

main portions serve two

# MAINS

## NOVEMBER 28 - DECEMBER 4

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

Hungarian Goulash with  
Long Grain Rice GF - \$26

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

Zucchini Barley Risotto with  
Baby Kale and Coffee  
Mushrooms  
VEGAN - \$18

## DECEMBER 5-11

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

Pork Teriyaki with Pineapple  
Quinoa Pilaf GF, DF - \$26

Maple & Balsamic Glazed  
Salmon with Freekeh  
and Herbs DF - \$26

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

## DECEMBER 12-18

Fogo Island Cod with  
Tomato Fennel Sauce and  
White Beans GF, DF- \$26

Honey Glazed Chicken with  
Celery Root and  
Yukon Mash DF - \$26

Baked Orecchiette Pasta  
with Mild Italian  
Sausage and Parmesan  
- \$26

Chickpea Curry with  
Basmati and Lentil Pilaf  
VEGAN, GF - \$18

## DECEMBER 19-24

Turkey with Gravy, Stuffing  
and Potato Leek Tian - \$26

Baked Salmon with Parsley  
Gremolata with Smashed  
New Potatoes DF, GF - \$26

Beef Bourguignon with  
Tagliatelle - \$26

Winter Mushroom Risotto  
V, GF - \$18

## DECEMBER 27-31

Turkey a la king with  
Egg Noodles - \$26

Beef Teriyaki with Fried Rice  
and Cilantro DF, GF - \$26

Fish Cakes with Sun-Dried  
Tomato Sugo and  
Grilled Polenta - \$26

Winter Veg Ratatouille  
with Agrodolce Sauce  
VEGAN, GF - \$18

## NOVEMBER 15 - DECEMBER 15

Curried Potato Salad with Grapes and Apples GF, V

Pepperonata Spinach Salad Vegan, GF

## DECEMBER 16 - JANUARY 15

Rustic Bread Salad with Preserved Tomato  
Vinaigrette, Cucumbers, Grilled Halloumi,  
Basil & Sherry-Marinated Red Onion and Olives V

Kale Caesar with Pepita Croutons, Pecorino Romano,  
Baby Romaine and House Caesar Dressing GF, V

*all month long*

Tender Young Greens, Balsamic & Fig Vinaigrette, Dried Currants, Cranberries, Goji Berries, Fresh Mint, Watermelon Radish and Tamari Sesame Granola GF, Vegan

Roasted Beet and Quinoa Salad with Star Anise Vinaigrette, Arugula and Crispy Shiitakes Vegan, GF

Protein Salad GF - \$10

# SALADS small \$5 large \$9

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

**DECEMBER 3 - 16**

Caponata Stuffed Portabellas and Parmesan - V, GF  
Risotto Croquettes with Fontina and Parmesan - V  
Roasted Beets with Lemon and Grilled Scallion - GF, Vegan

**DECEMBER 17- 31**

Roasted Root Vegetables with Thyme - GF, Vegan  
Green Beans and Corn with Cumin - GF, Vegan  
Roasted Sweet Potatoes with Cinnamon & Praline Streusel - V, GF, N

**DECEMBER**  
FRESH MENU

**Shop Hours:**

Monday to Friday: 8AM- 7PM  
Saturday: 9AM-6PM  
Sunday: 10AM-5PM

**December 24th 8am - 4pm**  
**December 25th & 26th CLOSED**  
**December 31st 8am - 4pm**  
**January 1st CLOSED**

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