



## OUR FROZEN FOOD

*Please note that we update this menu daily but may occasionally sell out of certain items.*

### SOUPS

A 24 oz serving (Serves two people)

- Puree Of Tomato** With a touch of cream \$9.00
- Broccoli Puree** \$9.00
- Roasted Vegetable** With a touch of maple \$9.00
- Celery and Potato** With a touch of vanilla \$9.00

### SAUCES

A 1lb serving

- Puttanesca Sauce** With olives, capers, sun-dried tomatoes, fresh tomatoes, parsley, and oregano in a tomato sauce \$9.00
- Bolognese Sauce** Ground beef in our tomato sauce with fresh herbs \$8.75

### STOCKS

A 1 liter serving

- Chicken Stock** \$6.00

### ENTRÉES

- Chicken Puttanesca** Braised chicken in a tomato sauce with olives, sundried tomatoes and capers \$ 9.75
- Beef Brisket** In a ginger and golden raisin jus \$10.75
- Sheppard's Pie** With ground lamb and beef with roasted garlic mashed potatoes \$10.00 & 20.00
- Cabbage Rolls** With Cumbræ's naturally raised beef and basmati rice in our tomato sauce \$8.50
- Vegetarian Cabbage Balls** With roasted vegetables, quinoa and rices in a carrot and ginger sauce \$8.50
- Osso Bucco** Braised veal shank in a sun-dried tomato and red wine sauce \$ by weight
- Baked 5 Cheese Penne Rigate** small: \$8.50

**“No Meat Balls”** With eggplants, mozzarella and parmesan in our homemade tomato sauce \$10.50

**Vegetarian Chili** With all local ingredients including five varieties of beans \$ 7.00

## BREAKFAST

**Blueberry Pancakes** Toaster ready! Four pieces for \$5.00

## BBQ

**A Selection of Berkshire Sausages** Hot & Mild, From Blackbow Farms \$6.25

**Beef Burgers** Pack of 4 \$ by weight

**Veggie Burgers** With quinoa, Portobello mushrooms and chickpeas \$15.05

Our take-out containers, cutlery and bags are all 100% biodegradable and can be put into your composting box with the exception of our aluminum dishes and sous-vide.

We will add a .45 charge per cover for cutlery for take out and delivery.

Please ask to have your food put into our re-usable glassware and ceramic dishes, available with a small deposit.

We are located just east of Broadview at 722 Queen Street east.  
hours are 8:00 am to 6:00 pm from Monday to Friday, 10:00 to 6:00 Saturday.  
online menus are updated daily. please call or email us for more information.

**TELEPHONE: 416.850.8835**

**WWW.LOICGOURMET.CA INFO@LOICGOURMET.CA**

*\*Please check our website to see if you are in our free delivery area*