



## Menu

### SOUPS (2-3 servings)

Carrot and Ginger	\$10.29
Split Pea and Smoked Turkey	\$11.29
Butternut Squash and Apple	\$11.29
Italian Lentil	\$10.29
Chicken Noodle	\$11.29
Curried Sweet Potato	\$10.29

### RICE (2-3 servings)

Basmati Rice	\$3.99
Brown Rice	\$3.99

### MAINS (2-3 servings)

Bolognaise Sauce	\$8.29
Meat Chili	\$14.99
Spicy Chipotle Chili	\$14.99
Vegetarian Lasagna	\$16.29
Beef Lasagna	\$16.49
Vegetable Coconut Curry	\$14.29
Chicken and Vegetable Curry	\$16.29
Eggplant Parmesan	\$16.99
Moroccan Chicken	\$16.29
Shepherd's Pie	\$16.49

Orders for delivery must be placed with a minimum of 48 hours lead-time

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