



ORDER INFO Choose your menu items and then phone, fax or email us your order (*Contact info at bottom of this page*).

Name _____

Phone _____ Email _____

Pick up Date _____ Time _____

Weight Management Menu

Check out more menus at www.gourmettakeaway.ca

Lunch or Dinner Choices

24 Hours Notice May Be Required

- Grilled Mahi Mahi with Mango Salsa**
 \$32, Full (6 Servings) \$20, Half (3 Servings)
 Grilled 6 oz Mahi Mahi, served with mango salsa and broccoli.
- Teriyaki Grilled Salmon with Stir Fry Veggies**
 \$30, Full (6 Servings) \$19, Half (3 Servings)
 Marinated 4 oz of Wild Pacific Salmon, served with diced carrots and green beans.
- Coconut Peanut Chicken**
- Coconut Peanut Tofu Chicken (Vegetarian)**
 \$28, Full (6 Servings) \$17, Half (3 Servings)
 Boneless, skinless chicken breasts sauteed with broccoli and carrots in a coconut peanut sauce.
- Lemon Garlic Pasta with Grilled Chicken**
- Lemon Garlic Pasta with Tofu Chicken (Vegetarian)**
 \$28, Full (6 Servings) \$17, Half (3 Servings)
 Grilled chicken breasts with whole wheat penne pasta. Add green beans to complete the meal.
- Baked Meatballs with Tomato Sauce**
 \$28, Full (6 Servings) \$17, Half (3 Servings)
 Lightly seasoned meatballs (10-1/2 oz) in a tomato sauce and served with mixed vegetables.
- Pork Tenderloin with Wild Rice & Asparagus**
 \$32, Full (6 Servings) \$20, Half (3 Servings)
 Tender 4 oz of pork tenderloin served with 1/2 cup cooked wild rice and 10 asparagus spears.
- Chicken Tortilla Soup**
- Black Bean Tortilla Soup (Vegetarian)**
 \$16, 4 Servings (1 Litre/32oz)
 Cooked diced chicken breasts, simmered in a corn-salsa chicken broth with onions and jalapenos for an extra punch.

Grab and Go! Shaker Salads (3-4 Servings)

- Mediterranean Salad** \$3.99, Single \$9.95, Family
 A blend of tossed garden greens garnished with long English cucumbers, grape tomatoes, red onion, black olives & Feta cheese.
 ___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing
- Classic Caesar Salad** \$3.99, Single \$9.95, Family
 Diced romaine lettuce garnished with crispy croutons and Parmesan cheese.
 ___ Hellmann's Creamy Caesar Dressing
- Bacon Spinach Salad** \$3.99, Single \$9.95, Family
 Spinach leaves garnished with sliced egg, crumbled bacon, cucumber, diced tomato, red onion and mozza cheese.
 ___ Hellmann's SD Tomato and Pesto Vinaigrette Dressing

Note: Add to one any Salad only \$2.00 per serving

- Add chopped grilled chicken breasts
- Add Shrimp

Gourmet Extras & Sides

- Fruit Salad (8oz)** **\$1.99**
- Single Portion Cooked Meals** **\$7.95**
Any of the above items or several other options online
- Red Nugget Potatoes** **\$2.00**
- Whole Wheat Penne Pasta** **\$4.00**
- Rice (\$2)** **Pasta (\$2)** **Frozen Veggies (450gm) (\$2)**
- ___ Basmati ___ Penne ___ Corn ___ Squash
- ___ Jasmine ___ Spaghetti ___ Broccoli ___ Cauliflower
- ___ Brown ___ Orzo ___ Carrots ___ Mixed
- ___ Cous Cous ___ Green Beans

GOALS				
Phase 1 & 2 - Lunch & Dinner	Carbs	Protein	Fat	Calories
High Protein	30 g	45 g	11 g	400
High Carb	45 g	30 g	11 g	400
Nutritionals for salads w/dressing	Carbs	Protein	Protein	Calories
Mediterranean	2	0	18	180
Caesar	1	1	18	165
Spinach/Bacon	2	4	3	181
Add Chopped Grilled Chicken (1/4 cup)	0	18 g	1 g	50
Add Baby Shrimp (1/4 cup)	0	7 g	.5 g	35

Fresh Gourmet Takeaway

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www.gourmettakeaway.ca

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