



HEAT & SERVE MENU 2026

*These items are fresh and in boil bags that heat up in just 8 minutes.
Made on rotation, so supplies may be limited.*

Chicken Breast Marsala \$10.00

Pan-seared boneless, skinless chicken breast topped with our red wine mushroom sauce.

BBQ Back Ribs: \$15.00

Award winning back ribs fall-off-the-bone. Braised in our house smoke BBQ sauce. *(gluten free)*

Broiled Atlantic Salmon: \$17.00

Fresh Atlantic salmon lightly seasoned then broiled and glazed with maple Dijon sauce. *(gluten free)*

Baked Whitefish: \$10.00

Lightly seasoned Basa baked to perfection then topped with sautéed leeks, tomatoes, dill and lemon jus. *(gluten free)*

Apple Pork Tenderloin: \$10.00

Pan seared pork tenderloin finished with sautéed apples, caramelized onions and red wine cream sauce.

Frequent Features: Made on rotation

Pineapple Salsa Chicken Breast / Veal Scaloppini Marsala / Bruschetta Chicken / Roasted Red Pepper Chicken Breast / Cheese Tortellini Pasta / Chicken & Rice

Chicken & Sausage Jambalaya \$12.00

This hearty tomato stew is loaded with grilled chicken breast, sausage, rice pilaf, garlic and just the right amount of spices. *(mild)*

Beef Stroganoff \$16.00

Sliced beef brisket served over fresh noodles with our sour cream, red wine mushroom dill sauce.

Chicken Breast Parmesan Style \$14.00

Pan seared chicken breast served over pasta with meat sauce, then topped with our cheese blend.

Seafood Fettuccini \$16.00

Sautéed shrimp, onions, Crab, pollock, garlic and seasonings finished with a creamy parmesan cheese blush sauce.

Pasta Blush with Chicken \$11.00

Fresh cooked pasta topped with boneless skinless chicken breast and blush sauce.

Pasta Bolognese & Meatballs \$11.00

Fresh cooked pasta topped with our homemade meat sauce and all beef meatballs.

Vegetable & Rice Stir Fry \$12.00

Assorted mixed vegetables tossed in our stir fry sauce then served over rice. Sometimes served with chicken breast. *\$10.00*

Garlic Smashed Potatoes \$4.50

Boiled Yukon gold potatoes smashed with garlic butter, sour cream, green onions and just the right seasonings.

Sundried Tomato Pesto Rice Pilaf \$4.50

Fluffy seasoned rice finished with peas, sundried tomatoes and spinach.

Mixed Medley of Vegetables \$4.50

All fresh and hand cut, then blanched and tossed with garlic butter and just the right seasonings.

Green Beans Almondine \$4.50

Fresh beans tossed with pimientos, toasted almonds and a touch of garlic butter.

FROM OUR FREEZER TO YOURS:

BEEF & BEAN CHILI - \$14.00/LITRE

VEGETARIAN CHILI - \$14.00/LITRE

MEAT PIE (TOURTIERE) - \$6.50 / 5 INCH/\$20.00 / 10 INCH

SHEPHERDS PIE - \$17.00/MINI PAN

SWEDISH MEATBALLS - \$18.00/MINI PAN

MEAT & CHEESE LASAGNA - \$16.00/MINI PAN

VEGETARIAN LASAGNA - \$16.00/MINI PAN

CHICKEN & SPINACH LASAGNA - \$16.00/MINI PAN