



With 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)

Purée of Carrot And Ginger \$9.00

Puree Of Broccoli And Asparagus \$ 9.00

Puree of Roasted Mushroom With white wine and anise \$9.00

Puree Of Cucumber And Honeydew With fines herbes \$9.00

STOCKS

A 1 liter serving

Restaurant Grade Demi Glace \$15.50 per pound

Naturally Raised Chicken Stock \$6.50

ENTRÉES

Lamb Shank In a caramelized onion & rosemary jus \$13.50

Beef Brisket In a ginger and apricot jus \$11.00

Braised Chicken In a smoked paprika sauce \$9.25

Coq Au Vin Braised chicken in a red wine and herb sauce with pearl onions \$9.25

Braised Lamb Shank In a putanesca style sauce of olives and sundried tomatoes \$ by weight

Five Cheese Baked Penne Rigatti \$8.50

Fish Stew A selection of Pickerel, salmon trout, mussels and scallops in a tomato and anise broth
Great on its own or as a pasta sauce \$12.50

Confit Of Chicken Wings With a Rosemary, honey and ginger sauce \$9.75

BREAKFAST

Blueberry Pancakes Toaster ready! Four pieces for \$4.75

BBQ

Naturally Raised Lamb Burgers \$11.00/lb

Veggie Burgers With quinoa, sun-dried tomatoes, and mushrooms \$ 11.00/lb

A Selection of Berkshire Sausages From blackbow farms \$6.25

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 11:00 am to 8:00 pm from Monday to Saturday.

online menus are updated daily. please call or email us for more information.

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