

Looking for tonight's dinner?

Our fridges are stocked with mains with sides, and salads to keep meal planning easy – ready to grab & go.

main portions serves one



MAINS & SIDES

JANUARY 3 - 8

Beef Bourguignon with Egg Noodles and Caramelized Pearl Onions \$14

Chicken Tikki Masala with Coconut Basmati and Curried Scallions & Cauliflower \$14

Fogo Island Cod with Tomato Fennel Sauce, Navy Beans and Roasted Carrots (GF, DF) \$14

Penne with Arrbiatta Sauce and Fresh Basil \$12

JANUARY 9 - 15

Beef Vindaloo with Naan Bread, Lentils and Seasonal Vegetables (DF) \$14

Turkey A La King with Egg Noodles \$14

Shrimp and Fish Brodetto on Barley Pilaf with Squash and Zucchini (DF) \$14

Roasted Eggplant with Chive Buttermilk Dressing and Ground Cherries (V, GF) \$12

JANUARY 16 - 22

Teriyaki Beef with Stir Fried Vegetables and Asian Rice (GF, DF) \$14

Moroccan Chicken Tagine with Fingerling Potatoes, Dates and Olives (GF, DF) \$14

Sweet Chili Glazed Salmon with Mexican Couscous and Winter Vegetables (DF) \$14

Wild Mushroom Risotto with Pomegranate (GF, V) \$12

JANUARY 23 - 29

Duck Confit Cassoulet (DF, GF) \$14

Sun-Dried Tomato Piri Piri Chicken with Roasted Fingerlings and Broccoli (GF, DF) \$14

Steelhead Trout with Squash Sauce, Toasted Green Wheat and Wilted Swiss Chard (DF) \$14

Yellow Chickpea Curry with Coconut Basmati and Cilantro (Vegan, GF) \$12



SALADS

small \$5 large \$9

January 1 - 15

Curried Lentil Salad with Cumin & Lemon Vinaigrette (GF, Vegan)

Spinach Salad with Black-eyed Peas, Fresh Goat's Cheese and Sun-Dried Tomato Vinaigrette (GF, V)

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

Arugula with Pepita Croutons, Pecorino Romano, Baby Romaine and House Caesar Dressing (GF, V)

January 16 - February 15

Roasted Beet Salad, Grapefruit Vinaigrette, Toasted Quinoa, and Arugula (GF, V)

Roasted Winter Vegetable Salad, Green Apple, Maple Pecans and Mixed Greens (Vegan, GF)

Curried Lentil Salad with Cumin & Lemon Vinaigrette (GF, Vegan)

Spinach Salad with Black-eyed Peas, Fresh Goat's Cheese and Sun-Dried Tomato Vinaigrette (GF, V)

ALL ITEMS ARE SUBJECT TO AVAILABILITY

V- Vegetarian | GF - Gluten Free | DF - Dairy Free | N - Contains Nuts

LOOKING FOR LUNCH THYME?

..... SANDWICHES

TURKEY CLUB \$9

with Marinated Turkey Breast,
Bacon, Havarti, Tomato, Greens, & Pesto Mayo

SMOKED SALMON \$9

with In-House Smoked Salmon,
Pickled Red Onions, Cucumber, Green Goddess & Greens

EGG SALAD SANDWICH WITH DILL \$9

with Greens & Mayo

GRILLED CHEESE \$7

with Caramelized Onion Jam, White Cheddar, Garlic Butter

CURRIED VEGGIE WRAP \$7

with Curry Mayo, Grilled Curry Vegetables, Peppers, and Spinach

MARGHERITA SCONE BITE \$3.50

With Marinara, Bocconcini,
Cheese, Tomato, & Fresh Basil on a Cheddar Chive Scone

SOUPS & SPECIALS

Cup - \$4.50 / Bowl - \$8

Our soups are seasonally inspired and change daily

TRY OUR SOUP AND SANDWICH COMBO!

Cup - Save \$0.50 / Bowl - Save \$1

JANUARY FRESH MENU

Shop Hours:

Monday - Wednesday 8 am - 6 pm

Thursday - Friday 8 am - 7 pm

Saturday 9 am - 6 pm | Sunday 9 am - 5 pm

1845 Carling Ave 613-702-4424

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