

GOODBYE GLUTEN MENU - April 1, 2017

(Prices subject to change without Notice) Not all Items always Available *

** CODES - GF (GLUTEN FREE) - NF (NUT FREE) - DF (DAIRY FREE) - EF (EGG FREE) - SF (SOY FREE) - V (VEGAN) **

Note ** Codes are for reference only - Please read Ingredient Labels for list of Actual Ingredients**

SIDES (also available by the pound)

CODES **

Kale Salad with Peppers & Onion - Individual Portion.....	GF,NF,SF,V
Quinoa Salad with Dried Fruits - Pomagranate Vinaigrette - Individual Portion	GF,NF,SF,V
Quinoa Tabouleh Salad - Lemon Vinaigrette - Individual Portion.....	GF,NF,SF,V
Mixed Bean Salad - Balsamic Dressing - Individual Portion	GF,NF,SF,V
Chickpea Salad - Individual Portion.....	GF,NF,SF,V
Pasta Fantasia - Individual Portion	GF,NF,,SF,V

LUNCH ITEMS

FRESH - Daily Items

CODES **

Vegetable Frittata	GF,NF,DF,SF
Roasted Veggie WRAP.....	GF,NF,SF,V
Grilled Chicken with Veggie WRAP	GF,NF,DF,EF,SF
Chicken Salad with Apple WRAP	GF,NF,DF,SF
Tuna WRAP	GF,NF,DF,SF
Chicken Fingers - by the pound (approx 12/lb)	GF,NF,DF,EF,SF
Sweet & Sour Chicken Balls in Sauce (approx. 12/lb)	GF,NF,DF,EF,SF

FRESH FROZEN DINNER ENTREES Fully Cooked - Just Re-Heat !!

CHICKEN

CODES **

Sweet & Sour Chicken Balls in Sauce (10 pcs).....	GF,NF,DF,EF,SF
Asian Style Chicken Balls with Sweet & Sour Sauce (1/2 lb)	GF,NF,DF,EF,SF
Chicken Parmigiana with Mozzarella Cheese (approx. 8 oz).....	GF,NF,SF
Chicken Parmigiana with Daiya Dairy Free Cheese (approx. 8 oz).....	GF,NF,DF,SF
Vegetable Stuffed Chicken Supreme with Mushroom Gravy (12 oz).....	GF,NF,DF,EF,SF
Chicken Shepherds Pie with Potato topping (20 oz)	GF,NF,DF,EF,SF
Chicken Shepherds Pie with Sweet Potato topping (20 oz)	GF,NF,DF,EF,SF
Honey Garlic Chicken Wings (approx. 12 pcs) aked, not Fried.....	GF,NF,DF,EF,SF
Buffalo Chicken Wings (approx 12 pcs) - Baked, not Fried.....	GF,NF,DF,EF,SF
Chicken Fingers (8 pcs)or by the Pound.....	GF,NF,DF,EF,SF
Chicken Pot Pie - Small (1 1/4 lbs).....	GF,NF,DF,EF
Chicken Pot Pie - Large (3 lbs).....	GF,NF,DF,EF
Chicken Cabbage Rolls (2 pcs).....	GF,NF,DF,EF,SF
Chicken & Mushroom Crepes (3 pcs)	GF,NF,DF,EF,SF
Chicken Burgers - 4 per Pack	GF,NF,DF,EF,SF
Chicken Sliders - 4 per Pack	GF,NF,DF,EF,SF

TURKEY

CODES **

Turkey Pot Pie - Small (1 1/4 lbs).....	GF,NF,DF,EF
Turkey Pot Pie - Large (3 lbs).....	GF,NF,DF,EF

Turkey Shepherds Pie with Potato topping (20 oz)	GF,NF,DF,EF,SF
Turkey Shepherds Pie with Sweet Potato topping (20 oz)	GF,NF,DF,EF,SF
Turkey Burgers - 4 per Pack	GF,NF,DF,EF,SF
Turkey Sliders - 4 per Pack	GF,NF,DF,EF,SF

BEEF

CODES **

Tourtiere - Small (1 1/4 lbs).....	GF,NF,DF,EF
Tourtiere - Large (3 lbs).....	GF,NF,DF,EF
Beef Cabbage Rolls (2 pcs).....	GF,NF,DF,EF,SF
Italian Meatballs in Sauce (10 pcs).....	GF,NF,DF,EF,SF
Lasagna Bolognese with Mozzarella Cheese (16 oz).....	GF,NF
Lasagna Bolognese with Daiya Dairy Free Cheese (16 oz).....	GF,NF,DF
Spaghetti with Meat Sauce	GF,NF,DF,EF,SF
Spaghetti with Meat Balls	GF,NF,DF,EF,SF
Beef Stew	GF,NF,DF,EF,SF
Beef Brisket with Portobello Mushrooms & Cranberries (with jus) - 12 oz portion ..	GF,NF,DF,EF,SF
Beef Shepherds Pie with Potato topping (20 oz)	GF,NF,DF,EF,SF
Beef Shepherds Pie with Sweet Potato topping (20 oz)	GF,NF,DF,EF,SF
Beef Chili	GF,NF,DF,EF,SF
Beef Burgers - 4 per Pack	GF,NF,DF,EF,SF
Beef Sliders - 4 per Pack	GF,NF,DF,EF,SF

VEGETARIAN

CODES **

Macaroni & Cheese	GF,NF,SF
Penne Alfredo	GF,NF,SF
Spinach & Ricotta Manicotti (2 pcs)	GF,NF,SF
Vegetarian Lasagna with Ricotta & Mozzarella Cheese (16 oz)	GF,NF,SF
Eggplant Parmesan with Mozzarella & Parmesan Cheese (16 oz).....	GF,NF,EF,SF
Zucchini Parmesan with Mozzarella & Parmesan Cheese (16 oz)	GF,NF,EF,SF

VEGAN

CODES **

Vegan Zucchini Parmesan (18 oz).....	GF,NF,SF,V
Vegan Shepherds Pie with Sweet Potato topping (20 oz).....	GF,NF,SF,V
Vegan Eggplant Parmesan (18 oz).....	GF,NF,,SF,V
Vegan Lasagna (18 oz).....	GF,NF,SF,V
Vegan Chili	GF,NF,SF,V

FAMILY SIZE DINNERS - Serves 8
(Available Fresh when ordered in advance)

CODES **

Macaroni & Cheese - Family Size.....	GF,NF,SF
Beef Shepherds Pie with Potato topping - Family Size	GF,NF,DF,SF
Beef Shepherds Pie with Sweet Potato topping - Family Size	GF,NF,DF,SF
Chicken Shepherds Pie with Potato topping - Family Size	GF,NF,DF,SF
Chicken Shepherds Pie with Sweet Potato topping - Family Size	GF,NF,DF,SF
Turkey Shepherds Pie with Potato topping - Family Size	GF,NF,DF,SF
Turkey Shepherds Pie with Sweet Potato topping - Family Size	GF,NF,DF,SF
Vegan Shepherds Pie with Sweet Potato topping - Family Size	GF,NF,SF,V

Lasagna Bolognese - Family Size	GF,NF,SF
Lasagna Bolognese with Daiya Cheese - Family Size	GF,NF,DF,SF
Vegetarian Lasagna - Family Size	GF,NF,SF
Eggplant Parmesan - Family Size	GF,NF,SF
Vegan Eggplant Parmesan - Family Size	GF,NF,SF,V
Zucchini Eggplant Parmesan - Family Size	GF,NF,SF
Vegan Zucchini Parmesan - Family Size	GF,NF,SF,V

DESSERTS - Always Fresh !!
(Always Gluten Free, Dairy Free & Nut Free)

	CODES **
Lemon Loaf Slice (also available in full loaf).....	GF,NF,DF
Chocolate Zucchini Loaf Slice (also available in full loaf).....	GF,NF,DF,SF
Apple Crumble Loaf Slice (also available in full loaf)	GF,NF,DF,SF
Cinnamon Chocolate Chip Biscotti (1/2 lb).....	GF,NF,DF,SF
Mocha Chocolate Chip Biscotti (1/2 lb).....	GF,NF,DF,SF
Orange Cranberry Biscotti (1/2 lb).....	GF,NF,DF,SF
Coffee Cake Muffins (also available in 4 pack).....	GF,NF,DF
Brownie Square (4" x 4").....	GF,NF,DF
Maple Faux Cream Cheese Square	GF,NF,DF
Lemon Squares (4" x 4").....	GF,NF,DF,SF
Butter Tart Square (4" x 4").....	GF,NF,DF
Vanilla Cupcake (also available in 4 pack).....	GF,NF,DF,SF
6" Vanilla Cake (serves 8) - also available in larger sizes.....	GF,NF,DF,SF
Vanilla Snack Cake (serves 4) - in our Freezer Section.....	GF,NF,DF,SF
6" Banana Chocolate Cake (serves 8)- also available in larger sizes	GF,NF,DF,SF
Banana Chocolate Snack Cake (serves 4) - in our Freezer Section.....	GF,NF,DF,SF
6" Flourless Chocolate Cake (serves 8) - also available in larger sizes.....	GF,NF,DF

VEGAN

	CODES **
Vegan Banana Chocolate Chip Loaf Slice (also available in full loaf).....	GF,NF,SF,V
High Fibre Vegan Blueberry Muffin	GF,NF,SF,V
Chocolate Cupcake - Vegan (also available in 4 pack).....	GF,NF,SF,V
Fruit Crumble Bar - Vegan.....	GF,NF,SF,V
Ginger Molasses Sandwich Cookie - Vegan	GF,NF,V
Vegan Coconut Jam Bar (2" x 4")	GF,NF,SF,V
Vegan Chocolate Chip Cookies (1/2 lb).....	GF,NF,SF,V
Vegan Shortbread Sprinkle Cookies (1/2 lb)	GF,NF,SF,V
Decadent Carrot Cake Slice - Vegan.....	GF,NF,V
6" Decadent Vegan Carrot Cake (serves 8) - also available in larger sizes.....	GF,NF,V
Decadent Vegan Carrot Snack Cake (serves 4) - in our Freezer Section.....	GF,NF,V
6" Chocolate Cake (serves 8) - also available in larger sizes.....	GF,NF,SF,V
Chocolate Snack Cake (serves 4) - in our Freezer Section.....	GF,NF,SF,V