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flexible, healthy, and
delicious dining.



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bundles



Cajun Chicken Mac & Cheese



Butternut Squash Soup



Simply Roasted Chicken
Quarter

Soups

Beef Shurpa Soup

Tender beef chuck cooked with potatoes, carrots, chickpeas and spices.

DF GF

Butternut Squash Soup

Roasted spiced butternut blended with coconut milk for a creamy, satisfying vegetarian soup.

DF GF

Chicken & Orzo Soup

Traditional chicken soup with pasta, celery, carrots, onions and spices.

DF

Chicken Entrées

Butter Chicken Thighs with Rice & Green Peas

Chicken thighs marinated in Indian Tandoori seasoning and cooked in a creamy butter masala sauce. Served with steamed Basmati rice and green peas.

GF

Chili Honey Garlic Chicken & Sweet Potatoes

Chicken thighs marinated and glazed with a house spicy honey garlic sauce. Served with roasted spiced sweet potatoes and seasonal vegetables.

DF GF

Peri Peri Chicken Thighs & Mashed Potatoes

Chicken thighs marinated in a house Peri Peri sauce with grilled bell peppers, onions, lemon and spices, oven roasted and served with garlicky mashed potatoes and steamed broccoli.

Greek Chicken Breast & Roast Potatoes

Grilled chicken breast marinated in a house Greek dressing with garlic, herbs, lemon and olive oil. Served with roasted spiced potatoes and seasonal vegetables.

DF GF

Cajun Chicken Mac & Cheese

Chicken thighs dusted in a house made Cajun seasoning, served with a baked creamy mac & cheese & seasonal vegetables.

Simply Roasted Garlic & Herb Chicken Breast

Simply marinated chicken breast, oven roasted until tender and served with roasted potatoes and steamed broccoli.

DF GF

Simply Roasted Chicken Quarter

Simply roasted chicken leg and thigh served with roasted potatoes and steamed green beans.

DF GF

Italian Chicken Cutlet & Penne Pomodoro

Thin cut and breaded chicken breast, pan fried and served with penne in tomato sauce with seasonal veg.

DF



Beef Shepherd's Pie



Beef Chilli



Blackened Salmon & Roasted
Potatoes

Beef Entrées

Beef Chilli

Lean ground beef cooked with beans and spices. Served with steamed rice and seasonal vegetables.

DF GF

Beef Lasagna

Lean ground beef cooked in an Italian tomato sauce and layered with pasta and mozzarella. Served with roasted seasonal vegetables.

Beef Shepherd's Pie

Lean ground beef cooked in tomato paste and spices, topped with smooth mashed potatoes. Served with roasted carrots, green beans and zucchini.

GF

Italian Meatballs & Spaghetti

Lean ground beef meatballs cooked in an Italian tomato sauce. Served with spaghetti, grilled bell peppers, onions and zucchini.

DF

BBQ Beef Meatballs & Potato

Lean ground beef meatballs coated in a house BBQ sauce and served with mashed potatoes and seasonal veg.

Seafood Entrées

Blackened Salmon & Roasted Potatoes

Oven-baked salmon dusted with a house-made blackened seasoning. Served with roasted potatoes and seasonal vegetables.

DF GF

Maple Glazed Salmon & Mashed Potatoes

Oven-baked salmon glazed with maple syrup, dijon and spices. Served with garlic mashed potatoes and steamed broccoli.

GF

Sweet & Sour Shrimp, Rice & Broccoli

Shrimp coated in a house-made sweet and sour sauce. Served with steamed rice and broccoli.

DF GF

Simply Baked Salmon

Garlic and herb rubbed salmon fillet served with roasted potatoes and steamed broccoli.

DF GF

Honey Garlic Shrimp & Rice

Shrimp seasoned and glazed with a house honey garlic sauce served with rice and seasonal vegetables.



Baked Pasta Al Forno



Vegetarian Pizza



Lentil Loaf

Vegetarian Entrées

Butter Paneer

Paneer marinated in Indian Tandoori seasoning and cooked in a creamy butter masala sauce. Served with steamed Basmati rice and green peas.

GF V

Creamy Mushroom Lasagna

Sauteed spinach and cremini mushrooms. Served in between layers of pasta and bechamel sauce served with roasted seasonal vegetables.

V

Mac & Cheese

Macaroni blended with a light house-made mozzarella and cheddar cheese sauce and baked. Served with roasted vegetables.

V

Sweet & Sour Tofu

Diced firm tofu coated in a house-made sweet and sour sauce. Served with steamed rice and broccoli.

DF GF V

Italian Eggplant Sandwich

Eggplant coated in breadcrumbs, pan fried and baked in tomato sauce served with bell peppers and mushrooms on a french baguette.

DF V

Baked Pasta Al Forno

Penne baked with roasted vegetables, tomato sauce, and cheese until golden.

DF V

Vegetarian Pizza

Individual house made pizza with tomato base and a mix of bell peppers, mushrooms, onion, cherry tomatoes, and mozzarella.

DF V

Vegetable Pasta Primavera

Penne in tomato sauce tossed with seasonal roasted veg.

DF V

Lentil Loaf

A vegetarian lentil loaf made with lentils, eggs, breadcrumbs, herbs and spices.

DF

Featured Desserts

Please ask us about our featured desserts — they rotate regularly and are always delicious!