

# FREEZER TO TABLE

CHEF-PREPARED MEALS, ALWAYS AVAILABLE  
IN OUR FREEZERS ON THE LOWER LEVEL



## SOUPS

16oz Serves 1-2 \$10    32oz Serves 2-4 \$15

Beef Barley Soup <i>DF</i>	Cream of Tomato Soup <i>GF</i>	Potato, Bacon & Cheddar Soup <i>GF</i>
Black Bean Soup <i>GF, V</i>	Creamy Chicken Soup <i>GF</i>	Roasted Red Pepper Tomato <i>GF</i>
Broccoli & Cheddar Soup <i>GF</i>	Ham & Lentil Soup <i>DF, GF</i>	Squash & Apple Soup <i>GF</i>
Carrot & Coconut Soup <i>GF, V</i>	Leek & Potato Soup <i>GF</i>	Sweet Potato Soup <i>GF, V</i>
Cheesy Potato Soup <i>GF</i>	Chicken Noodle Soup <i>DF, GF</i>	Tandoori Chicken Rice Soup <i>GF</i>
Cream of Mushroom Soup <i>GF</i>	Cream of Cauliflower Soup <i>GF</i>	Thai Coconut Squash Soup <i>DF, GF</i>

## CRÊPES

Serves 1-2    2-3

Cheese & Broccoli Crêpes	13	19
Crêpes Cordon Bleu	14	20
Seafood Crêpes	18	24

## PASTA

Cheese Cannelloni	13	19
Chicken Alfredo	14	20
Lasagna:		
• Butternut Squash & Ricotta	13	20
• Italian Sausage	14	20
• Italian Sausage <i>GF</i>	15	22
• Traditional Beef	14	20
• Traditional Beef <i>GF</i>	15	22
• Vegan Zucchini <i>GF, V</i>	17	22
• Vegetarian	13	20
• Vegetarian <i>GF</i>	15	22
Mac & Cheese	13	19
Crabby Mac & Cheese	15	22

## SAVOURY PIES & PASTRIES

Chicken Pot Pie	14	20
Chicken Pot Pie, 5"	10	
Steak & Mushroom Pie	15	21
Shepherd's Pie	14	20
Shepherd's Pie Vegan <i>V</i>	17	22
Traditional Tortiere	14	20
Traditional Tortiere, 5"	10	
Vegetable Pot Pie, 5"	10	
Quiche		
• Garden Vegetable & Goat Cheese	8	16
• Tomato, Bacon & Cheddar	8	16
Mushroom Strudel	18	
Roasted Vegetable & Goat Cheese Strudel	18	
Spanokopita	18	

## STEWES & CURRIES

Serves 1-2    2-3

Beef Bourguignon <i>DF, GF</i>	15	24
Beef & Black Bean Chili <i>DF, GF</i>	13	18
Coq au Vin <i>DF, GF</i>	14	20
Green Curry Shrimp <i>DF, GF</i>	15	21
Irish Lamb Stew <i>DF, GF</i>	18	27
Lentil Cauliflower Stew <i>GF, V</i>	10	15
Lemon Ginger Beef Stew <i>GF, V</i>	16	22
Moroccan Chickpea Stew <i>GF, V</i>	10	15
Sweet Potato Chili <i>GF, V</i>	10	15
Teriyaki Glazed Chicken Thighs <i>DF, GF</i>	14	20
Vegetable Curry <i>GF, V</i>	13	19
Yellow Curry Chicken <i>DF, GF</i>	14	20

## FOR A LARGER GROUP

Chicken Alfredo (Serves 8-10)	55
Chicken Pot Pie (Serves 8-10)	65
Lasagna, Italian Sausage (Serves 8-10)	65
Lasagna, Traditional Beef (Serves 8-10)	65
Macaroni & Cheese (Serves 8-10)	45
Shepherd's Pie (Serves 8-10)	65
Pulled Pork (Serves 2-3)	18
Stuffed Burgers (4):	
• Goat cheese and sundried tomato	24
• Jalapeno and cheddar	24
• Traditional salt and pepper	24
• Brioche Buns (4)	6
Stuffed Chicken Breasts (2):	
• Crab and cream cheese	26
• Spinach, mushroom and swiss	24
• Sundried tomato and goatcheese	24
Whole Rack of Pork Ribs	24
BBQ Glazed Chicken Thighs (Serves 3-4)	22

*Don't forget to look in our Pastry Freezer  
for desserts, fruit pies and loaves...*

*DF: DAIRY-FREE    GF: GLUTEN-FREE    V: VEGAN*