



## Foodee at Home Menus

Easily reheatable, delicious meals from our local restaurant partners

### Peaked Pies

All Peaked Pies will arrive frozen. Once thawed, the pies have a 2-3 days refrigerator shelf life. Pies come with reheating instructions.

#### **Traditional Aussie Pie**

**\$12.25**

INGREDIENTS: Ground beef, onions & gravy PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

#### **Beef Curry Pie**

**\$12.25**

INGREDIENTS: Ground beef in a madras curry sauce with carrots and celery. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days.

#### **Vegetable Medley Pie - Dairy-Free/Vegan/Vegetarian**

**\$12.25**

INGREDIENTS: Corn, carrots, leeks, celery, cauliflower, yams in a coconut milk based sauce. Vegan pastry. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days



### **Mentil Lentil Pie - *Vegetarian***

**\$12.25**

INGREDIENTS: Lentils, zucchini, carrot and celery in a chili basil tomato sauce with a dollop of creamy Parmesan ricotta mix. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **Steak, Bacon & Cheese Pie**

**\$12.25**

INGREDIENTS: Chunky steak pieces infused with ground bacon layered with a cheddar/mozzarella mix. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **Chunky Pepper Steak Pie**

**\$12.25**

INGREDIENTS: Chunky steak pieces in a cracked pepper sauce. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **Chunky Steak & Mushroom Pie**

**\$12.25**

INGREDIENTS: Chunky steak pieces in a brown mushroom sauce. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **Chicken, Mushroom & Leek Pie**

**\$12.25**



INGREDIENTS: In a cream & oregano sauce. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **Butter Chicken Pie**

**\$12.25**

INGREDIENTS: Indian butter chicken with a hint of cayenne pepper. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

### **The Hopper Pie**

**\$12.25**

INGREDIENTS: Ground kangaroo in a cabernet merlot balsamic reduction. PREPARATION: Microwave on high for 3-5 minutes, then place in a preheated oven at 350°F (175°C) for 8- 10 minutes or until pastry is done to the desired texture. Ensure a minimum internal temperature of 165°F (74°C) is reached when reheating before consumption. REFRIGERATOR SHELF LIFE: 2-3 days

## **Moti Raja**

All items will arrive chilled for reheating. Components may be packaged separately.

### **Chicken Tikka Masalad**

**\$13.55**

INGREDIENTS: Green salad with tandoori chicken skewers and tamarind chutney. Sauce served on the side. PREPARATION: Add dressing. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Vegetable Pakoras - Dairy-Free/Vegan/Vegetarian**

**\$18.05**

INGREDIENTS: Vegetable fritters deep fried PREPARATION: Reheat in oven at 350°F (175°C) for 10 - 12 mins. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Butter Chicken Poutine**



**\$17.40**

INGREDIENTS: Butter chicken poured on french fries with paneer cheese cubes. Delivered deconstructed. PREPARATION: Reheat fries in an oven at 350°F (175°C) for 10-12 minutes or airfryer (5 minutes) and the sauce can be reheated in the microwave or on the stove until required temperature then poured on top. REFRIGERATOR SHELF LIFE: Up to 3 days

**Paneer Poutine - Vegetarian**

**\$17.40**

INGREDIENTS: Vegetarian Poutine with Paneer makhani on french fries. Delivered deconstructed. PREPARATION: Reheat fries in the oven at 350°F (175°C) for 10-12 minutes or airfryer (5 minutes) and the sauce can be reheated in the microwave or on the stove until required temperature then poured on top. REFRIGERATOR SHELF LIFE: Up to 3 days

**Dal Rice Bowl - Vegetarian**

**\$15.45**

INGREDIENTS: Lentils cooked in a tasty blend of masalas. Served with basmati rice.  
PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Channa Masala Rice Bowl - Dairy-Free/Vegetarian/Vegan/Gluten-Free**

**\$16.75**

INGREDIENTS: Curried chickpeas cooked in a tomato, onion, ginger and garlic sauce. Served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy!  
REFRIGERATOR SHELF LIFE: Up to 3 days

**Mixed Veggie Sabzi Rice Bowl - Dairy-Free/Vegan/Vegetarian**

**\$11.6**

INGREDIENTS: Vegetable medley cooked in traditional Indian spices. Served with basmati rice.  
PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Muttar Paneer Rice Bowl - Vegetarian**

**\$18.00**



INGREDIENTS: Seared Indian cheese cubes and peas cooked in a tomato-onion sauce. Served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy!  
REFRIGERATOR SHELF LIFE: Up to 3 days

**Butter Chicken Rice Bowl - *Gluten-Free***

**\$17.25**

INGREDIENTS: Roasted tandoori chicken breast cubes cooked with masalas in a tomato-cream sauce. Served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Curry Chicken Rice Bowl**

**\$16.80**

INGREDIENTS: Roasted tandoori chicken breast cubes cooked in an onion-tomato curry. Served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy!  
REFRIGERATOR SHELF LIFE: Up to 3 days

**Paneer Makhni Rice Bowl - *Gluten-Free***

**\$19.30**

INGREDIENTS: Seared Indian cheese cubes cooked in a blend of masalas and a tomato-cream based sauce. Served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Lamb Curry Rice Bowl - *Dairy-Free/Gluten-Free***

**\$20.60**

INGREDIENTS: Lamb curry served with basmati rice. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Mixed Veggie Biryani - *Vegetarian***

**\$18.70**

INGREDIENTS: Aromatic basmati rice, mixed vegetables, served with raita. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**Chicken Biryani**

**\$21.30**



INGREDIENTS: Aromatic basmati rice, chicken, served with raita. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy! REFRIGERATOR SHELF LIFE: Up to 3 days

**2 Vegetarian Samosa Combo With Channa Masala - Vegetarian**

**\$10.30**

INGREDIENTS: Two (2) Vegetarian samosas served tamarind chutney and chickpea curry.

PREPARATION: Loosen lid, remove any sauces, microwave and enjoy! Samosas are best recommended to cook in the oven or toaster oven for 10-15 minutes at 350°F (175°C).

REFRIGERATOR SHELF LIFE: Up to 3 days

**2 Chicken Samosa Combo With Channa Masala**

**\$10.30**

INGREDIENTS: Two (2) Chicken samosas served tamarind chutney and chickpea curry.

PREPARATION: Loosen lid, remove any sauces, microwave and enjoy! Samosas are best recommended to cook in the oven or toaster oven for 10-15 minutes at 350°F (175°C).

REFRIGERATOR SHELF LIFE: Up to 3 days.

**Naan (Side) - Dairy-Free/Vegetarian/Vegan**

**\$3.25**

REFRIGERATOR SHELF LIFE: Up to 3 days

**Regular Size Veggie Samosa (Side) - Vegetarian**

**\$3.25**

INGREDIENTS: Served with tamarind chutney. PREPARATION: Remove any sauces and remove from packaging, Samosas are best recommended to cook in the oven or toaster oven for 10-15 minutes at 350°F (175°C). REFRIGERATOR SHELF LIFE: Up to 3 days

**Regular Size Chicken Samosa (Side)**

**\$3.25**

INGREDIENTS: Chicken Samosas, Served with tamarind chutney. PREPARATION: Remove any sauces and remove from packaging, Samosas are best recommended to cook in the oven or toaster oven for 10-15 minutes at 350°F (175°C). REFRIGERATOR SHELF LIFE: Up to 3 days



### **Julabjamin**

**\$1.95**

INGREDIENTS: Milk-solid sweet dessert. Skimmed milk, maida, butter, rava, baking soda and cardamom. PREPARATION: None. REFRIGERATOR SHELF LIFE: Up to 3 days

## **Gobble**

All items will arrive chilled for reheating. Components may be packaged separately.

### **Herbivore - Large (26oz) - Dairy-Free/Gluten-Free/Vegetarian/Vegan**

**\$19.30**

INGREDIENTS: Chickpea fritter, roasted root veg, daily salad, lemon garlic toume sauce.

PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Keto Bowl - Large (26oz) - Dairy-Free/Gluten-Free**

**\$20.60**

INGREDIENTS: 24-hour chuck (beef), daily salad, salsa verde sauce. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Porketta - Large (26oz) - Dairy-Free/Gluten-Free**

**\$19.30**

INGREDIENTS: Porchetta, lentil salad, pilaf, smoked honey mustard sauce PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Chicken Bowl - Large (26oz) - Dairy-Free/Gluten-Free**

**\$19.30**

INGREDIENTS: Honey Glazed Chicken, Summer Salad, Pilaf, Spicy Aioli Sauce. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy. REFRIGERATOR SHELF LIFE: Up to 3 days

### **Smoked Tofu - Large (26oz) - Dairy-Free/Gluten-Free/Vegetarian/Vegan**

**\$19.30**



INGREDIENTS: House marinated tofu, daily salad, lentil salad, salsa verde sauce. PREPARATION: Loosen lid, remove any sauces or salads, microwave and enjoy. REFRIGERATOR SHELF LIFE: Up to 3 days

## Bonchaz Bakery

### **Honey Ham And Mozzarella Sandwich**

**\$10.80**

INGREDIENTS: Smoked honey ham, mozzarella cheese, with hearty greens, tomato, cucumber, and mayo on fresh artisan baguette. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

### **Roast Beef With Horseradish And Mozza On Sourdough - *Halal***

**\$10.80**

INGREDIENTS: Smoked brisket beef sliced thin, with mozzarella cheese, fresh tomato, cucumber, and horseradish sauce on our own sourdough bread. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

### **Garlic Tuna On Sourdough**

**\$10.80**

INGREDIENTS: Garlicky skipjack tuna salad, with mozzarella cheese, fresh tomato, cucumber, on our own sourdough bread. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

### **Gluten Free Smoked Chicken And Brie Sandwich - *Gluten-Free/Contains Seeds***

**\$10.80**

INGREDIENTS: Applewood smoked chicken and melted brie cheese, toasted with fresh tomato on our house-made gluten free buckwheat and pumpkin seed bun. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

### **Avocado & Brie Baguette With Balsamic Glaze - *Vegetarian***

**\$10.80**

INGREDIENTS: Avocado, double cream brie, balsamic reduction, roma tomato & cucumbers served on house made baguette. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days





**Vegan Roasted Beet & Squash Wrap - *Vegan/Dairy-Free/Vegetarian/Contains Seeds***  
**\$10.80**

INGREDIENTS: sweet roasted squash and red peppers, tender roasted beets, creamy avocado, and our own roast garlic and beetroot hummus make this garden wrap a rainbow of fresh flavours! With tomato, cucumber, and mixed leafy greens wrapped up in a spinach flour tortilla.

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Smoked Chicken Wrap On Flour Tortilla - *Dairy-Free***  
**\$10.80**

INGREDIENTS: Applewood smoked chicken with leafy greens, fresh tomato, cucumber, and sweet and tangy BBQ sauce wrapped up on a sundried tomato flour tortilla. PREPARATION: None

REFRIGERATOR SHELF LIFE: 4 Days

**Low Carb Smoked Salmon Protein Salad (Entree Size) - *Dairy-Free/Gluten-Free/Keto/Contains Seeds***

**\$15.55**

INGREDIENTS: A healthy portion of wild smoked salmon, and a half avocado served on dark leafy greens. With fresh tomato, red onion, pumpkin seeds, and dried cranberry. Simple extra virgin olive oil & balsamic vinaigrette served on the side. PREPARATION: Add Dressing REFRIGERATOR

SHELF LIFE: 4 Days

**Quinoa Salad (Side Size) - *Dairy-Free/Vegan/Gluten-Free/Vegetarian***

**\$7.30**

INGREDIENTS: Lightly spiced Quinoa with corn and black beans, olive oil dressing with red onion, garlic and cilantro . PREPARATION: Add Dressing REFRIGERATOR SHELF LIFE: 4 Days

**Potato Salad (Side Size) - *Gluten-Free***

**\$7.30**

INGREDIENTS: Redskin baby potatoes with creamy mayo, garlic and other spices PREPARATION:

Add Dressing REFRIGERATOR SHELF LIFE: 4 Days

**Roasted Beet And Squash Salad (Side Size) - *Gluten-Free***

**\$7.30**

INGREDIENTS: Roasted red beetroot with sweet yellow squash on mixed leafy greens, topped with crumbled feta cheese. PREPARATION: Add Dressing REFRIGERATOR SHELF LIFE: 4 Days



**Personal Charcuterie Box - *Gluten-Free/Contains Nuts/Seeds***

**\$15.55**

INGREDIENTS: Locally smoked chicken, honey glazed ham and Swiss cured salami are paired with three varieties of European style cheeses. Served with grain crackers, Dijon mustard, pickles, nuts and cherry tomatoes. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Personal Vegetarian Charcuterie Box - *Gluten-Free/Vegetarian/Contains Nuts/Seeds***

**\$15.55**

INGREDIENTS: A selection of cheeses including Brie, Smoked Cheddar and Jarlsberg are served with grain crackers, market fresh veggies and our house made Beet and Garlic hummus. Pickles and accoutrements included. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Personal Vegan Charcuterie Box - *Vegan/Gluten-Free/Contains Nuts/Seeds***

**\$15.55**

INGREDIENTS: A duo of house made hummus: Roasted Garlic with Beet and Coconut Curried Chickpea. Served with a selection of market fresh veggies and firm smoked tofu. Vegan friendly crackers, pecans, cashew nuts and various accoutrements included. PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Small Creamy Smoked Chicken Pasta**

**\$8.95**

INGREDIENTS:locally sourced applewood smoked chicken tossed with tender penne noodles and fresh peas, smothered in our white cheddar cream sauce PREPARATION: Microwave for 3 mins or until heated throughout. REFRIGERATOR SHELF LIFE: 4 Days

**Small Beef & Chorizo Pasta - *Dairy Free***

**\$8.95**

INGREDIENTS: tender rotini noodles with sliced kalamata olives in hearty chorizo sausage and ground beef marinara sauce. PREPARATION: Microwave for 3 mins or until heated throughout. REFRIGERATOR SHELF LIFE: 4 Days



**Daily Vegan Soup - Vegan**

**\$4.60**

INGREDIENTS: Rotating special each day- Options include GF Vegan Three-Bean Chili or GF

Spinach and Broccoli. PREPARATION: Microwave for 3 mins or until heated throughout.

REFRIGERATOR SHELF LIFE: 4 Days

**Daily Soup**

**\$5.15**

INGREDIENTS: Rotating special each day- Options include GF Chicken Curry, GF Bacon

Mushroom, Sausage Chowder. PREPARATION: Microwave for 3 mins or until heated

throughout. REFRIGERATOR SHELF LIFE: 4 Days

## **WFH Breakfast Menu**

**Spinach & Mushroom Quiche - Vegetarian**

**\$8.45**

INGREDIENTS: grilled mushrooms and chopped spinach make this cheesy bistro-style personal

quiche a satisfying brunch option for vegetarians and non-vegetarians alike! PREPARATION:

Microwave for 3 mins or until heated throughout. REFRIGERATOR SHELF LIFE: 4 Days

**Bacon & Egg English Muffin**

**\$6.40**

INGREDIENTS: Bacon and egg + cheddar on toasted English Muffin PREPARATION: Preheat oven

or toaster oven to 350, cooked for 4 minutes. REFRIGERATOR SHELF LIFE: 4 Days

**Ham & Brie Breakfast Croissant**

**\$6.40**

INGREDIENTS: Butter croissant with cured honey ham and creamy brie cheese. PREPARATION:

Served Cold. REFRIGERATOR SHELF LIFE: 4 Days



**Smoked Salmon & Cream Cheese Breakfast Croissant**

**\$6.40**

INGREDIENTS: Butter croissant with smoked salmon & cream cheese. PREPARATION: Served

Cold. REFRIGERATOR SHELF LIFE: 4 Days

**Classic Butter Croissant**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Raspberry Danish**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Banana Loaf Slice**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Cranberry Lemon Scone**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Apple Strudel**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Soft Apple Coconut Breakfast Bar - Dairy-Free**

**\$3.30**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Carrot Pumpkin Loaf - Dairy-Free/Vegan/Contains Seeds**

**\$4.50**

INGREDIENTS: Lightly spiced vegan carrot loaf, with pumpkin seeds, cranberries, and flax.

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Berry Chai Muffin - Dairy-Free/Gluten-Free/Vegan**



**\$5.10**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Banana Coconut Loaf - *Vegan/Gluten-Free/Dairy-Free***

**\$6.00**

PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

**Fruit Salad (Side Size)- *Vegan/Dairy-Free/Gluten-Free***

**\$7.30**

Assorted Fruit PREPARATION: None REFRIGERATOR SHELF LIFE: 4 Days

## Fit Camp Foods

All items will arrive chilled for reheating. Components may be packaged separately.

**Signature Salad - *Dairy-Free/Gluten-Free/Vegan/Contains Seeds***

**\$15.45**

INGREDIENTS: Organic mixed greens, carrots, beets, cucumber, tomato, red onion, roasted organic pumpkin seeds, hemp hearts. Balsamic vinaigrette: Balsamic vinegar, extra virgin olive oil, dijon mustard, maple syrup, fresh garlic, sea salt, black pepper. PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**Thai Noodle Salad - *Dairy-Free/Gluten-Free/Vegan/Contains Nuts/Seeds***

**\$15.45**

INGREDIENTS: Ingredients: Organic millet & brown rice noodles, carrot, cabbage, red pepper, snap peas and peanuts. Spicy Thai Chilli Dressing: Braggs soy seasoning, rice vinegar, extra virgin olive oil, sriracha, organic coconut sugar, chilli flakes. PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**Caesar Salad With Tempeh Bacon - *Dairy-Free/Gluten-Free/Vegan/Contains Nuts/Seeds***

**\$15.45**

INGREDIENTS: Organic green kale, chopped romaine lettuce, tahini, dijon mustard, lemon juice, garlic powder, tempeh, paprika, oregano, onion powder, chickpeas, nutritional yeast, walnuts,



extra virgin olive oil, sea salt, black pepper. PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**Caesar Salad With Blackened Chicken - Dairy-Free/Gluten-Free/Contains Nuts/Seeds**

**\$16.75**

INGREDIENTS: Organic green kale, chopped romaine lettuce, tahini, dijon mustard, lemon juice, garlic powder, chicken breast, paprika, oregano, onion powder, chickpeas, nutritional yeast, walnuts, extra virgin olive oil, sriracha, sea salt, black pepper. PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**Lean Entree With Sweet & Spicy Turkey Meatballs - Dairy-Free/Gluten-Free/Paleo/Contains Nuts/Seeds**

**\$18.00**

INGREDIENTS: Lean ground turkey, brown rice flour, garlic powder, fresh parsley, yellow onion, flax meal, braggys soy seasoning, sriracha, rice vinegar, sesame oil, ginger, fresh garlic, coconut sugar, kale, broccoli, extra virgin olive oil, sea salt, black pepper. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Lean Entree With Sweet And Spicy Tempeh - Dairy-Free/Gluten-Free/Paleo/Vegan/Contains Nuts/Seeds**

**\$18.00**

INGREDIENTS: Organic tempeh, organic soy seasoning, rice vinegar, ginger, garlic, sriracha, coconut sugar, sautéed garlic kale, steamed broccoli, extra virgin olive oil, sea salt, black pepper. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Classic Entree With Chicken - Dairy-Free/Gluten-Free/Paleo**

**\$18.00**

INGREDIENTS: Oven roasted 5oz chicken breast ( sriracha, extra virgin olive oil) ,yam mash puree, side of steamed broccoli, extra virgin olive oil, sea salt, black pepper. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Classic Entree With Blackened Tempeh - Dairy-Free/Gluten-Free/Paleo/Vegan**

**\$18.00**



INGREDIENTS: Oven roasted tempeh, paprika, garlic powder, onion powder, oregano, yam, broccoli, extra virgin olive oil, sea salt, black pepper. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Roasted Balsamic Entree With Chicken - Dairy-Free/Gluten-Free/Paleo**  
**\$18.70**

INGREDIENTS: Balsamic marinated 5oz chicken breast, balsamic vinegar, extra virgin olive oil, rosemary, basil, sea salt, black pepper, organic coconut sugar, baby potatoes, organic carrots, tomatoes, organic green kale. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Roasted Balsamic Entree With Salmon - Dairy-Free/Gluten-Free/Paleo**  
**\$20.00**

INGREDIENTS: Balsamic marinated 4oz wild coho salmon, balsamic vinegar, extra virgin olive oil, rosemary, basil, sea salt, black pepper, baby potatoes, organic carrots, tomatoes, organic green kale. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**Roasted Balsamic Entree With Modern Meatballs - Dairy-Free/Gluten-Free/Paleo/Vegan**  
**\$17.40**

INGREDIENTS: : Modern Meatballs (sundried tomatoes, roasted mushrooms, herbs and spices), balsamic vinegar, extra virgin olive oil, rosemary, basil, sea salt, black pepper, baby potatoes, organic carrots, tomatoes, organic green kale. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**The Scrambler Bowl - Dairy-Free/Gluten-Free/Vegan/Contains Seeds, Soy**  
**\$17.40**

INGREDIENTS: Scrambled organic extra firm tofu, nutritional yeast, turmeric powder, garlic powder, yellow onion, spinach, coconut milk, coconut oil, organic roasted baby potatoes, dried rosemary, extra virgin olive oil, sea salt, black pepper. PREPARATION: Remove lid, remove any sauces or salads, microwave for 2 minutes and enjoy. SHELF LIFE: Up to 4-5 days

**The Sunshine Power Bowl - Dairy-Free/Gluten-Free/Vegan/Contains Seeds, Soy**  
**\$14.15**



INGREDIENTS: Organic quinoa, kale, cauliflower, turmeric, chili powder, cumin, chickpeas, tofu, coconut oil, lemon juice, rice vinegar, fresh garlic, chickpeas, roasted organic pumpkin seeds, extra virgin olive oil, sea salt and black pepper. PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**The Jungle Power Bowl - Dairy-Free/Gluten-Free/Vegan/Contains Seeds, Nuts, Soy**  
**\$12.90**

INGREDIENTS: Organic brown rice, organic black beans, broccoli, almonds, black sesame seeds, sriracha, organic soy seasoning, organic coconut sugar, rice vinegar, sea salt, Black pepper.

PREPARATION: Add Dressing. SHELF LIFE: Up to 4-5 days

**Caesar Wrap With Chicken - Dairy-Free/Contains Seeds**  
**\$14.15**

INGREDIENTS: Organic whole wheat tortilla, organic green kale, chopped romaine lettuce, tahini, dijon mustard, lemon juice, garlic powder, roast chicken breast, sriracha, paprika, oregano, onion powder, chickpeas, nutritional yeast, extra virgin olive oil, sea salt, black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Caesar Wrap With Blackened Tempeh - Dairy-Free/Vegan/Contains Seeds**  
**\$14.15**

INGREDIENTS: Organic whole wheat tortilla, organic green kale, chopped romaine lettuce, tahini, dijon mustard, lemon juice, garlic powder, tempeh, paprika, oregano, onion powder, chickpeas, nutritional yeast, extra virgin olive oil, sea salt, black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Creamy Curry Wrap With Chicken - Dairy-Free**  
**\$14.15**

INGREDIENTS: Romaine lettuce, oven roasted chicken breast and cauliflower, house mayo, dried apricot, curry powder, fresh lemon juice, pure maple syrup, cilantro, turmeric, sea salt, black pepper, sambal oelek. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Creamy Curry Wrap With Tofu - Dairy-Free/Vegan/Contains Soy**  
**\$14.15**





INGREDIENTS: Romaine lettuce, oven roasted tofu cubes, roasted cauliflower, grapeseed oil, nutritional yeast, aquafaba, dried apricot, curry powder, sambal oleok, fresh lemon juice, pure maple syrup, fresh cilantro, turmeric, sea salt, black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Chickpea Salad Sandwich - Dairy-Free/Vegan**

**\$9.00**

INGREDIENTS: Multigrain bread, chickpea, organic spring mix, fresh lemon juice, dijon, house vegan mayo, red onion, parsley, pickles, sea salt, black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Signature Vegan Wrap - Dairy-Free/Vegan/Contains Seeds**

**\$14.15**

INGREDIENTS: Organic whole wheat vegan tortilla, house made hummus (chickpeas, tahini, extra virgin olive oil, fresh garlic, paprika, sea salt, black pepper), shredded carrots & beets, red onion, pumpkin seeds, hemp hearts PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Signature Wrap With Chicken - Dairy-Free, Contains Seeds**

**\$14.15**

INGREDIENTS: Organic whole wheat vegan tortilla, oven roasted chicken breast, sriracha, extra virgin olive oil, house made hummus (chickpeas, tahini, organic fresh lemon juice, fresh garlic, extra virgin olive oil, paprika, sea salt, black pepper), organic spring mix, carrots, beets, cucumber, red onion, sea salt and black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**The Scrambler Wrap - Dairy-Free/Vegan/Contains Soy**

**\$14.15**

INGREDIENTS: Whole wheat tortilla, scrambled organic extra firm tofu, nutritional yeast, turmeric powder, garlic powder, yellow onion, spinach, coconut milk, coconut oil, olive oil, sea salt, black pepper. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Flourless Almond Butter Chocolate Chip Cookie - Dairy-Free/Vegan/Gluten-Free/Contains Nuts/Paleo**



**\$3.85**

INGREDIENTS: Natural almond Butter, coconut sugar, chocolate chips (organic cacao mass, organic cacao butter, organic cane sugar) , flax meal, baking soda, sea salt. PREPARATION: None.

SHELF LIFE: Up to 4-5 days

**2x Double Chocolate Vegan Donut - Dairy-Free/Vegan/Gluten-Free**

**\$10.30**

INGREDIENTS: Organic Brown Rice Syrup, Organic Almond Butter, Organic Protein Blend (Organic Sprouted Brown Rice Protein, Organic Pea Protein), Organic Puffed Brown Rice, Organic Bananas, Organic Sunflower Seeds, Organic Walnuts, Organic Coconut Sugar, Organic Cinnamon, Organic Natural Flavor. Manufactured in a facility that processes peanuts and tree nuts. May contain nutshell fragments. Contains: Almonds, Walnuts. PREPARATION: None. SHELF LIFE: Up to 4-5 days

**Mid-Day Squares - Busta PEANUT - Dairy-Free/Vegan/Gluten-Free/ Contains Nuts**

**\$5.80**

INGREDIENTS: Real Chocolate\* (Cacao Powder\*, Cocoa Butter\*, Coconut Sugar\*, Pink Salt\*), Partially Defatted Peanuts\*, Peanut Butter\*, Yacon Syrup\*, Oat Flour\* (Gluten Free), Pure Maple Syrup\*, Cocoa Butter\*, Date Syrup\*, Jerusalem Artichoke Inulin\*, Hazelnut Butter\*, Brown Rice Milk Powder\*, Pink Salt \*Ingredients Are Certified Organic by ECOCERT CANADA.

PREPARATION: None.

**Mid-Day Squares - Almond CRUNCH - Dairy-Free/Vegan/Gluten-Free/Contains Nuts**

**\$5.80**

INGREDIENTS: Roasted Almonds\*, Real Chocolate\* (Cocoa Butter\*, Cacao Powder\*), Pure Maple Syrup\*, Almond Butter\*, Hemp Protein Powder\*, Sacha Inchi Powder\*, Yacon Syrup\*, Sorghum Flakes\*, Coconut Sugar\*, Pink Salt. \*Ingred

**Slinky 1/2 Sweet Nuts & Berries - Zazubean Chocolate - Dairy-Free/Vegan/  
Gluten-Free/Contains Nuts**

**\$5.80**

INGREDIENTS: Ground Cocoa Beans\*+, Coconut Sugar\*+, Inulin Fibre\*, Hazelnuts\*, Cocoa Butter\*+, Almonds\*, Blueberries\*, Raspberries\*, Stevia, Vanilla Pods\*+ PREPARATION: None.

**Hardbite - Avo Oil & Black Sea Salt (128g) - Dairy-Free/Vegan/Gluten-Free/Contains Nuts**



**\$5.15**

INGREDIENTS: Potatoes, avocado oil, sea salt, activated charcoal. PREPARATION: None.

**Beanitos - Black Bean Tortilla Chips (128g) - Dairy-Free/Vegan/Contains Nuts**

**\$6.45**

INGREDIENTS: Potatoes, avocado oil, sea salt, activated charcoal. PREPARATION: None.

**Loop Water Kefir In Strawberry And Northern Plant Beverage - Dairy-Free/  
Gluten-Free/Vegan/Contains Nuts**

**\$4.85**

INGREDIENTS: Filtered water, Cold-pressed lemon juice, Cold-pressed ginger juice, Kefir culture, Goldenrod hydrosol, Cane sugar, Vegan probiotics PREPARATION: None.

**Loop Water Kefir In Ginger Lemon And Northern Plants Beverage - Dairy-Free/  
Gluten-Free/Vegan/Contains Nuts**

**\$4.85**

INGREDIENTS: Filtered water, Cold-pressed lemon juice, Cold-pressed ginger juice, Kefir culture, Goldenrod hydrosol, Cane sugar, Vegan probiotics PREPARATION: None.

**Thirsty Buddha - Coconut Water**

**\$3.85**

INGREDIENTS: Coconut water. PREPARATION: None.

**San Pellegrino - Sparkling Water**

**\$2.60**

INGREDIENTS: Sparkling water. PREPARATION: None.

## The Sauce Pasta Cafe

All items will arrive chilled for reheating. Components may be packaged separately.

**Marinara - Dairy-Free/Vegetarian**

**\$15.40**

INGREDIENTS: Tomato sauce in our three way marinara. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days



**Arrabiata - Dairy-Free/Vegetarian**

**\$15.40**

INGREDIENTS: Spicy tomato sauce in our three way marinara. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Aglio, Olio, Pepperoncino - Dairy-Free/Vegetarian**

**\$15.40**

INGREDIENTS: Garlic, chili flakes and extra virgin olive oil. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Alfredo - Vegetarian**

**\$16.70**

INGREDIENTS: Parmesan, butter and cream sauce with a hint of garlic. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Rose - Vegetarian**

**\$16.70**

INGREDIENTS: Blend of marinara and alfredo sauce. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Creamy Mushroom - Vegetarian**

**\$15.40**

INGREDIENTS: Wild assorted mushrooms in a creamy sauce. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Pesto - Vegetarian/Contains Nuts**



**\$16.70**

INGREDIENTS: Basil, spinach, nuts, parmesan cheese and olive oil. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

### **Nonna's Meat Sauce**

**\$18.00**

INGREDIENTS: Rich beef and tomato sauce simmered down in our three way marinara. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

### **Vodka Cream Sauce**

**\$15.40**

INGREDIENTS: Creamy tomato vodka sauce with crispy pancetta. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

### **Ragu Cremosa**

**\$19.25**

INGREDIENTS: A creamy meat sauce with black olives and mini Portobello mushrooms. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

### **Amatriciana**

**\$16.70**

INGREDIENTS: Tomato sauce, bacon and black pepper. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

### **Puttanesca**

**\$16.70**

INGREDIENTS: Tomato sauce, black olives, capers and anchovy paste. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days



**Alfredo Carbonara**

**\$17.20**

INGREDIENTS: A twist on the classic, made with alfredo sauce, bacon and peas. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Mix & Match Sauce - Alfredo & Nonna's Meat Sauce**

**\$16.70**

INGREDIENTS: Alfredo & Nonna's Meat Sauce. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Mix & Match Sauce - Alfredo & Pesto - *Contains Nuts/Vegetarian***

**\$16.70**

INGREDIENTS: Alfredo & Pesto. PREPARATION: Remove lid, microwave for 2 minutes, if sauce seems a little thick, just add water to your desired consistency and re-heat for another 30 seconds. SHELF LIFE: 3 days

**Lasagna**

**\$19.25**

INGREDIENTS: Fresh pasta layered with Nonna's Meat Sauce, Alfredo & Mozzarella.  
PREPARATION: Remove lid, put in oven at 375 for 20 minutes until heated through OR remove lasagna from container use a microwaveable dish and heat for 3 minutes in the microwave.  
SHELF LIFE: 3 days

**Garlic Bread - *Vegetarian***

**\$3.85**

INGREDIENTS: Bread, garlic and butter. PREPARATION: Reheat in oven for 3 minutes at 350 or until desired crispiness. SHELF LIFE: 3 days

**Garlic Bread With Cheese - *Vegetarian***

**\$8.06**



INGREDIENTS: Bread, cheese, garlic and butter. PREPARATION: Reheat in oven for 3 minutes at 350 or until desired crispiness. SHELF LIFE: 3 days

**Caesar Salad With Homemade Focaccia Croutons**

**\$6.80**

INGREDIENTS: Romaine, Dressing, Croutons, Parmesan. PREPARATION: Add Dressing SHELF LIFE: 3 days

**Soda**

**\$2.40**

Your choice of soda

**San Pelligrino**

**\$2.90**

Your choice of San Pelligrino