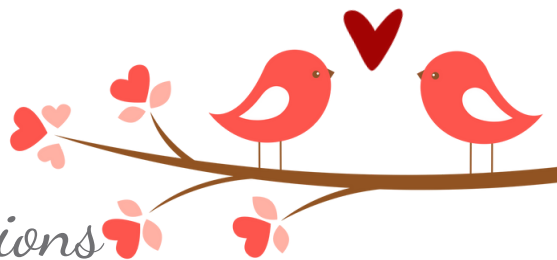




take home Valentine's Menu

ingredients + heating instructions



To Share

Beet and Goat Cheese Salad with Honey Pomegranate Vinaigrette (V, GF)

roasted garlic hummus | pickled red + golden beet hearts | sunflower seed dukkah spice

red beets, golden beets, arugula, pomegranate molasses, red wine vinegar, dijon mustard, honey, canola oil, olive oil, mild chili powder, sumac, shallot, peeled garlic, kosher salt, dried chickpeas, baking soda, lemon juice, peeled garlic, tahini (sesame), cumin, sugar, water, vinegar, sunflower seeds, pumpkin seeds, sesame seeds, fennel seeds, cumin, coriander seed, cayenne pepper, aleppo pepper

Transfer to your favourite plate and enjoy!

Charcuterie & Cheese for Two

local speck | pepper salami | pork & beef summer sausage | award winning Quebec cheeses | fermented honey | blood orange marmalade | gluten free crackers & baguette

Unwrap & enjoy as is!

Mini Baked Brie & Crostini (V)

blood orange marmalade | pickled golden beets + dates | olive oil crostini

brie cheese, blood orange, lemon juice, sugar, golden beets, vinegar, dates, crostini (baguette, olive oil, kosher salt, ground black pepper)

Preheat oven to 350F. Remove lid from the container and heat brie in oven for 8-12 minutes, until the brie is warm through and soft.

Serve with love and crostini!

Smoked Salmon Chowder with Brown Butter Croutons

smoked salmon, milk, potatoes, onion, butter, white wine, heavy cream, chicken stock, mustard powder, lemon zest, parsley, chives, kosher salt, brown butter croutons (butter, bread, kosher salt, ground black pepper)

Heat soup in a medium sized pot over medium heat. Bring to a low simmer, stirring often, until hot. Garnish with croutons

Pour into your favourite serving bowls & enjoy!



Starters | Serves One

Heritage Mixed Green Salad (V, GF, N)

blood orange + preserved quince | toasted walnuts | Spanish manchego | sherry vinaigrette

heritage mix greens, blood orange, quince, cinnamon, sugar, rose water, kosher salt, walnuts, manchego cheese, olive oil, canola oil, shallot, garlic, maple syrup, dijon mustard, thyme, ground black pepper, edible flowers, microgreens

Arrange the greens on your favorite serving plate toss with vinaigrette & enjoy!

Pink Peppercorn Seared Tuna (GF)

edamame & red pepper salad | pomelo | shaved fennel & pea shoots

tuna, pink peppercorns, salt, sugar, edamame, cucumber, red bell pepper, green onion, cilantro, toasted sesame seeds, canola oil, rice vinegar, honey soy sauce, sesame seeds, sesame oil, lime juice, garlic, sriracha, ginger, pomelo, fennel, pea shoots, kosher salt

Transfer to your favourite plate & enjoy!



GF gluten free | V vegetarian | N contains nuts | DF dairy free

All food comes in oven ready disposable containers with heating and plating instructions

Individual Entrées



Braised Beef Short Rib with Potato Rosti 'Nest' (GF)

creamy peppercorn sauce | potato rosti 'nest' | Le Coprin mushrooms | roasted acorn squash | crispy red onions & 'heart city farms' microgreens

beef, beef stock (onion, garlic, carrots, celery, red wine, tomato paste, thyme, bay leaves), green peppercorns, 35% cream, sherry vinegar, honey, yukon gold potato, duck fat, cornstarch, kosher salt, ground black pepper, acorn squash, chili powder, canola oil, red onion, microgreens

Preheat oven to 350F. Remove the lid, microgreens and red onion garnish from container. Cover container with aluminum foil, heat for 20-30 minutes or until beef is heated through. Remove from oven, garnish with microgreens and crispy red onions & serve.

Transfer to your favourite plate & enjoy!

Stuffed Cod Roulades (GF)

fennel pangrattato | creamy leek and white bean ragout | fresh herbs | buttered broccolini
'heart city farms' microgreens

cod, shallot, garlic, chives, parsley, egg white, leeks, celery, white beans, chicken stock, cream, green onion, olive oil, kosher salt, ground black pepper, broccolini, gluten free breadcrumbs, chili flakes, dried oregano, fennel seeds, lemon zest, olive oil, butter, microgreens

Preheat oven to 350F. Remove the lid and microgreens from container. Cover container with aluminum foil, heat for 18-25 minutes or until cod is heated through. Remove from oven and garnish with microgreens & serve.

Transfer to your favourite plate & enjoy!

Mariposa Farms Duck Confit Cassoulet (GF)

with garlic sausage | double smoked bacon | smoked duck breast | cannellini beans

duck legs, duck breast, kosher salt, onion powder, garlic powder, brown sugar, sage, ground savory, ground allspice, ground black pepper, dried thyme, ground cinnamon, navy beans, bacon, onion, garlic, tomato paste, chicken stock, white wine, bay leaves, thyme, rosemary, garlic sausage, kosher salt, pink salt, juniper berries, brown sugar, ground coriander, ground ginger, ground clove

Preheat oven to 350F. Remove the lid and microgreens from container. Cover container with aluminum foil, heat for 25-30 minutes or until duck and beans are heated through. Remove from oven and garnish with microgreens & serve.

Transfer to your favourite plate & enjoy!

Spinach and Ricotta Agnolotti (V)

vodka rose sauce | sundried tomato pesto | fennel pangrattato | buttered broccolini

pasta, spinach ricotta, olive oil, onions, peeled garlic, chili flakes, dried basil, dried oregano, tomato paste, vodka, canned tomato, heavy cream, sunflower seeds, sundried tomatoes, parmesan, lemon juice, roasted red peppers, canola oil, broccolini, butter

Preheat oven to 350F. Remove the lid and microgreens from container. Cover container with aluminum foil, heat for 18-25 minutes or until pasta is heated through. Remove from oven and garnish with microgreens & serve.

Transfer to your favourite plate & enjoy!

Dessert

Sweetheart Pavlova Kit (GF)

raspberries, blueberries, strawberries, lemons, eggs, butter, sugar, salt, vanilla extract, food coloring, cream, edible flowers, dried raspberries

Only prepare when ready to serve for best quality. Dollop berry curd on top of meringue bases, top with whipped chantilly cream and garnish with berries and edible flowers.

