

## Individual Fresh & Frozen Menu

9 Sandwiches ea. FRESH		COLD
7001	Tuna Sandwich	\$6.99
7002	Egg Sandwich	\$6.75
7003	Chicken Sandwich	\$6.99
7004	Ham Sandwich	\$6.99
7005	Salami Sandwich	\$6.90
7006	Vegetarian Sandwich	\$6.75
9 Wraps ea. FRESH		COLD
7011	Tuna Wrap	\$7.49
7012	Egg Wrap	\$7.25
7013	Chicken Wrap	\$7.49
7014	Ham Wrap	\$7.49
7015	Salami Wrap	\$7.35
7016	Vegetarian Wrap	\$7.20
7017	Greek Wrap	\$7.25
7020	FFT Falafel (vegan) (V)	\$7.49
12 Salads & Side Orders (serves 1-2)		COLD
7206-2 pc.	Dinner Buns w. Becel- 2 pcs.	\$2.25
7214-Mini	Caesar Salad	\$9.39
7217-Mini	Cheesy Caesar Salad	\$10.45
7220-Mini	Greek Salad	\$10.45
7223-Mini	Italian Salad (V)	\$9.39
7226-Mini	Orange Almond Salad (V)	\$10.45
7235-Mini	Spinach Salad	\$10.45
7238-Mini	Strawberry Salad	\$10.45
7239-Mini	Gluten Free Salad Platter	\$14.75
11 Cheese Platters FRESH (serves 3-4)		COLD
7240-Mini.	Cheese & Fruit	\$11.99
7241-Mini.	Cheese & Pickle	\$10.75
7242-Mini.	Cheese&Vegetable	\$11.49
10 Fruit-Veg Platters FRESH (serves 3-4)		COLD
7243-Mini.	Fruit Platter	\$10.49
7244-Mini.	Vegetable Platter	\$9.99
7245-Mini	Pickle Platter	\$8.75
7255-1/2lb.	Assorted Cracker tray (serves 8+)	\$6.49
4 Customer's Favorites		FROZEN
500 -5"	5 inch Ham Quiche	\$4.75
501 -5"	5 inch Vegetarian Quiche	\$4.75
517 -5"	5 inch Chicken Quiche	\$4.75
518 -5"	Spinach & Mushroom Quiche	\$4.75
503 -5"	5 inch Chicken Pot Pie	\$5.75
504 -6pc.	Crab Cakes (6)	\$11.25
505 -6pc.	New Traditional Potato Pancakes	\$9.25
506 -8pc.	Garden Veggie Bites (8) (V)	\$7.25
507 -4pc.	Garden Veggie Patties (4) (V)	\$9.25
508 -4pc.	Homestyle Beef Burgers (4)	\$10.25
512 -ea.	Beef Burrito (single)	\$6.35
513 -ea.	Chicken Burrito (single)	\$6.25
519 -ea.	<b>NEW!</b> Veggie & Cheese Burrito	\$6.25
515 -ea.	Cream Brie Apple Chicken 189gr.	\$5.75
516 -reg.	Hummus Dip 8oz. (V)	\$4.75
520 -ea.	Homemade Gravy 4oz.	\$1.25
6 Desserts FROZEN		FROZEN
650 - 5"	Prize Pumpkin Pie	\$4.25
656 - 5"	Sugar Free Pumpkin Pie	\$4.25
657 - 5"	Blueberry Pie	\$5.25
649 - Mini	Real Whipped Cream (serves1-2)	\$1.25
658 -1/2dz.	Butter Tarts	\$6.49

602 -ea.	Apple Crisp (1 pan ser. 1 - 2)	\$5.25
604 -ea.	Rhubarb Strawberry Crisp <i>FlourFree</i>	\$5.25
651 -ea.	Carrot Cake w/Cream Cheese Icing	\$5.25
605 -1/2dz.	Muffins 6-pcs.	\$14.25
605 -1dz.	Muffins 12-pcs.	\$27.99
607 -1/2dz.	Flourless Peanut Butter Cookies	\$5.75
607 -1dz.	Flourless Peanut Butter Cookies	\$11.50
609 -1/2dz.	Assorted Cookies 6-pcs.	\$5.75
609 -1dz.	Assorted Cookies 12-pcs.	\$11.50
611 -1/2dz.	Dainties 6-pcs.	\$7.25
611 -1dz.	Dainties 12-pcs.	\$14.50
612 -1/2dz.	Rice Krispie Squares	\$13.75
613 -1/2dz.	Peanut Butter Confetti Cakes	\$13.75
614 -1/2dz.	Chocolate Puffed Wheat Cake (V)	\$13.75
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$11.25
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$5.75
620 -1dz.	Snicker Doodle Sugar Cookies	\$11.50
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$5.75
621 -1dz.	Lemon Shortbread Cookies (V)	\$11.50
622 -ea.	Cinnamon Bun	\$2.35
622-1/2dz.	Cinnamon Buns	\$13.99
15 Fresh Desserts		COLD
ea.	Individual Yogurt	\$1.79
7613-ea.	Peanut Butter Confetti sq.	\$2.59
7614-ea.	Chocolate Puffed Wheat sq. (V)	\$2.59
7615-ea.	Banana Bread Slice	\$2.25
7616-ea.	Apple Jacks (each)	\$3.25
16 Beverages		COLD
8000	Five Alive 341ml. can	\$1.89
8001	Orange Juice Min. Maid 341ml. can	\$1.89
8002	Fresca 355.ml. can	\$1.59
8003	Apple Juice Min. Maid 341ml.	\$1.89
8005	Root Beer Barq's 355ml. can	\$1.59
8006	Coca-Cola 355ml. can	\$1.59
8007	Coca-Cola Diet 355ml. can	\$1.59
8008	Sprite 355ml. can	\$1.59
8009	Sprite Zero 355ml. can	\$1.59
8010	Ginger Ale Canada Dry 355ml. can	\$1.59
8011	Ginger Ale Diet Canada Dry 355ml. can	\$1.59
<b>New!</b> 8020	V8 Vegetable Cocktail Juice 340ml.	\$1.89
Seasonal 8019	Cranberry Ginger Ale 355ml. can	\$1.59
<b>New!</b> 8022	Lemon Iced Tea 341 ml. can	\$1.89
8012	Bottled Water 500ml.	\$1.59
8015	<b>6-Pack Assorted Juice</b> 341ml.	\$10.99
2-Orange/2-Apple/2-FiveAlive		
8016	<b>12-Pack Assorted Juice</b> 341ml.	\$21.99
4-Orange/4-Apple/4-FiveAlive		
8017	<b>6-Pack Assorted Soft Drink</b> 355ml.	\$8.99
1-Coke/1-Sprite/1-RootB./1-GingerA./1-D.Coke/1-SpriteZ.		
8018	<b>12-Pack Assorted Soft Drink</b> 355ml.	\$17.99
2-Coke/ 2-Sprite/ 1-RootB./ 2-GingerA./ 2-D.Coke 1-Fresca/1-SpriteZ/1-D.GingerA.		

\*Large 9" Pies & Whipped Cream are also available.

## Individual Fresh & Frozen Menu

### 01. INDIVIDUAL FROZEN DINNERS

101 -Indiv.	Vegetarian Lasagna	\$6.25
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv.	Chicken Lasagna	\$6.75
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv.	Beef Lasagna	\$6.75
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv.	Vegetarian Chili w. Cheese	\$5.99
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv.	Chicken Chili w. Cheese	\$6.75
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv.	Beef Chili w. Cheese	\$7.15
Bubbling Beef Chili topped with Cheese.		
107 -Indiv.	Sausage & Beans Dinner	\$7.25
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv.	Creamy Mushroom Alfredo	\$5.99
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv.	Macaroni & Cheddar Bake	\$5.99
Cheddar Cheese Sauce over Tender Elbow Macaroni.		
110 -Indiv.	Macaroni & Cheddar Bake w. Ham	\$6.25
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv.	Italian Pasta w. Meat Sauce	\$6.75
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv.	Vegan Curry w. Basmati Rice	\$6.25
Vegetable & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv.	Chicken Stew	\$6.25
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv.	Chicken Curry w. Basmati Rice	\$7.30
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower.		
115 -Indiv.	Tuna Casserole	\$6.75
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv.	Shepherd's Pie	\$7.20
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv.	Perogy Casserole	\$6.25
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv.	Perogy Casserole & Cabbage Rolls	\$6.75
Succulent Cabbage rolls plus our Classic Perogy Casserole.		
119 -Indiv.	Sweet & Sour Meatball Dinner	\$6.99
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv.	Beef Moussaka	\$6.99
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv.	Meatloaf w. Tomato Sauce	\$6.99
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv.	Pork Stroganoff	\$6.95
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv.	Sweet & Sour Pork	\$6.85
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv.	Baked Ham Dinner	\$6.99
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv.	Beef Stew	\$6.85
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv.	Japanese Chicken Wings	\$7.05
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		

128 -Indiv.	Barbeque Chicken Dinner	\$7.45
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv.	Roast Herb Chicken Dinner	\$7.30
Cranberry Sage Stuffing, Mashed Potatoes, Cauliflower & Carrots.		
130 -Indiv.	Beef Pot Roast	\$7.99
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		
132 -Indiv.	Salisbury Steak Dinner	\$7.10
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv.	Chicken Cacciatore	\$6.99
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv.	Louisiana Pulled Pork	\$6.99
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv.	Vegan Cabbage Rolls	\$6.85
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv.	Teriyaki Salmon Dinner	\$7.90
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv.	Meatballs & Gravy Dinner	\$6.99
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauté		
138 -Indiv.	Roast Turkey Dinner	\$7.30
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv.	<b>NEW!</b> Scalloped Potatoes	\$5.50
<b>Flour Free!</b> Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		

### FROZEN SOUP CONCENTRATE

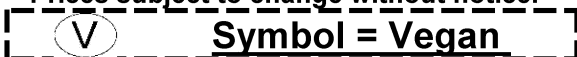
400 -Sm.	Beet Borscht	V	\$3.99
400 -Med.	Beet Borscht	V	\$6.49
401 -Sm.	French Farm	V	\$3.99
401 -Med.	French Farm	V	\$6.49
402 -Sm.	Beef Barley		\$4.49
402 -Med.	Beef Barley		\$7.49
403 -Sm.	Red Lentil with Apricot	V	\$3.99
403 -Med.	Red Lentil with Apricot	V	\$6.49
406 -Sm.	Light Chicken Vegetable		\$4.49
406 -Med.	Light Chicken Vegetable		\$7.49
407 -Sm.	Potato Bacon and Cheddar		\$4.49
407 -Med.	Potato Bacon and Cheddar		\$7.49
408 -Sm.	Pumpkin	V	\$3.99
408 -Med.	Pumpkin	V	\$6.49
409 -Sm.	Classic Tomato	V	\$3.99
409 -Med.	Classic Tomato	V	\$6.49
410 -Sm.	Broccoli Cheddar		\$3.99
410 -Med.	Broccoli Cheddar		\$6.49
411 -Sm.	Spaghetti		\$4.49
411 -Med.	Spaghetti		\$7.49
412 -Sm.	Minestrone	V	\$3.99
412 -Med.	Minestrone	V	\$6.49
413 -Sm.	Split Pea and Ham		\$4.49
413 -Med.	Split Pea and Ham		\$7.49

**Mon - Fri \$7.99**

Same day delivery

## City Wide Delivery

\* Prices subject to change without notice.



Credit cards, cash or cheques accepted. Interac in store only.