

# SPRING 2019 FEATURES MENU

## good stuff smoothies

Frozen whole food (not a powder) mixes of delicious fruits, veggies, and superfoods. Each one designed with a specific benefit in mind.

<b>GREENS – 3 PACK</b>	<b>\$6.50</b>
Wise Ninja, Good Morning, Easy Greens	EACH <b>\$17.95</b> 32 OZ
<b>FAMILY – 3 PACK</b>	<b>\$6.95</b>
Madagascar, Afternoon Delight, Purple Cowboy	EACH <b>\$19.95</b> 32 OZ
<b>PROTEIN – 3 PACK</b>	<b>\$7.50</b>
Diesel Monster, Thunderbird, Purple Cowboy	EACH <b>\$20.95</b> 32 OZ

## **NEW** low carb / keto friendly menu

Check out our delicious selection of low carb / keto friendly meals. We continue to add more items everyday, check them online or in-store for our full selection.

<b>MINI MEALS</b>	<b>\$7.95</b>
<b>ENTREE MEALS</b>	<b>\$12.95</b>
<b>ENTREE BOWLS</b>	<b>\$12.95</b>
<b>SIDES</b>	<b>\$4.00– \$4.95</b>

## **NOSH FOODS** LOW CARB ITEMS

<b>ZUPPA TUSCANA SOUP</b> 24 OZ	<b>\$15.00</b>
<b>FAT HEAD PIZZA SHELLS</b> 3 PACK	<b>\$20.00</b>
<b>CHOCOLATE CHIP COOKIES</b> 6 PACK	<b>\$10.00</b>
<b>FUDGE BROWNIE</b> 4 PCS	<b>\$7.00</b>
<b>FAT BOMBS</b> PEANUT BUTTER 6 PCS	<b>\$10.00</b> 6 PACK
<b>FAT BOMBS</b> COOKIE DOUGH & PEANUT BUTTER COMBO 12 PCS	<b>\$18.00</b> COMBO (12)

## bakes

**CREAMY CHICKEN ENCHILADAS** Ole' Our twist on a family Favourite. Tortillas stuffed with diced seasoned chicken, peppers, onions and cheese in a creamy sour cream sauce. **FAMILY \$28.00**  
**INDIVIDUAL \$14.95**

## chef's choice

**HONEY GARLIC RIBS (2 RACKS)** This is a finger lickin' favourite –yummy ribs soaking up a generous portion of teriyaki sauce. **\$28.00**  
**SERVES 2-3**

**ROASTED LAMB WITH SPECIALTY RICE & HONEY GLAZED CARROTS** Roast lamb with herbs, lemon and garlic served with sweet and crunchy honey glazed carrots. **\$32.00**  
**SERVES 2-3**

## easter dinner

**CLASSIC TURKEY DINNER** A succulent 4 lb boneless, raw **\$100.00**  
**READY TO COOK**—JD FARMS turkey breast in a brine, our incredible homemade spice rub, gravy base, 2 lb cranberry sage stuffing, 3 lb garlic mashed potatoes, seasoned vegetable medley and 8 oz of cranberry sauce. **FULL MEAL SERVES 8**

## **ADD-ON** TURKEY THIGH FOR \$18 OR TURKEY BREAST FOR \$65

**COMPLETE MAPLE GLAZED HAM DINNER** Double smoked **\$50.00**  
juicy 3 lb ham, bone-out, baked slowly with a clove & maple glaze. Comes with scalloped potatoes and seasoned vegetable medley. **SERVES 6-8**

## **ADD-ON** HAM ONLY FOR \$30 CURRIED CAULIFLOWER BAKE FOR \$18

## 'try us' packages

**First time? Don't know what to order?**  
We've assembled packages of customer favourites for you to try. Not only effortless, you save money too!

**'TRY US' CLASSIC FAVOURITES PACK** **\$60.00**  
Roast beef with mashed potatoes, turkey with stuffing & mashed potatoes, chicken cordon swiss with scalloped potatoes, sweet & sour meatballs with rice, macaroni & cheese (mini), chicken pot pie, 700ml soup of your choice, 5" apple pie, and carrot date loaf slice.

**LOW CARB / KETO FRIENDLY 'TRY US' PACK** **\$250.00**  
A seven day package—including seven breakfasts, seven lunches, seven dinners and a **BONUS** of bone broth and fat bombs.