

main portions serve two

MAINS

OCTOBER 3-9

Grilled Chicken with Local
Tomato Vinaigrette
and Couscous
DF - \$26

Sirloin Skewers with
Charred Corn Relish and
Lemon Scented New Potatoes
GF, DF - \$26

Spice Crusted Snapper with
Melon and Zucchini Salsa
and Freekeh Pilaf
DF - \$26

Roasted
Eggplant with Chive Buttermilk
Dressing and Ground Cherries
V, GF - \$22

OCTOBER 10-16

Roast Turkey with Sage
Scented Gravy, Pretzel
Stuffing and
Celery Root Yukon Smash
\$28

Grilled Pork Tenderloin with
Pumpkin BBQ Sauce
and Basmati Rice
GF, DF - \$26

Smoked Cod with
O'Brien Corn
& Couscous
DF - \$26

Hand-Crafted Gnocchi with
Local Succotash, Fresh
Herbs and Lemon V - \$18

OCTOBER 17 - 23

Chicken Tiki Masala
with Coconut Basmati
and Cilantro DF, GF
- \$26

Beef Braciolo with
Orecchiette Pasta \$26

Shrimp and Fish
Brodetto on Barley Pilaf
DF - \$26

Wild Mushroom Risotto
with Pomegranate
GF, V - \$18

OCTOBER 24 - 30

Sun-Dried Tomato Piri Piri
Chicken and Herb
Roasted Fingerling
Potatoes
- \$26

Pork Cutlet Tonkatsu with
Mashed Jicama DF - \$26

Yucatan Trout with
Yellow Mole Sauce and
Black Bean Rice Pilaf
GF, DF -\$26

Local Zucchini Barley
Risotto with Baby Kale
and Coffee Mushrooms
V, DF - \$18

OCTOBER 31 - NOVEMBER 6

Creamy Chicken Blanquette
with Grainy Mustard
and Parisienne Potato
- \$26

Hungarian
Goulash with Spaetzle
DF - \$26

Fogo Island Cod with
Chraimeh Sauce with
Mujadarra GF - \$26

Seasonal Ratatouille with
Local Basil
Vegan, GF - \$18

OCTOBER 1 - 15

Shaved Brussels Sprouts Salad with Citrus Vinaigrette and Apples
GF, Vegan

Perperonata Pasta Salad with Squash and Local Herbs
DF, V

Salt Roasted Beets, Candied Walnuts, Endive with
Blackberry & Pear Vinaigrette GF, N, Vegan

Caesar Salad with Spiced Pepitas, Lemon Wedge and Grated Parmesan V, GF

Protein Salad GF - \$10

SALADS

small \$5 large \$9

OCTOBER 15 - 29

Salt Roasted Beets, Candied Walnuts, Endive with
Blackberry & Pear Vinaigrette GF, N, Vegan

Caesar Salad with Spiced Pepitas, Lemon Wedge and Grated Parmesan
V, GF

Autumn Potato Salad, Roasted Bell Peppers and Squash V, GF

Roasted Squash and Couscous Salad, Dried Cranberries,
Peppery Greens, Cumin Lemon Vinaigrette DF, V

Protein Salad GF - \$10

Looking for tonight's dinner? Our fridges are stocked with mains & sides to keep meal planning easy - ready to grab & go.

Don't forget about the sides...

.....**SIDES** \$7

OCTOBER 1 - 7

Caramelized Brussels Sprouts and Butternut Squash Vegan, GF
Roasted Celery Root with Brown Butter and Thyme V, GF
Caponata Stuffed Portabellas and Parmesan V, GF

OCTOBER 8 - 14

Roasted Root Vegetables with Spruce Tip Honey V, GF, DF
Green Beans, Corn with Cumin & Lemon Vinaigrette GF, Vegan
Roasted Sweet Potatoes with Cinnamon & Praline Streusel V, GF, N

OCTOBER 15 - 21

Charred Brussels Sprouts with Pancetta and Balsamic DF
Maple and Thyme Glazed Turnips GF, Vegan
Roasted Beets with Lemon and Horseradish GF, Vegan

OCTOBER 22 - 28

Tamarind and Ginger Glazed Squash GF, Vegan
Roasted Mushrooms Gremolata Style V
Broccoli with Sweet Chili Sauce GF, Vegan

OCTOBER 29 - NOVEMBER 3

Rainbow Carrots with Coriander GF, Vegan
Risotto Croquettes with Fontina and Parmesan V
Lemon and Tarragon Smashed Potatoes GF, Vegan

OCTOBER FRESH MENU

Shop Hours:

Monday to Friday: 8AM- 7PM

Saturday: 9AM-6PM

Sunday: 10AM-5PM

1845 Carling Ave 613-702-4424

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