



Take & Bake Available All Week

Shepherd's Pie **\$14.00**
 Classic Irish recipe... Grass fed beef, lamb, red wine, rich tomatoes and fresh thyme mixed with peas and carrots and crowned with organic mashed potatoes. Bake it until the potato crust becomes crispy - you won't be disappointed! Served with your choice of soup or house salad. *Gluten free*

January 8 through January 12

Monday Lunch

Soup - Vegetarian Chili 12 oz. **\$4.95**
Savory Lunch Pastry - each **\$6.25**
 ❖ **Turkey, Broccoli & Cheddar**
 Add a deli salad, a green salad, or a soup for a combo **\$9.50**

Lunch Quiche **\$8.75**
 Enjoy a slice of our homemade quiche with a crispy garden salad or a cup of soup for a perfect lunch!

Monday Take & Bake Dinner Special

Enchiladas **\$12.00**
 Black beans, onions & creamy cheese wrapped in corn tortillas and baked in our homemade enchilada sauce. Your choice of soup or house salad also included.
 With Beef **\$13.00

Tuesday Lunch

Soup - Broccoli & Onion Puree 12 oz. **\$4.95**
Savory Lunch Pastry - each **\$6.25**
 ❖ **Meatloaf & Roasted Carrot**
 Add a deli salad, a green salad, or a soup for a combo **\$9.50**

NEW - Hot Dish **\$10.25**
Mac n' Cheese made with extra sharp cheddar
 Served with soup or green salad

Tuesday Take & Bake Dinner Special

Chicken & Brown Rice Fritters **\$13.00**
 Savory roasted chicken and organic brown rice mixed with vegetables and spices, fried into a crispy fritter. Served with mustard dipping sauce and sautéed patty pan squash. Served with your choice of soup or house salad. *Gluten free*

Wednesday Lunch

Soup - Chicken Barley 12 oz. **\$4.95**
Savory Lunch Pastry - each **\$6.25**
 ❖ **Bacon, Greens, Tomato & Spicy Mayo**
 Add a deli salad, a green salad, or a soup for a combo **\$9.50**

NEW - Hot Dish **\$10.25**
Sausage Bake
 Italian sausage, bell peppers, onions and parsnips baked until crispy & fragrant. Served with soup or green salad

Wednesday Take & Bake Dinner Special

Spinach Pie **\$13.00**
 During this season, slow cooked hearty greens replace the spinach in this dish. Cooked greens layered with creamy cheese and flaky phyllo pastry makes this a hearty vegetarian dinner. Your choice of soup or house salad also included.

Thursday Lunch

Soup - Cauliflower & Bacon 12 oz. **\$4.95**

Savory Lunch Pastry - each **\$6.25**
 ❖ **Curried Chicken**
 Add a deli salad, a green salad, or a soup for a combo **\$9.50**

Lunch Quiche **\$8.75**
 Enjoy a slice of our homemade quiche with a crispy garden salad or a cup of soup for a perfect lunch!

Thursday Take & Bake Dinner Special

Chicken & Vegetable Sauté **\$13.00**
 Roasted chicken and sautéed vegetables tossed with a ginger garlic sauce and served over quinoa. *Gluten free*

Friday Lunch

Soup - Potato Leek (GF) 12 oz. **\$4.95**
Savory Lunch Pastry - each **\$6.25**
 ❖ **Sausage, Pepper & Onion**
 Add a deli salad, a green salad, or a soup for a combo **\$9.50**

Friday Take & Bake Dinner Special

Loaded Sweet Potato **\$12.00**
 An organic sweet potato baked and stuffed with sautéed leeks, broccoli and bell peppers. Cheddar and sour cream served on the side. Your choice of soup or house salad also included.
 With Bacon **\$13.00

Working on health goals?
We can help!
Whole ingredient meals
deliciously prepared and
perfectly portioned
Call 603-715-1496

