



## Gourmet Frozen Foods

<b>ROASTED BUTTERNUT SQUASH &amp; LEEK SOUP</b> 1 litre of roasted butternut squash & leek soup	<b>\$ 10</b>
<b>JALAPENO BACON SOUP</b> 1 litre of jalapeno bacon soup	<b>\$ 12</b>
<b>MANHATTAN CLAM CHOWDER</b> 1 litre of tomato-based broth with clams, bacon, carrots, celery, onion, fresh herbs	<b>\$ 12</b>
<b>BAKED POTATO SOUP &amp; ROASTED GARLIC SOUP</b> 1 litre of baked potato soup & roasted garlic soup	<b>\$ 10</b>
<b>GOURMET'S HOUSE SAUCE</b> Tomato sauce with sausage, roasted red peppers, artichokes and garlic (1 Litre)	<b>\$ 12</b>
<b>CLASSIC BOLOGNESE RAGU</b> Rich tomato sauce with beef, veal, carrots, celery, red wine and a touch of cream (1 litre)	<b>\$ 13</b>
<b>MARINARA SAUCE</b> Simple, fresh tomato sauce, with garlic and fresh herbs (1 litre)	<b>\$ 9</b>
<b>ARRABBIATA SAUCE</b> Fresh tomato sauce, with garlic, fresh herbs, with a spicy kick of hot red peppers (1 litre)	<b>\$ 9</b>
<b>THE CHEF'S ULTIMATE SHEPHERD'S PIE</b> Ground beef, mashed potatoes, corn, mozzarella cheese (10 oz. single serving)	<b>\$ 8</b>
<b>EGGPLANT AND CHEVRE GRATIN</b> Layers of roasted eggplant, tomato and pancetta, topped with goat cheese (10 oz. single serving)	<b>\$ 10</b>
<b>GOURMET MAC 'N CHEESE</b> Macaroni baked in the Chef's own creamy, three cheese sauce, with a golden panko topping (10 oz. single serving)	<b>\$ 8</b>
<b>NOT-YOUR-MOM'S MEAT LOAF</b> Minced beef and pork, kicked up a notch with a tomato sauce topping and the Chef's spicy seasoning blend (10 oz. single serving)	<b>\$ 8</b>
<b>TUSCAN CHICKEN</b> A chicken breast, baked with pesto, provolone, fresh tomatoes and basil (10 oz. single serving)	<b>\$ 10</b>
<b>CHIPOTLE CHILI</b> Slow-simmered minced beef, kidney beans, and plum tomatos with the Chef's chipotle seasoning blend (10 oz. single serving)	<b>\$ 9</b>
<b>FAMILY-SIZE CHIPOTLE CHILI</b> Slow-simmered minced beef, kidney beans, and plum tomatos with the Chef's chipotle seasoning blend (1 litre)	<b>\$ 12</b>
<b>LOUISIANA JAMBALAYA</b> Chunks of sausage and chicken, rice, and tomatoes, slow-simmered in a blend of spicy southern spices (8 oz. serving)	<b>\$ 9</b>
<b>FAMILY-SIZE LOUISIANA JAMBALAYA</b> Chunks of sausage and chicken, rice, and tomatoes, slow-simmered in a blend of spicy southern spices (1 litre)	<b>\$ 12</b>
<b>ASIAN CHICKEN AND HONEY NUT SAUTE WITH GLASS NOODLES</b>	<b>\$ 9</b>
<b>POOR MAN'S CASSOULET</b> Toulouse sausage, simmered with white beans	<b>\$ 9</b>
<b>FAMILY-SIZE CLASSIC LASAGNA</b> Beef, marinara sauce, mozzarella (4 portions)	<b>\$ 19</b>
<b>CLASSIC LASAGNA</b> A rich lasagna with meat sauce, spinach and cheese filling, and topped with mozzarella	<b>\$ 16</b>
<b>BASQUE CHICKEN WITH CHORIZO</b> A classic, full flavoured Spanish dish of pan-seared chicken thighs, slow cooked in a rich tomato sauce with spicy Chorizo sausage.	<b>\$ 14</b>