

Bluestone Cottage Pre-Made Meals **JANUARY MENU** 2021

- Drop your completed order form off at **3670 Roblin Blvd** - OR - email a scanned copy to **bluestonecottage@wowhospitality.com**. We will call to confirm your order within 24 hours of receiving
- Order by **Wednesday for Saturday** pick up OR by **Saturday for pick up the following Wednesday**
- We suggest ordering items for your meals for the entire week. Items which can be frozen are indicated with an * and *they may be frozen upon pickup* depending upon our production schedule.



Minimum order for pre-made meals is \$50 before tax. Prices listed are before tax.

*GF items are "made without gluten" but we cannot guarantee that they have not been in contact with gluten. We suggest exercising caution consuming goods produced in our location if your level of gluten intolerance is severe.

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|---|
| Name: |
| Phone number: |
| Email address: |
| Date order placed: |
| Date pick up requested for: |
| (Office use only) Order confirmed by NAME/DATE/TIME: |

| Quantity | Item Name | Item Description | Pack Size | Price |
|--------------------|--------------------------------|---|-----------|---------|
| <i>Breakfast</i> | | | | |
| | Breakfast Power Salad | raisins, walnuts, shredded carrot & apple, lemon vinaigrette, arugula, hemp hearts •GF •Vegan | 750 mL | \$12.00 |
| | Sweet Potato Latkes (6) | (6) sweet potato latkes, with sour cream •GF | 6 each | \$12.00 |
| | Breakfast Bunwich | (2) breakfast sandwiches - toasted brioche bun, mayo, fried egg, and cheddar cheese | 2 each | \$12.00 |
| | Sourdough Pancakes* | (3) sourdough pancakes with cherry compote, whipped butter, maple syrup | 3 each | \$12.00 |
| | Oats and Groats | steel-cut oats with a little buckwheat, with granola and nutrient rich chopped dates •Vegan | 400 mL | \$6.00 |
| | Breakfast Burrito* | (2) whole wheat wrap, roasted vegetables, scrambled eggs, and cheddar cheese | 2 each | \$12.00 |
| | Winter Omelette* | with cremini mushrooms, roasted onions, and cheese, accompanied by breakfast potatoes •GF | 1 meal | \$14.00 |
| <i>Snacks</i> | | | | |
| | Cherry Chocolate Granola | Cherry Chocolate Granola - flax, local oats, maple syrup and seeds | 454 grams | 6.50 |
| | Almond Cranberry Granola | Almond Cranberry Granola - flax, local oats, maple syrup and seeds | 454 grams | 6.50 |
| | Pumpkin Seed and Peanut bars | Energy bars (4 pack) - with local oats, seeds, honey, flax, hemp hearts and chocolate chips | 4 pack | 4.00 |
| | Sunflower and Sesame bars | Energy bars (4 pack) - with local oats, seeds, honey, flax, hemp hearts and chocolate chips | 4 pack | 4.00 |
| | Bluestone Hummus Platter | with crostini, hummus, tahini sauce, marinated olives, and fresh vegetables | 1 meal | 14.00 |
| | Marinated Olives | mixed olives with fennel seed, lemon and chillies | 150 grams | 6.00 |
| <i>Baked Goods</i> | | | | |
| | Blueberry Breakfast Cake* | sourdough blueberry cake with ground flax and cinnamon oat crumble | 4 pieces | \$16.00 |
| | Salted Chocolate Chip Cookies* | Callebaut dark chocolate chip cookies with a pinch of Maldon sea salt | 5 each | \$6.25 |
| | Morning Glory Muffins* | with shredded apples, carrots, walnuts, raisins, and cinnamon | 6 muffins | \$18.00 |
| | Blueberry Crumble Muffins* | with oat and wheat flour, ground flax and cinnamon oat crumble | 6 muffins | \$18.00 |
| | Apricot and Cognac Galettes* | Apricot and Cognac Individual Sized Pies | 2 each | \$8.50 |
| | Sour Cherry Galettes* | Sour Cherry Individual Sized Pies | 2 each | \$8.50 |
| | Cheese Croissants | Cheese Croissant – all butter large croissants | 2 each | \$9.00 |

| <i>Salad</i> | | | | |
|--------------------------|------------------------------------|---|-------------------------|---------|
| | Quinoa Tabouli Salad | with fresh and roasted vegetables, quinoa, chickpeas, and lemon vinaigrette •GF •Vegan | 750 mL | \$12.00 |
| | Vegan "Caesar" Salad | Romaine, garlic caper dressing, blistered tomatoes, harissa chickpeas, lemon •GF •Vegan | 750 mL | \$12.00 |
| | Dilly Green Salad | greens, mustard vinaigrette, pickled beans, red onion, blistered tomatoes, dill •GF •Vegan | 750 mL | \$12.00 |
| | Rotisserie Chicken Salad | Israeli cous cous with fresh herbs, olives, tomato, kale and herb vinaigrette •GF | 750 mL | \$14.00 |
| <i>Lunch</i> | | | | |
| | Salmon Salad Bunwich | hot smoked salmon, mayonnaise, green onion, brioche bun, with greens and lemon aioli | 1 each | \$12.00 |
| | Ham and Cheese Bunwich | local ham and cheddar cheese, brioche bun, local ham, greens, mayonnaise, mustard, tomato | 1 each | \$10.00 |
| | Rotisserie chicken wrap | whole wheat wrap, romaine lettuce, parmesan, rotisserie chicken, and garlic caper vinaigrette | 1 each | \$10.00 |
| | Veggie Wrap | whole wheat wrap, roasted vegetables, greens, hummus, and mild tomato chutney •Vegan | 1 each | \$9.00 |
| <i>Full Meals</i> | | | | |
| | Orange Brandy Prawns* | sauteed with garlic, onion, and herbs, with green beans and simple spaghetti | 1 meal | \$22.00 |
| | Atlantic Salmon* | shallot, lemon butter, roasted tomatoes, quinoa pilaf, wood oven roasted zucchini •GF | 1 meal | \$26.00 |
| | Lamb and Beef Sausages* | with green lentil stew, roasted yams, red onion, mild tomato chutney •GF | 1 meal | \$24.00 |
| | Rotisserie Half Chicken * | with roasted potatoes, green beans with shallots, grilled lemon •GF | 1 meal | \$26.00 |
| | Chickpea Falafel* | with kale, quinoa pilaf, roasted veggies, tahini sauce and mild tomato chutney •Vegan | 1 meal | \$20.00 |
| | Turkey Meatballs* | with simple tomato sauce, mushrooms, and roasted potatoes •GF | 1 meal | \$24.00 |
| <i>Soup & Stew</i> | | | | |
| | Turkey Stew* | made with turkey bone broth, cream, fresh vegetables | 750 mL | \$12.00 |
| | Turkey and Wild Rice Soup* | carrot, onion, celery, wild rice, and turkey bone broth •GF | 750 mL | \$9.00 |
| | West African Peanut Soup* | ginger, carrot, onion, celery sweet potato and peanut •GF •Vegan | 750 mL | \$9.00 |
| <i>Sides</i> | | | | |
| | Vegan Cassoulet* | white beans with garlicky tomato sauce, wine, and herbs •Vegan •GF | 2 servings | \$14.00 |
| | Cheesy Potatoes* | smashed potatoes with green onion, cream cheese, and cheddar •GF | 2 servings | \$14.00 |
| | Roasted Red Potatoes | with extra virgin olive oil, garlic, and rosemary •Vegan •GF | 2 servings | \$10.00 |
| | Roasted Sweet Potatoes | with extra virgin olive oil and thyme •Vegan •GF | 2 servings | \$14.00 |
| | Roasted Winter Veg | sweet potato, carrot, and beets with kale •Vegan •GF | 2 servings | \$14.00 |
| | Green Beans* | with shallot and fresh herbs •Vegan •GF | 2 servings | \$14.00 |
| <i>Frozen Meals</i> | | | | |
| | Rigatoni with Braised Wild Boar* | simple tomato sauce, with kale and parmesan cheese | 2 servings | \$30.00 |
| | Braised Meatballs* | (6) large beef and pork meatballs braised in tomato sauce | 2 servings | \$20.00 |
| | Bluestone Cottage Sausages* | Spicy Turkey Sausage, Cumberland Pork Sausage, Mild Italian Sausage **please select one variety per pack | 6 sausages | \$14.00 |
| | Bluestone Cottage Sausages* | Lamb and Beef Sausage | 6 sausages | \$18.00 |
| | Harissa Spiced Beef Burger Patties | 4 mildly spiced Beef Burger Patties | 4 patties | \$24.00 |
| | Gluten Free Turkey Burger Patties | 4 Turkey Burger Patties | 4 patties | \$22.00 |
| Total Piece Count | | | TOTAL BEFORE TAX | |