V	\$21.99	
Sweet Potato Pie V	\$15.99	
Cream Scones Slice & Bake (6) V	\$11.99	
Cheddar Scones Slice & Bake (6) V	\$11.99	
Lemon Lavender Scones Slice & Bake (6) V	\$11.99	
Mrs. Sawatsky Cookies G/F V	\$9.99	
Chocolate Chip Cookies V	\$9.99	
Coconut Lime Slice & Bake Cookies V	\$9.99	
Choc Chunk Slice & Bake Cookies V	\$9.99	
Sticky Toffee Pudding serves 6 V	\$16.99	
Blueberry Peach Bars serves 8 V	\$15.99	
Lemon Bars serves 8 V	\$15.99	
Salted Caramel Brownies serves 8 V	\$15.99	
Chocolate Salami G/F V	\$14.99	

### Dip:

Artichoke & Roasted Garlic G/F	\$9.99	
Mediterranean Feta G/F	\$9.99	
Pimento Cheese G/F	\$9.99	
Cashew & Red Pepper (vegan)	\$9.99	

### Fresh Dressings: (500 ml)

Roasted Garlic Caesar G/F	\$9.99	
Thousand Island Dressing	\$9.99	
Balsamic Vinaigrette G/F	\$9.99	
Homemade Blue Cheese G/F	\$9.99	
Ranch	\$9.99	

### Name:

Phone Number:

Address (line 1):

Address (line 2):

City:

Postal Code:

I will pick up:

I want this delivered:

We will contact you to confirm your order. Pick up in store, or \$10 delivery for orders in the Lower Mainland/Abbotsford over \$75. If your order subtitle is less than \$75 we will confirm your order total when we call to confirm.