

Frozen Foods

Hors D'oeuvres:

- Charmoula shrimp \$2.50 ea (size 16/20)
- Chicken satays with mango coconut dip \$2.50 ea
- Beef satays with mango coconut dip \$2.50 ea
- Lemon- Dijon beef skewers: \$2.50 ea
- Truffled mushroom phyllo triangles \$3 ea
- Chicken Liver Pate_ with Port and Thyme \$5/125 mL jar
- Crabapple and white wine jelly \$5/125 mL jar
- Drunken Prunes (great with paté) \$7/ 250 mL jar

Meats

Stuffed chicken breast:

- Spinach, feta, and ricotta \$7 ea
- Sundried tomato pesto and goat cheese \$7ea
- Cornbread with smoked ham and sweet potato \$7 ea

Marinated chicken thighs:

- Charmoula (paste made with cilantro, parsley, garlic, chilies) \$4 ea
- Tandoori (yogurt, ginger, garlic, curry spices) \$4 ea
- Lemon, Dijon, thyme \$4 ea

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| Cranberry glazed turkey breast | \$6/portion |
| Garlic Rosemary chicken breast | \$5/portion |
| Citrus glazed chicken breast | \$5/portion |

- Stuffed pork loin chops: apple, prune, sausage \$8 ea
- Stuffed pork loin: apple, prune, sausage \$8 per pound (2-3 portions per pound)
- Stuffed pork tenderloin: apple, prune, sausage \$8 ea

- Beef, eye of round, with mustard herb crust \$8/lb
- Spicy mustard marinated flank steak \$9/lb

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Stews

Moroccan Chicken stew with apricots and cashews \$8/portion

Chicken curry \$6/portion

Coconut chicken curry \$7/portion

Oxtail stew \$8/portion

Beef stew \$7/portion

Beef stew with mashed potato crust \$9/portion

Shepherd's pie \$7/portion

Osso bucco \$10/portion

Braised beef short ribs \$10/portion

Grilled vegetable ratatouille \$5/portion

Chicken pot pie \$8/portion

Soups

Leek and potato \$6/Litre

Curried zucchini \$6/Litre

Spicy red lentil soup \$6/Litre

Butternut squash \$6/Litre

Spicy black bean \$8/Litre

Chicken stock \$5/500 mL

Veal stock \$7/500 mL

Vegetable stock \$4/500 mL

Sides

Root vegetable gratin with blue cheese \$5/portion

Horseradish scalloped potatoes \$5/portion

Potato and fennel gratin \$5/portion

Braised French lentils with mushrooms, bacon, spinach \$4.50/portion

Braised cabbage with apple and bacon \$4/portion

Cauliflower and cheddar gratin with horseradish \$4.50/portion

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Quesadillas (10-12")

Brie, mango, roasted chillies \$8 ea

Chicken, peppers, jack cheese \$8 ea

Beef, caramelized onion, cheddar cheese \$8 ea

Grilled vegetables and jack cheese \$8 ea

Vinaigrettes

Crabapple \$3 per cup

Red wine \$3 per cup

Pear cider \$3 per cup

Apple cider \$3 per cup

Dijon-herb \$3 per cup

Pasta Sauces

Veal and tomato sauce with cinnamon \$8/Litre

Sausage and tomato with rapini \$8/Litre

Mushroom cream sauce \$10/Litre

Traditional Bolognese \$8/Litre

Spicy sun-dried tomato \$7/Litre

Tomato-basil \$7/Litre

Dips

Eggplant pomegranate dip \$3/cup

Hummous \$3.50/cup

Salt cod gratin \$3.50/cup

Babaghanoush \$3.00/cup

Black bean \$4/cup

Leek and goat cheese dip \$4/cup

Roasted red pepper and walnut dip \$3.50/cup

Indian spiced lentil dip \$3.50/cup

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Sauces, Condiments, Preserves

Almond-mint pesto \$4/cup

Smokey honey and chipotle sauce \$4/cup

Tarragon and fennel seed butter \$5 per cup

Herb and shallot butter \$4 per cup

Wild leek butter \$8/cup

Pear cranberry chutney \$4/cup

Preserved lemon, green olive, caper relish \$4 per cup

Oven dried spiced tomatoes in olive oil \$12/750 mL

Preserved lemons \$12/750 mL

Ancho-chili cocktail sauce \$5/250 mL

Smoked chili oil \$5/250 mL

Green olive relish \$5/250 mL

Moroccan marinated goat cheese \$8/500 mL

Sundried tomato preserves \$8/500 mL

Desserts

Fruit crumble \$5/portion

Buttermilk-rhubarb coffee cake \$5/portion

Lemon-almond Buttermilk loaf \$6/portion

Ricotta-lemon muffins \$4 ea

Carrot Cake \$5/portion

Apple Cake \$6/portion

Hazelnut loaf cake \$6/portion