

ALL FRESH MENU

PREPARED MEALS

Minimum purchase 50\$

Our products are fresh and refrigerated. All our containers are oven and microwave safe except the covers, please remove them.

Place your order and pick it up on either Tuesday or Friday after 12 from our kitchen, or opt for delivery. (charges applicable)



FRES FISH

Pan-fried Arctic char with white butter and herb sauce | Pour 2 30

FRESH MEAT

Flank steak | 225 g | 8 oz | with Maitre d'hôtel butter and fries | For 1 25

ACCOMPANIMENTS

Cooked French fries in duck fat | 2-4 servings 10

Jardiniere of colourful vegetables | 2-4 servings 10

Basmati rice with chives | 2-4 servings 10

SALTED TARTS

Tomato tart with fresh basil 22

Vegetable quiche 32

Quiche Lorraine 35

DESSERT

Caramel glazed banana bread | 8 servings 20

Sugar pie | 6-8 servings 20

Thin pear tart with frangipane cream | 6-8 servings 20

Homemade cookies | Per unit 2.30

Chocolate-pecan or oatmeal-raisin or oatmeal-cranberry-orange

NEW | WINE SELECTIONS

Avelada Vinho verde | White wine | 750ml Portugal, Vinho verde 19

Willm Riesling Réserve | White wine | 750 ml France, Alsace 26

Firriato Nari Sicilia | Red wine | 750 ml | Italy, Sicily 19

Ortas Rasteau Tradition | Red wine | 750 ml France, Vallée du Rhône 26

FROZEN MENU

PREPARED MEALS

Minimum purchase 50\$

Our products are frozen and/or refrigerated. Instructions are labeled on every item, allow time for the meal to completely thaw before heating, we recommend 24 hours. All our containers are oven and microwave safe except the covers, please remove them.

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SOUPS | 1 liter

Creamy carrot ginger coconut milk soup	10
All green soup Spinach, asperagus and celery	10

OUR CLASSICS

Boneless braised beef short ribs with BBQ sauce 1 serving	25
Imperial rolls with Thai sauce 12 pcs	18
Lasagna roll ups with basil sauce Ricotta, spinach, cherry tomato and shallot 2 servings	25
Breaded chicken cutlets alla parmigiana tomato sauce with mozzarella 2 servings	25
Mushroom cavatelli with creamy veal stock 2 servings	24
Braised lamb shanks with red wine sauce 1 serving	30
Bolognese sauce 1 liter	15

DESSERTS

Varied mini desserts Dozen	24
Homemade cookies, roll of ten Frozen Chocolate-pecan roll or oatmeal -raisin roll or oatmeal-cranberry-orange roll	20

LAST CHANCE!

Minestrone soup 1 liter	10
Creamy fennel and Butternut soup 1 liter	10
Country style ham and bean soup 1 liter	10
Cauliflower with cheddar (l'isle-aux-Grues) soup 1 liter	10
Coquille St-Jacques, scallops and shrimps 1 serving	12.50