



## February Fresh Sheet Menu

### ORDER INFO

Choose your menu items and order online or phone, fax or email us your order (Contact info at bottom of this page). Refer to the calendar for pick-up or delivery times.

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Pick up Date \_\_\_\_\_ Time \_\_\_\_\_

Full Size Serves 4-6, Half size serves 2-3. Check out more options online, under Family Favourites at [www.gourmettakeaway.ca](http://www.gourmettakeaway.ca)

- Slow Cooker Chicken in Pineapple Sauce**  Full \$30  
 Half \$19

A simple classic that never goes out of style. Boneless, skinless chicken breasts cooked in slow cooker or on stove top. Simmered in pineapple juice, with pineapple chunks, water chestnuts, carrots and snow peas. *Also available with tofu vegetarian chicken strips.* Great served over rice.  
Cal 223, Protein 28g, Carbs 24g, Sodium 410mg

- Provolone, Artichoke & Roasted Red Peppers Stuffed Chicken Breasts**  Full \$30  
 Half \$19

Boneless chicken breast, stuffed with a combination of artichokes, roasted red peppers & provolone cheese. Served with hollandaise sauce, included. Invite the neighbours and enjoy!  
Cal 248, Protein 36g, Carbs 10g, Sodium 704mg

- Baked Lemon Chicken Breasts or Thighs**  
**Chicken Breasts**  Full \$30  Half \$19  
**Chicken Thighs**  Full \$25  Half \$16

Tangy lemon enhances herbed boneless, skinless chicken breasts or thighs and vegetables. An aromatic oven-baked meal that's sure to be a hit. Great served with roasted potatoes. *Also available with tofu vegetarian chicken.* Cal 360, Protein 24g, Carbs 26g, Sodium 294mg

- Yummy Chicken**  Full \$30  
 Half \$19

The name says it all!! Seasoned boneless chicken coated in flour and browned, then baked with green onions, mushrooms, lemon and apple juice. Melts in your mouth.  
*Suggested side Yukon Mashed Potatoes for \$6.95*  
Cal 273, Protein 39g, Carbs 44g, Sodium 344mg

- Espresso Bourbon Steaks**  Full \$30  
 Half \$19

Simple, yet decadent. A sauce to die for, with a reduction of pure maple syrup, Jack Daniels bourbon, coffee and a surprise ingredient, surrounds peppered 6 oz flat iron steaks. Fine dining in the comfort of your home. *Check out the Valentines Dinner for two!* Cal 271, Protein 34g, Carbs 20g, Sodium 843mg

- BC Buzzing Pork Chops**  Full \$30  
 Half \$19

Boneless pork loin chops soak up a marinade with an Asian flare of hoisin sauce, ginger, dijon mustard and more. It will get the family BUZZING over this dish. Great served over rice.  
Cal 331, Protein 32g, Carbs 10g, Sodium 712mg

- Pork Vindaloo**  Full \$30  
 Half \$19

Pork tenderloin medallions rubbed with a subtle Indian spice blend and then grilled in the oven to perfection. Just a hint of heat to wake up your taste buds.  
Cal 390, Protein 46g, Carbs 9g, Sodium 503mg

- Creamy Dill Salmon Fillets**  Full \$30  
 Half \$19

Wild Pacific salmon seasoned then baked in a sour cream, mayo and dill sauce with a hint of garlic and our secret ingredient. Too good to miss out on.  
Cal 365, Protein 37g, Carbs 3g, Sodium 581mg

- Nacho-Crusted Haddock**  Full \$30  
 Half \$19

Definitely NACHO ordinary fish sticks! Flaky white fish that bakes up in 10 minutes, with a cheesy crunch. *Serve alongside our rice pilaf for a meal the whole family will love \$6.95.*  
Cal 281, Protein 25g, Carbs 16g, Sodium 314mg

- Mediterranean Shrimp Soup**  Full \$30  
 Half \$19

A hearty soup, great for the slow cooker and full of flavour. Chicken broth and white wine loaded with vegetables, prawns and flaky white fish. Try it with garlic infused bread and a caesar salad.  
Cal 215, Protein 30g, Carbs 10g, Sodium 800mg

- Valentines Special Dinner for Two**  Full \$30

Dine in with that special someone with this amazing, dinner for two. Includes 2 mouth watering Espresso Bourbon steaks, 4 mini Prawn skewers, roasted asparagus, garlic mash potatoes and Sticky Toffee Pudding Cake for two. *Don't even count. Just ENJOY!*

### Casserole of the Month

- Slow Cooker Minestrone Casserole**  Full \$30  
 Half \$19

A hearty ground beef & pasta casserole with a seasoned tomato stock, chick peas, veggies, elbow macaroni and topped with parmesan cheese. Great with our rosemary garlic bread sticks. *Also available vegetarian.*  
Cal 698, Protein 35g, Carbs 44g, Sodium 900mg

**Note:** Sides **not** included on all menu items unless indicated.