

## PRE-MADE HEAT & SERVE

# Meal Kits

We are proud to announce the launch of our new Family Packs Heat & Serve Meal Kits where you simply place an order and pick up at your convenience. Our current selection is designed to ease the stress of having to prepare a fresh cooked meal at home.

We normally have all of these in stock but to make things easy on you, you can pre-book your order on Tock to Go or simply call the bistro ahead of time and we will have it ready for pickup. Watch Facebook or Instagram for new items and features.

### Spring Chicken **GLUTEN-FREE**

Serves 4 adults. Re-heat time: 25 minutes at 375°F.

Rosstown Farms chicken thighs marinated with fresh rosemary, lemon zest and roasted garlic; served with our smoked cheddar smashed potatoes, roasted root vegetables. Comes with choice of Napa Salad or Big Feast salad. **\$45**

### You Gotta Eat Pork **GLUTEN-FREE**

Serves 4 adults. Re-heat time: 25 minutes at 375°F.

This dish was originally featured on The Food Network's "You Gotta Eat Here" in 2015! Johnston's pork tenderloin medallions with sour cherry chutney, smoked cheddar smashed potatoes, roasted root vegetables. Comes with choice of Napa Salad or Big Feast salad. **\$45**

### Sherry's Meatloaf **GLUTEN-FREE**

Serves 4 adults. Re-heat time: 25 minutes at 375°F.

We had developed this yummy meatloaf from my mom's recipe I grew up eating; it was to launch in Abbotsford location, now it's a family meal option. Meatloaf made with Hopcott Meats ground chuck, sweet tomato glaze, smoked cheddar smashed potatoes, roasted root vegetables, and beef gravy. Comes with choice of Napa Salad or Big Feast salad. **\$45**

### Traditional Beef Lasagna

Serves 4 adults. Re-heat time: 25 minutes at 375°F.

Hopcott Meats ground chuck ragu, spinach, parmesan cheese, mozzarella. Comes with your choice of Napa Salad or Big Feast salad. **\$45**

### Veggie Lasagna

With the success of our single serving size of these pastas now available in grocery stores, we want to offer a family version. Marinara sauce, grilled zucchini, roasted peppers, spinach, cottage cheese, parmesan cheese, mozzarella. Comes with choice of Napa Salad or Big Feast salad. **\$42**

### Italian Sausage Pasta

Marinara sauce, Golden Ears Cheesecrafters feta, Hopcott Meats Italian sausage, balsamic peppers and onions over penne noodles. Comes with choice of Napa Salad or Big Feast salad. **\$38**

### Chicken Florentine

Whole wheat penne tossed with our signature spinach and artichoke dip, roasted garlic-lemon cream, aged parmesan. Comes with choice of Napa Salad or Big Feast salad. **\$42**

### No Meat Needed **VEGAN**

Lemon kale and quinoa pilaf, roasted yam hash, vegan pesto zucchini spirals; served with our roti and Big Feast salad. **\$36**

## "ALMOST" PREPARED MEALS

As you already know, we have a great selection of frozen soups and sauces you can find our retail page, but here are more great frozen, single-serve, take home heat-n-serve choices. Feasts for the Everyday!

Shepherd's Pie.....	\$8	Pulled Pork Mac & Cheese.....	\$10.50
Beef Lasagna .....	\$9	Italian Sausage Pasta .....	\$9.25
Vegetarian Lasagna .....	\$9	Mac & Cheese .....	\$9
Chicken Florentine Penné.....	\$10.50	Dahl with Grilled Tofu and Rice <b>VEGAN</b> .....	\$9.25
Jambalaya .....	\$10.50	Chickpea Korma, Basmati Rice & Cashews <b>VEGAN</b> .....	\$9.25