

# Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

Oct-17.

## Individual Fresh & Frozen Menu

9 Sandwiches ea. FRESH		COLD
7001	Tuna Sandwich	\$6.75
7002	Egg Sandwich	\$6.50
7003	Chicken Sandwich	\$6.75
7004	Ham Sandwich	\$6.75
7005	Salami Sandwich	\$6.65
7006	Vegetarian Sandwich	\$6.50
9 Wraps ea. FRESH		COLD
7011	Tuna Wrap	\$7.25
7012	Egg Wrap	\$6.99
7013	Chicken Wrap	\$7.25
7014	Ham Wrap	\$7.25
7015	Salami Wrap	\$7.10
7016	Vegetarian Wrap	\$6.95
7017	Greek Wrap	\$6.99
7020	FFT Falafel (vegan) (V)	\$7.25
12 Salads & Side Orders (serves 1-2)		COLD
7206-2 pc.	Dinner Buns w. Becel- 2 pcs.	\$2.09
7214-Mini	Caesar Salad	\$9.15
7217-Mini	Cheesy Caesar Salad	\$10.20
7220-Mini	Greek Salad	\$10.20
7223-Mini	Italian Salad (V)	\$9.15
7226-Mini	Orange Almond Salad (V)	\$10.20
7235-Mini	Spinach Salad	\$10.20
7238-Mini	Strawberry Salad	\$10.20
7239-Mini	Gluten Free Salad Platter	\$14.49
11 Cheese Platters FRESH (serves 3-4)		COLD
7240-Mini.	Cheese & Fruit	\$11.85
7241-Mini.	Cheese & Pickle	\$10.49
7242-Mini.	Cheese&Vegetable	\$11.25
10 Fruit-Veg Platters FRESH (serves 3-4)		COLD
7243-Mini.	Fruit Platter	\$10.25
7244-Mini.	Vegetable Platter	\$9.75
7245-Mini	Pickle Platter	\$8.49
7255-1/2lb.	Assorted Cracker tray (serves 8+)	\$6.29
4 Customer's Favorites		FROZEN
500 -5"	5 inch Ham Quiche	\$4.49
501 -5"	5 inch Vegetarian Quiche	\$4.49
517 -5"	5 inch Chicken Quiche	\$4.49
518 -5"	Spinach & Mushroom Quiche	\$4.49
503 -5"	5 inch Chicken Pot Pie	\$5.49
504 -6pc.	Crab Cakes (6)	\$10.99
505 -6pc.	Potato, Vegetable & Feta Pancakes	\$8.99
506 -8pc.	Garden Veggie Bites (8) (V)	\$6.99
507 -4pc.	Garden Veggie Patties (4) (V)	\$8.99
508 -4pc.	Homestyle Beef Burgers (4)	\$9.99
512 -ea.	Beef Burrito (single)	\$6.10
513 -ea.	Chicken Burrito (single)	\$5.99
515 -ea.	Cream Brie Apple Chicken 189gr.	\$5.50
516 -reg.	Hummus Dip 8oz. (V)	\$4.49
520 -ea.	Homemade Gravy 4oz.	\$1.15
530 -ea.	<b>NEW! Greek Pita Pizza 7"</b>	\$3.99
531 -ea.	<b>NEW! Hawaiian Pita Pizza 7"</b>	\$3.99
532 -ea.	<b>NEW! Pep. &amp; Bacon Pita Pizza 7"</b>	\$3.99

**SEASONAL DESSERTS**		
650 - 5"	Prize Pumpkin Pie	\$3.99
656 - 5"	Sugar Free Pumpkin Pie	\$3.99
657 - 5"	Blueberry Pie	\$4.99
649 - Mini	Real Whipped Cream (serves1-2)	\$0.99

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

6 Desserts FROZEN		FROZEN
602 -ea.	Apple Crisp (1 pan ser. 1 - 2)	\$4.99
604 -ea.	Rhubarb Strawberry Crisp <i>FlourFree</i>	\$4.99
651 -ea.	Carrot Cake w/Cream Cheese Icing	\$4.99
605 -1/2dz.	Muffins 6-pcs.	\$13.75
605 -1dz.	Muffins 12-pcs.	\$26.99
607 -1/2dz.	Flourless Peanut Butter Cookies	\$5.50
607 -1dz.	Flourless Peanut Butter Cookies	\$10.99
609 -1/2dz.	Assorted Cookies 6-pcs.	\$5.50
609 -1dz.	Assorted Cookies 12-pcs.	\$10.99
611 -1/2dz.	Dainties 6-pcs.	\$6.99
611 -1dz.	Dainties 12-pcs.	\$13.99
612 -1/2dz.	Rice Krispie Squares	\$13.49
613 -1/2dz.	Peanut Butter Confetti Cakes	\$13.49
614 -1/2dz.	Chocolate Puffed Wheat Cake (V)	\$13.49
615 -1/2dz.	Banana Bread Sliced 6-pcs.	\$10.99
620 -1/2dz.	Snicker Doodle Sugar Cookies	\$5.50
620 -1dz.	Snicker Doodle Sugar Cookies	\$10.99
621 -1/2dz.	Lemon Shortbread Cookies (V)	\$5.50
621 -1dz.	Lemon Shortbread Cookies (V)	\$10.99
622 -ea.	Cinnamon Bun	\$2.25
622-1/2dz.	Cinnamon Buns	\$12.99
15 Fresh Desserts		COLD
ea.	Individual Yogurt	\$1.79
7613-ea.	Peanut Butter Confetti sq.	\$2.49
7614-ea.	Chocolate Puffed Wheat sq. (V)	\$2.49
7615-ea.	Banana Bread Slice	\$2.09
7616-ea.	Apple Jacks (each)	\$2.99
Coconut Bliss Non-Dairy Frozen Dessert 473ml.		
ea.	Dark Chocolate Coconut Bliss (V)	\$8.39
ea.	Vanilla Island Coconut Bliss (V)	\$8.39
ea.	Ginger Caramel Coconut Bliss (V)	\$8.39
ea.	Mint Galactica Coconut Bliss (V)	\$8.39
16 Beverages		COLD
8000	Five Alive 341ml. can	\$1.79
8001	Orange Juice Min. Maid 341ml. can	\$1.79
8002	Fresca 355.ml. can	\$1.49
8003	Apple Juice Min. Maid 341ml.	\$1.79
8004	Cranberry Cocktail Min. Maid 341 ml.	\$1.79
8005	Root Beer Barq's 355ml. can	\$1.49
8006	Coca-Cola 355ml. can	\$1.49
8007	Coca-Cola Diet 355ml. can	\$1.49
8008	Sprite 355ml. can	\$1.49
8009	Sprite Zero 355ml. can	\$1.49
8010	Ginger Ale Canada Dry 355ml. can	\$1.49
8011	Ginger Ale Diet Canada Dry 355ml. can	\$1.49
<b>New!</b> 8020	V8 Vegetable Cocktail Juice 340ml.	\$1.79
Seasonal 8019	Cranberry Ginger Ale 355ml. can	\$1.49
<b>New!</b> 8022	Lemon Iced Tea 341 ml. can	\$1.79
8012	Bottled Water 500ml.	\$1.49
8015	<b>6-Pack Assorted Juice</b> 341ml.	\$10.49

2-Orange/2-Apple/1-FiveAlive/1-Cranberry		
8016	<b>12-Pack Assorted Juice</b> 341ml.	\$20.99
3-Orange/-3Apple/3-FiveAlive/3-Cranberry		
8017	<b>6-Pack Assorted Soft Drink</b> 355ml.	\$8.49
1-Coke/1-Sprite/1-RootB./1-GingerA./1-D.Coke/1-SpriteZ.		
8018	<b>12-Pack Assorted Soft Drink</b> 355ml.	\$16.99

2-Coke/ 2-Sprite/ 1-RootB./ 2-GingerA./ 2-D.Coke  
1-Fresca/1-SpriteZ/1-D.GingerA.

**SAVE 10% OFF fresh menu items ordered ONLINE!**

www.foodft.ca

Sale on until Oct. 31/17

# Food For Thought

840 Erin St. (on the corner of St. Mathews)

Wpg, Mb. R3G 2W5

www.foodft.ca

204 772-3663

Oct-17.

## Individual Fresh & Frozen Menu

01. INDIVIDUAL FROZEN DINNERS		
101 -Indiv.	Vegetarian Lasagna	\$5.99
Rich Tomato & White Sauce over layers of Pasta & Cheeses.		
102 -Indiv.	Chicken Lasagna	\$6.49
White Chicken, Homemade Italian Sauces, Pasta & Cheeses.		
103 -Indiv.	Beef Lasagna	\$6.49
Lean Beef, Tomato & White Sauces, Pasta & loads of Cheese!		
104 -Indiv.	Vegetarian Chili w. Cheese	\$5.75
Chili with fresh Veggies & Kidney Beans, topped with Cheese!		
105 -Indiv.	Chicken Chili w. Cheese	\$6.49
Chunky Chicken Chili Topped off w. Mozzarella & Cheddar.		
106 -Indiv.	Beef Chili w. Cheese	\$6.89
Bubbling Beef Chili topped with Cheese.		
107 -Indiv.	Sausage & Beans Dinner	\$6.99
Farmers Sausage, Beans in Tomato Sauce and Macaroni & Cheese.		
108 -Indiv.	Creamy Mushroom Alfredo	\$5.75
Sauteed Mushrooms in Olive Oil w/ Cheesy Alfredo Sauce & Pasta.		
109 -Indiv.	Macaroni & Cheddar Bake	\$5.75
Cheddar Cheese Sauce over Tender Elbow Macaroni.		
110 -Indiv.	Macaroni & Cheddar Bake w. Ham	\$5.99
Our Homemade Mac & Cheese with tender chunks of Honey Ham.		
111 -Indiv.	Italian Pasta w. Meat Sauce	\$6.49
Penne Noodles Smothered in Rich Italian Meat Sauce & Cheese		
112 -Indiv.	Vegan Curry w. Basmati Rice	\$5.99
Vegetable & Chickpea Curry w. Basmati rice, Potatoes & Cauliflower.		
113 -Indiv.	Chicken Stew	\$5.99
An Earthy and Chunky Stew served in a Rich Tomato Broth.		
114 -Indiv.	Chicken Curry w. Basmati Rice	\$6.79
Chicken Curry w. Basmati rice, Cumin Potatoes & Cauliflower.		
115 -Indiv.	Tuna Casserole	\$6.49
Classic Tuna Casserole in a Creamy Cheese Sauce w/ Egg Noodle.		
116 -Indiv.	Shepherd's Pie	\$6.95
Rich & Tasty Beef Shepherd's Pie with Cheesy Mashed Potatoes.		
117 -Indiv.	Perogy Casserole	\$5.99
Fresh Pasta layered w. Sauteed Onion & Cheddar Mashed Potatoes		
118 -Indiv.	Perogy Casserole & Cabbage Rolls	\$6.49
Succulent Cabbage rolls plus our Classic Perogy Casserole.		
119 -Indiv.	Sweet & Sour Meatball Dinner	\$6.75
Meatballs in Pineapple Sweet & Sour Sauce w. Rice Pilaf & Peas.		
121 -Indiv.	Beef Moussaka	\$6.75
Our Delicious and Authentic Greek Casserole w. Lean Ground Beef		
122 -Indiv.	Meatloaf w. Tomato Sauce	\$6.75
Comforting Meatloaf w. Fluffy Mashed Potatoes, Peas & Carrots.		
123 -Indiv.	Pork Stroganoff	\$6.69
Tender Pork in Sour Cream Sauce, Mushrooms, Peas & Egg Noodles		
124 -Indiv.	Sweet & Sour Pork	\$6.59
Sumptuous Pork Pieces w. Pineapple Sauce, Veg. & Rice Pilaf.		
125 -Indiv.	Baked Ham Dinner	\$6.75
Tender Sliced Ham w. Scalloped Potatoes & Crisp Green Beans.		
126 -Indiv.	Beef Stew	\$6.59
Slow Simmered Chunks of Beef w. Potatoes, Carrots & Parsnips.		
127 -Indiv.	Japanese Chicken Wings	\$6.79
Saucy Sweet Honey Glazed Wings with Rice Pilaf & Mixed Veg.		

128 -Indiv.	Barbeque Chicken Dinner	\$7.20
Chicken Pieces in Smokey BBQ Sauce w. Mashed Potatoes & Corn		
129 -Indiv.	Roast Herb Chicken Dinner	\$7.05
Cranberry Sage Stuffing, Fluffy Potatoes & Garlic Buttered Corn.		
130 -Indiv.	Beef Pot Roast	\$7.79
Flour Free Pan Gravy, Potatoes, Roasted Parsnips, Carrots & Corn.		
131 -Indiv.	Three Cheese Penne Pasta	\$5.99
In Homestyle Marinara Sauce Topped w. Italian Grilled Peppers & Cheese.		
132 -Indiv.	Salisbury Steak Dinner	\$6.85
With Gravy & Onions, Fluffy Mashed Potatoes, Mushrooms & Peas.		
133 -Indiv.	Chicken Cacciatore	\$6.75
Rich Marinara Sauce tossed w. White Chicken, Penne Pasta & Cheese.		
134 -Indiv.	Louisiana Pulled Pork	\$6.75
Slow Roast Pork Shoulder w. Tangy BBQ Sauce, Mashed Potatoes & Corn		
135 -Indiv.	Vegan Cabbage Rolls	\$6.59
Rice & Sauteed Onion Stuffed Cabbage Rolls Covered in Tomato Sauce.		
136 -Indiv.	Teriyaki Salmon Dinner	\$7.65
Fresh Cut Chunks of Salmon with Stir-Fry Vegetables & Brown Rice.		
137 -Indiv.	Meatballs & Gravy Dinner	\$6.75
Homemade Meatballs, Gravy, Mashed Potatoes, Corn & Red Pepper Sauté		
138 -Indiv.	Roast Turkey Dinner	\$7.05
With Pan Gravy, Mashed Potatoes, Cranberry Stuffing, Peas & Carrots.		
139 -Indiv.	<b>NEW!</b> Scalloped Potatoes	\$5.25
<b>Flour Free!</b> Yukon Gold Potatoes in a Light, Delicious, Creamy Sauce.		

FROZEN SOUP CONCENTRATE			
400 -Sm.	Beet Borscht	(V)	\$3.75
400 -Med.	Beet Borscht	(V)	\$6.25
401 -Sm.	French Farm	(V)	\$3.75
401 -Med.	French Farm	(V)	\$6.25
402 -Sm.	Beef Barley		\$4.25
402 -Med.	Beef Barley		\$7.25
403 -Sm.	Red Lentil with Apricot	(V)	\$3.75
403 -Med.	Red Lentil with Apricot	(V)	\$7.25
406 -Sm.	Light Chicken Vegetable		\$4.25
406 -Med.	Light Chicken Vegetable		\$7.25
407 -Sm.	Potato Bacon and Cheddar		\$4.25
407 -Med.	Potato Bacon and Cheddar		\$7.25
408 -Sm.	Pumpkin	(V)	\$3.75
408 -Med.	Pumpkin	(V)	\$6.25
409 -Sm.	Classic Tomato	(V)	\$3.75
409 -Med.	Classic Tomato	(V)	\$6.25
410 -Sm.	Broccoli Cheddar		\$3.75
410 -Med.	Broccoli Cheddar		\$6.25
411 -Sm.	Spaghetti		\$4.25
411 -Med.	Spaghetti		\$7.25
412 -Sm.	Minestrone	(V)	\$3.75
412 -Med.	Minestrone	(V)	\$6.25
413 -Sm.	Split Pea and Ham		\$4.25
413 -Med.	Split Pea and Ham		\$7.25

## City Wide Delivery

Mon - Fri \$7.99 & Sat. \$9.99

Same day delivery Monday - Friday.

1 day notice for Saturday delivery.



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

\* Prices subject to change without notice.

**(V) Symbol = Vegan**

**SAVE 10% OFF fresh menu items ordered ONLINE!**

[www.foodft.ca](http://www.foodft.ca)

Sale on until Oct. 31/17