

CLASSIC COMFORT



Chicken Parmesan
\$15.00
with Fettuccine Marinara,
Broccoli and Carrots



Roast Beef \$14.00
with Mashed Potatoes,
Peas and Carrots



Meat Loaf \$14.00
with O'Brien Potatoes
and Carrots



Chicken Scallopini
\$15.00
with Sweet Potato Mash
and Asparagus



Mongolian Beef
Stir-fry \$14.00
with Chow Mein Noodles



Spinach Stuffed
Chicken \$15.00
with Mushroom Risotto
and Broccoli



Baked Ham \$14.00
with Scalloped Potatoes,
Broccoli & Carrots



Maple Glazed
Salmon \$15.00
with Rice Pilaf
and Green Beans



Gulf Coast Shrimp
Fettuccine \$16.00



Coconut Crusted
Haddock \$15.00
with Chili Lime Potatoes
Green Beans

DIABETIC FRIENDLY



New Mexico Style
Steak \$16.00
with Rice & Beans and
Grilled Vegetables



Turkey Creole \$15.00
with Rice Pilaf and
Broccoli



Tuscan Chicken
\$15.00
with Zucchini Spirals



California Nut
Stir-fry \$14.00
with Rice Pilaf



Vegetarian
Jambalaya \$13.00



Kofta Kabobs \$14.00
with Turmeric Rice
and Spring Peas



Teriyaki Salmon
Stir-fry \$16.00
with Cauliflower Fried Rice



Creamy Mushroom
Pork \$15.00
with Cauliflower Mash &
Green Bean Bundle



Black Bean Loaf \$14.00
with Roast Butternut Squash
and Brussels Sprouts



Szechuan Tofu and
Veggies \$14.00

BUDDHA BOWLS & SALADS



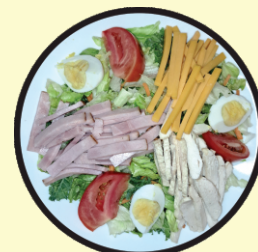
Fish Taco \$14.00
with Blackened Haddock
Cauliflower Rice, Cucumber
Corn, Black Beans, Cheese
& Pico de Gallo



Cobb Salad \$14.00



Asian Chicken Salad
\$14.00



Julienne Salad \$14.00



Mediterranean Turkey \$14.00
with Roast Turkey, tomatoes
Red Onion, Yellow Pepper
Cucumbers, Feta Cheese
Black Olives & Quinoa



Caesar Salad

Caesar Salad
Side \$5.00
Meal \$8.00

Strawberry Salad
Side \$5.00
Meal \$8.00

Greek Salad
Side \$5.00
Meal \$8.00

Garden Salad
Side \$5.00
Meal \$8.00

Spinach Salad
Side \$5.00
Meal \$8.00

Potato Salad
250 ml \$4.00
500 ml \$7.00
1 litre \$13.00

Greek Pasta Salad
250 ml \$4.00
500 ml \$7.00
1 litre \$13.00

Cowboy Caviar
250 ml \$4.00
500 ml \$7.00
1 litre \$13.00

Chickpea Salad
250 ml \$4.00
500 ml \$7.00
1 litre \$13.00

Quinoa Salad
250 ml \$4.00
500 ml \$7.00
1 litre \$13.00



Spinach Salad

SOUPS & STEWS



Chicken Noodle
Soup

Cream of Mushroom
250 ml \$4.50
500 ml \$8.00
1 litre \$14.00



Beef Barley
Soup

Clam Chowder
250 ml \$4.50
500 ml \$8.00
1 litre \$14.00

Curried Cauliflower
250 ml \$5.00
500 ml \$9.00
1 litre \$16.00

Butter Chicken
250 ml \$6.00
500 ml \$11.00
1 litre \$20.00

Chicken Noodle
250 ml \$4.50
500 ml \$8.00
1 litre \$14.00

Canadian Maple Chili
250 ml \$5.00
500 ml \$9.00
1 litre \$16.00

Beef Barley
250 ml \$4.50
500 ml \$8.00
1 litre \$14.00

Texas Beef Chili
250 ml \$5.50
500 ml \$10.00
1 litre \$18.00

Beef Bourguignon
250 ml \$6.00
500 ml \$11.00
1 litre \$20.00

PASTA, PIES & QUICHE



Florentine Chicken Penne

Meat Lasagne
\$14.00

Sausage & Pepper
Penne
\$14.00

Florentine Chicken
Penne
\$14.00

Fettuccine
Carbonara
\$14.00

Mac & Cheese
\$13.00

Chicken Pot Pie
\$9.00

Beef Pot Pie
\$9.00

Sweet Potato Cottage Pie
\$9.00

Quiche Lorraine
\$9.00

Broccoli Quiche
\$9.00



Beef Pot Pie