



INDULGENCE



DINNERS FOR TWO

LONG WEEKEND MAY'D FOR YOU

IN-HOUSE GARLIC BUNS

Nutrition Facts Valeur nutritive

Per 1 bun (65 g)
Pour 1 petit pain (65 g)

Calories 250	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 12 g	16 %
Saturated / saturés 2 g	9 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 29 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 25 mg	
Sodium 430 mg	19 %
Potassium 275 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %

Ingredients: Dough (flour, water, liquid eggs, sugars(sugar), canola oil, salt, yeast), Garlic spread (canola oil, water, modified palm and palm kernel oils, salt, garlic, vegetable monoglycerides, onion, soy lecithin, parsley, potassium sorbate, garlic in oil, citric acid, natural and artificial flavour), Liquid eggs

Contains: Eggs, Gluten/Wheat, Soy

SEAFOOD DIP

Nutrition Facts Valeur nutritive

Per 2 tbsp (30 g)
Pour 2 tbsp (30 g)

Calories 60	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 4 g	5 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 35 mg	
Sodium 170 mg	7 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 0.1 mg	1 %

Ingredients: Seafood filling (shrimps, scallops, cream cheese, cheese blend (Mozzarella and Cheddar cheeses), fried onions, light mayonnaise, lemon juice, Worcestershire sauce, chives, southwest seasoning, parsley, black pepper), Breadcrumbs (Parmesan cheese, Monterey Jack cheese, parsley, chives, breadcrumbs, canola oil)

Contains: Anchovies/Scallops/ Shrimps, Eggs, Gluten/Wheat, Milk, Mustard, Sulphites

SPRING SALAD

Nutrition Facts Valeur nutritive

Per 1/2 salad (108 g)
Pour 1/2 salade (108 g)

Calories 70	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 6 g	8 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 200 mg	4 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %

Spring Salad Ingredients: Lettuce, Spring mix (baby lettuces, baby greens, frisée, radicchio), Red and orange peppers, Red onions, Green olives (olives, water, salt, canola oil and olive oil, seasoning, dehydrated garlic, lactic acid, potassium sorbate), Radish

Fired Roasted Tomato Vinaigrette

Ingredients: Tomatoes fire roasted (tomatoes, tomato juice, salt, calcium chloride, citric acid), Olive oil, Balsamic vinegar (wine vinegar, concentrated grape must, caramel colour), Basil, Salt

Contains: Sulphites

SUN-DRIED TOMATO CROSTINI

Nutrition Facts Valeur nutritive

Per 1/3 container (270 g)
Pour 1/3 contenant (270 g)

Calories 510	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 34 g	45 %
Saturated / saturés 8 g	39 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 2 g	5 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 45 g	
Cholesterol / Cholestérol 135 mg	
Sodium 850 mg	37 %
Potassium 650 mg	14 %
Calcium 50 mg	4 %
Iron / Fer 2.25 mg	13 %

Ingredients: Pumpernickel baguette (flour, water, rye meal, salt, light rye flour, caramel color, yeast), Olive oil

Contains: Gluten/Wheat, Sulphites

KEEP REFRIGERATED.

Produced in a facility where these common allergens are present:
peanuts, tree nuts, sesame, milk, eggs, seafood/fish, soy, wheat/gluten, sulphites, mustard.

FETA

Nutrition Facts Valeur nutritive	
Per 1/2 package (175 g) Pour 1/2 paquet (175 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 12 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 150 mg	
Sodium 1040 mg	45 %
Potassium 300 mg	6 %
Calcium 100 mg	8 %
Iron / Fer 0.5 mg	3 %

Ingredients: Feta cheese (pasteurized cow's milk, calcium chloride, microbial enzyme, bacterial culture, sea salt), Cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid), Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Sundried tomatoes (sundried tomatoes, canola oil, water, vinegar, salt, calcium chloride, sulphites), Black pepper

Contains: Milk, Sulphites

STUFFED SWEET POTATO

Nutrition Facts Valeur nutritive	
Per 1 tbsp (7 g) Pour 1 tbsp (7 g)	
Calories 90	% Daily Value* % valeur quotidienne*
Fat / Lipides 9 g	12 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 80 mg	3 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

Ingredients: Sweet potato filling (sweet potatoes, olive oil, garlic, chives, salt, black pepper), Herb breadcrumbs (breadcrumbs, parsley, garlic, chives, salt, thyme, rosemary, black pepper), Potato skin

Contains: Wheat/Gluten

PERI PERI CHICKEN

Nutrition Facts Valeur nutritive	
Per 1/2 package (295 g) Pour 1/2 paquet (295 g)	
Calories 490	% Daily Value* % valeur quotidienne*
Fat / Lipides 16 g	21 %
Saturated / saturés 4.5 g	22 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 9 g	31 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 55 g	
Cholesterol / Cholestérol 115 mg	
Sodium 1560 mg	68 %
Potassium 1250 mg	27 %
Calcium 350 mg	27 %
Iron / Fer 5.5 mg	31 %

Ingredients: Roasted peri peri chicken (chicken breast, peri peri marinade (hot sauce, lemon juice, onion, olive oil, cilantro, jalapenos peppers, garlic, paprika, salt, black pepper)), Green slaw (napa cabbage, zucchini, salad dressing (light mayonnaise, buttermilk, parsley, lemon juice, chives, garlic, salt, black pepper, olive oil), onion)

Peri peri oil (olive oil, peri peri marinade (hot sauce, lemon juice, onion, olive oil, cilantro, jalapenos peppers, garlic, paprika, salt, black pepper))

Contains: Eggs, Milk

PERI PERI CREAMY SAUCE

Nutrition Facts Valeur nutritive	
Per 1 cup (150 g) Pour 1 tasse (150 g)	
Calories 210	% Daily Value* % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 1 g	2 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 590 mg	26 %
Potassium 75 mg	2 %
Calcium 20 mg	2 %
Iron / Fer 1.75 mg	10 %

Ingredients: Whipping cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Peri peri marinade (hot sauce, lemon juice, onion, olive oil, cilantro, jalapeno peppers, garlic, paprika, salt, black pepper), Lime juice, Salt

Contains: Milk

RHUBARB CRUMBLE CAKE

Nutrition Facts Valeur nutritive	
Per 2 tbsp (30 mL) Pour 2 tbsp (30 mL)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 4 g	21 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 1 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 200 mg	9 %
Potassium 30 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %

Ingredients: Batter (flour, sugar, canola oil, cornstarch, apple cider vinegar, artificial vanilla, salt, baking soda, baking powder), Fruit filling (rhubarb, strawberries, sugar, water), Crumble (flour, sugars (sugar, brown sugar), butter, pecan, salt)

Contains: Gluten/Wheat, Milk, Pecans

STRAWBERRY SYRUP

Nutrition Facts Valeur nutritive	
Per 1/2 cup (90 g) Pour 1/2 tasse (90 g)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 7 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 400 mg	9 %
Calcium 20 mg	2 %
Iron / Fer 0.75 mg	4 %

Ingredients: Strawberries, Sugars (sugar), Water, Lemon Juice, Salt