

LONG WEEKEND

Feast

GENEROUSLY
SERVES 8

COOKING INSTRUCTIONS	FOR THE BBQ	FOR THE OVEN
Mesquite Flank Steak with Chimichurri Sauce	Bring Flank Steak to room temperature. Place on a medium-hot oiled grill and sear for 8-10 minutes a side, giving a quarter turn halfway through to create crosshatch marks and the internal temperature reaches 145°F (63°C) for medium-rare. Allow to rest for 10 minutes and then slice.	Bring Flank Steak to room temperature. Place on a parchment-lined baking pan in a preheated 375°F (190°C) oven for 20 minutes , flipping halfway through until the internal temperature reaches 145°F (63°C) for medium-rare. Allow to rest for 10 minutes then slice.
	Serve with Chimichurri Sauce.	
Roasted Red Pepper & Goat Cheese Stuffed Pork Chops with Balsamic Onion & Apple Compote	Bring to room temperature. Place onto a medium-hot oiled grill and sear for 5 minutes a side and then transfer to indirect heat and cook for a further 10-15 minutes and the internal temperature reaches 160°F (71°C) .	Bring to room temperature. Place on parchment-lined baking pan in a preheated 375°F (190°C) oven for 30-35 minutes and the internal temperature reaches 160°F (71°C) .
	Serve with Balsamic Onion and Apple Compote.	
Spiced Apricot Shrimp Skewers	Place onto a medium-hot oiled grill and sear the shrimp for 2 minutes per side and the internal temperature reaches 165°F (74°C) .	Place on a parchment-lined baking pan in a preheated 375°F (190°C) oven for 5-8 minutes & the internal temperature reaches 165°F (74°C) .
Roasted Heirloom Carrots & Brussel Sprouts	Place over indirect heat at 375°F (190°C) for 20-25 minutes and the internal temperature reaches 165°F (74°C) .	Place on a parchment-lined baking pan in a preheated 375°F (190°C) oven for 20-25 minutes and the internal temperature reaches 165°F (74°C) .
Cheesy Potato Bake	Place over indirect heat at 375°F (190°C) for 20-25 minutes and the internal temperature reaches 165°F (74°C) .	Place on a parchment-lined baking pan in a preheated 375°F (190°C) oven for 20-25 minutes and the internal temperature reaches 165°F (74°C) .
In-House Swirled Herb Loaf	Place over indirect heat at 375°F (190°C) for 5-10 minutes until warm.	Place onto a baking pan in a preheated 375°F (190°C) oven for 5-10 minutes until warm.
Fresh Summer Salad with Anchovy Vinaigrette	Toss Summer Salad with Anchovy Vinaigrette and allow to sit for 10 minutes .	

NUTRITIONAL INFORMATION

PLEASE NOTE: All produced in a facility where these common allergens are present. May contain: peanuts, tree nuts, sesame, milk, eggs, fish/seafood, soy, wheat/gluten, sulphites, mustard.

MESQUITE FLANK STEAK

Nutrition Facts Valeur nutritive	
Per 1/4 unit (250 g raw) pour 1/4 unité (250 g cru)	
Calories 490	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 29 g	38 %
Saturated / saturés 8 g	39 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 7 g	
Fiber / Fibres 1 g	2 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 49 g	
Cholesterol / Cholestérol 150 mg	
Sodium 570 mg	25 %
Potassium 800 mg	17 %
Calcium 75 mg	6 %
Iron / Fer 4 mg	22 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

STEAK: Beef flank steak • Canola oil • Seasoning (sugars (sugar, dextrose), dehydrated vegetables (garlic, onion, tomato), toasted wheat crumbs, salt, spices, turmeric, paprika, hydrolyzed vegetable protein (soy), citric acid, chipotle, natural smoke flavour, malic acid, canola oil, paprika extract, caramel colour).

Contains: Soy • Wheat.

BALSAMIC ONION & APPLE COMPOTE

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c.à.s. (15 mL)	
Calories 40	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fiber / Fibres 1 g	2 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 35 mg	2 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.1 mg	1 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

COMPOTE: Onions • Apples • Sugars (brown sugar, blue agave nectar) • Balsamic vinegar • Olive oil • Salt.

Contains: Sulphites.

ROASTED HEIRLOOM CARROTS & BRUSSELS SPROUTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (88 g) pour 1/2 tasse (88 g)	
Calories 80	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 330 mg	14 %
Potassium 400 mg	9 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

ROASTED CARROTS & BRUSSELS SPROUTS: Carrots • Brussels sprouts • Olive oil • Salt • Black pepper.

CHIMICHURRI SAUCE

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) pour 1 c.à.s. (15 mL)	
Calories 60	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 1 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 35 mg	2 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

CHIMICHURRI: Olive oil • Parsley • Lemon juice • Cilantro • Garlic • Jalapeno peppers • Chili flakes • Black pepper • Salt.

SPICED APRICOT SHRIMP SKEWERS

Nutrition Facts Valeur nutritive	
Per 2 skewers (110 g) pour 2 brochettes (110 g)	
Calories 100	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 145 mg	
Sodium 250 mg	11 %
Potassium 175 mg	4 %
Calcium 75 mg	6 %
Iron / Fer 0.3 mg	2 %
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SHRIMP SKEWERS: Shrimp (shrimp, salt) • Apricot spread (sugar, water, dried apricots (apricots, sulphites, rice flour), apricot puree, pectin, citric acid, sodium benzoate, natural flavour) • Sweet chili sauce (water, sugar, red chilis, vinegar, modified corn starch, salt, dehydrated garlic, dehydrated red peppers, acetic acid) • Chives.

Contains: Shrimp • Sulphites.

ROASTED RED PEPPER & GOAT CHEESE STUFFED PORK CHOP

Nutrition Facts Valeur nutritive	
Per 1 unit (375 g raw) pour 1 unité (375 g cru)	
Calories 590	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 26 g	35 %
Saturated / saturés 11 g	58 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 9 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 72 g	
Cholesterol / Cholestérol 185 mg	
Sodium 800 mg	35 %
Potassium 1400 mg	30 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

PORK CHOP: Pork chop • Farm Boy™ Original Goat Cheese (pasteurized goat's milk, sea salt, bacterial culture, microbial enzyme) • Red peppers (water, salt, citric acid, calcium chloride) • Spinach • Breadcrumbs (bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt) • Salt • Black pepper.

Contains: Milk • Wheat.

IN-HOUSE SWIRLED HERB LOAF

Nutrition Facts Valeur nutritive	
Per 1/4 loaf (74 g) pour 1/4 pain (74 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 3 g	4 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 37 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 20 mg	
Sodium 420 mg	18 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron / Fer 3.5 mg	19 %
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INGREDIENTS: Wheat flour • Water • Liquid whole egg • Sugar • Canola oil • Herbs • Salt • Yeast • Tartrazine • Amaranth.

Contains: Eggs • Wheat.

CHEESY POTATO BAKE

Nutrition Facts Valeur nutritive	
Per 1 cup (150 g) pour 1 tasse (150 g)	
Calories 290	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 10 g	13 %
Saturated / saturés 3 g	17 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 44 g	
Fiber / Fibres 3 g	12 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 10 mg	
Sodium 550 mg	24 %
Potassium 750 mg	16 %
Calcium 150 mg	12 %
Iron / Fer 1 mg	6 %
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CHEESY POTATO BAKE: Potatoes • Onions • Monterey Jack cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, annatto) • Canola oil • Garlic • Seasoning (sugars (sugar, dextrose), dehydrated vegetables (garlic, onion, tomato), toasted wheat crumbs, salt, spices, turmeric, paprika, hydrolyzed vegetable protein (soy), citric acid, chipotle, natural smoke flavour, malic acid, canola oil, paprika extract, caramel colour) • Chives • Salt • Olive oil • Black pepper.

Contains: Milk • Soy • Wheat.

FRESH SUMMER SALAD WITH ANCHOVY VINAIGRETTE

Nutrition Facts Valeur nutritive	
Per 1 1/2 cups (105 g) pour 1 1/2 tasses (105 g)	
Calories 170	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 14 g	19 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 5 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 20 mg	
Sodium 370 mg	16 %
Potassium 250 mg	5 %
Calcium 175 mg	13 %
Iron / Fer 0.75 mg	4 %
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SALAD: Romaine lettuce • Tomatoes • Corn • Bacon (pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, black pepper, propionic acid, canola oil, smoke) • Arugula • Kale • Parmigiano Reggiano cheese (unpasteurized milk, salt, rennet).

Contains: Milk.

VINAIGRETTE: Extra virgin olive oil • Parmigiano Reggiano cheese (unpasteurized milk, salt, rennet) • White wine vinegar • Anchovies (anchovy filets, vegetable oil, salt) • Lemon juice • Grainy Dijon mustard (water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulphites, turmeric).

Contains: Milk • Anchovy • Sulphites • Mustard.