

Cinco De Mayo

Baja Shrimp Cocktail

Pico de Gallo Cocktail Sauce, Herbed Black Tiger Shrimp

Tortilla Soup

RESTAURANT 4

QUALITY DINING

An incredibly priced

4-course meal!

Lime Feta Crema, Crispy Tortilla Strips

Chipotle Pollo Asado with Roasted Chunky Salsa

Chipotle Butter, Cilantro Rice & Zucchini a la Mexicana

Mole-inspired Chocolate Brownie

Choco-mole Sauce, Cinnamon No-Churn Ice Cream

REHEATING & SERVING INSTRUCTIONS

Baja Shrimp Cocktail

Serve chilled with pico de gallo cocktail sauce.

Tortilla Soup with Lime Feta Crema and Crispy Tortilla Strips

Place soup in a medium saucepan and simmer over medium-low heat until the temperature reaches 165°F (74°C). Serve soup topped with lime feta crema and crispy tortilla strips.

Chipotle Pollo Asado with Roasted Chunky Salsa and Cilantro Rice with Zucchini a la Mexicana

Place both containers on an oven-safe tray and bake, uncovered, at 350°F (177°C) for 20-25 minutes, until temperature reaches 165°F (74°C).

Mole-inspired Chocolate Brownie with Choco-mole Sauce

Bring the brownie to room temperature and slice. Simmer the sauce in a small saucepan over medium-low until internal temperature reaches 165°F (74°C). Spoon warm sauce onto the plate and place brownie over the sauce.

Cinnamon No-Churn

90 minutes before serving, place no-churn ice cream in the freezer.

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.

KEEP ALL ITEMS IN DINNER REFRIGERATED

BAJA SHRIMP COCKTAIL

Nutrition Facts Valeur nutritive

Per 1/2 package (180 g) pour 1/2 emballage (180 g)

Calories 230	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	11 %
Saturated / saturés 1.5 g + Trans / trans 0 g	7 %
Carbohydrate / Glucides 9	g
Fiber / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 29 g	
Cholesterol / Cholestérol 2	250 mg
Sodium 790 mg	34 %
Potassium 400 mg	12 %
Calcium 150 mg	12 %
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	

INGREDIENTS: Cooked shrimp (shrimp, sodium phosphate, salt) • Kale • Ketchup (tomato paste [ripened tomatoes], sugar, vinegar, salt, spices) • Tomatoes • Olive oil • Lime juice • Sweet peppers • Red onions • Cilantro • Canola oil • Jalapeno peppers • Garlic • Salt • Black pepper.

Contains: Crustaceans (shrimp).

CILANTRO RICE AND ZUCCHINI A LA MEXICANA

Nutrition Facts Valeur nutritive

Per 1/2 package (303 g)

pour 1/2 emballage (303	g)	
Calories 370	% Daily Value* % valeur quotidienne*	
Total Fat / Lipides 13 g	17 %	
Saturated / saturés 1.5 g + Trans / trans 0 g	9 %	
Carbohydrate / Glucides 5	58 g	
Fiber / Fibres 4 g	15 %	
Sugars / Sucres 6 g	6 %	
Protein / Protéines 7 g		
Cholesterol / Cholestérol	0 mg	
Sodium 980 mg	43 %	
Potassium 600 mg	18 %	
Calcium 40 mg	3 %	
Iron / Fer 1.25 mg	7 %	
* 5% or less is a little, 15% or more is a lot * 5 % ou moins c'est peu. 15 % ou plus c'est beaucoup		

INGREDIENTS: Zucchini • Basmati rice • Tomatoes • Red peppers • Corn • Onions • Water • Olive oil • Cilantro Lemon juice • Parsley • Salt • Lime juice • Garlic • Black pepper. Contains: 0

TORTILLA SOUP WITH LIME **FETA CREMA AND CRISPY TORTILLA STRIPS**

Nutrition Facts Valeur nutritive Per 1 cup (250 mL) pour 1 tasse (250 mL) Calories 270 Total Fat / Lipides 23 g 30 % Saturated / saturés 4 g 20 % + Trans / trans 0.1 g Carbohydrate / Glucides 13 g Fiber / Fibres 2 a Sugars / Sucres 4 g 4 % Protein / Protéines 5 g Cholesterol / Cholestérol 15 mg 42 % Sodium 970 mg 10 % Potassium 350 mg Calcium 75 mg 6 % 4 % Iron / Fer 0.75 mg

INGREDIENTS: Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Tomatoes • Onions • Tortillas (corn masa flour, water, cellulose gum, guar gum, amylase, propionic acid, benzoic acid, potassium sorbate) . Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture) • Canola oil • Olive oil • Feta cheese (pasteurized milk, bacterial culture, salt, microbial enzyme, calcium chloride, lipase) • Lime juice Tomato Paste (tomatoes, citric acid)
Cornstarch Salt • Jalapeno peppers • Garlic • Green onion • Chives Anco chili nowder Contains: Milk.

* 5% or less is a little, 15% or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'es

MOLE-INSPIRED CHOCOLATE BROWNIE WITH CHOCO-MOLE SAUCE AND CINNAMON **NO-CHURN ICE CREAM**

Nutrition Facts Valeur nutritive

Per 1/8 dressed cake (81 g) pour 1/8 gâteau garni (81 g)		
Calories 320	% Daily Value* % valeur quotidienne*	
Total Fat / Lipides 19 g	26 %	
Saturated / saturés 10 g + Trans / trans 0.3 g	51 %	
Carbohydrate / Glucides 3	34 g	
Fiber / Fibres 2 g	6 %	
Sugars / Sucres 28 g	28 %	
Protein / Protéines 3 g		
Cholesterol / Cholestérol 45 mg		
Sodium 70 mg	3 %	
Potassium 125 mg	4 %	
Calcium 30 mg	2 %	
Iron / Fer 2.5 mg	14 %	
* 5% or less is a little, 15% or more is a lot * 5 % ou moins c'est peu. 15 % ou plus c'est beaucoup		

INGREDIENTS: Sugars (sugar, blue agave syrup) • Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Dark chocolate (cocoa mass, sugar, cocoa butter, soy lecithin, natural vanilla flavour) • Enriched wheat flour • Whole milk • Canola oil • Water • Butter • Liquid eggs (eggs, citric acid) • Cocoa powder • Egg yolk (egg yolks, salt) • Artificial and natural vanilla flavour • Cinnamon • Anco chili powder • Salt • Canola cooking spray • Xanthan gum. Contains: Milk • Eggs • Soy • Wheat.

CHIPOTLE POLLO ASADO WITH **ROASTED CHUNKY SALSA**

Nutrition Facts Valeur nutritive Per 1/2 package (365 g edible portion) pour 1/2 emballage (365 g portion comestible)		
Calories 720	% Dally Value* % valeur quotidienne*	
Total Fat / Lipides 49 g	65 %	
Saturated / saturés 18 g + Trans / trans 1 g	92 %	
Carbohydrate / Glucides 11 g		
Fiber / Fibres 2 g	9 % 6 %	
Sugars / Sucres 6 g	0 70	
Protein / Protéines 59 g		
Cholesterol / Cholestérol 215 mg		
Sodium 860 mg	37 %	
Potassium 1000 mg	29 %	
Calcium 75 mg	6 %	
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		

INGREDIENTS: Chicken breast supreme • Tomatoes • Onions • Butter • Buttermilk 1% (partly skimmed milk, salt, bacterial culture), Cream IO% (pasteurized cow's milk, cream, sodium citrate, disodium phosphate, carrageenan, locust bean gum, dextrose) • Olive oil • Tomato Paste (tomatoes, citric acid) • Jalapenos • Garlic • Cilantro • Chipotle peppers (peppers, water, tomato paste, salt, sugar, onions, vinegar, acetic acid) · Salt · Seasoning (sugars [dextrose, sugar, corn syrup solids], spices and herbs, salt, dehydrated vegetables [garlic, onion, tomato, sweet peppers, celery], canola oil, caramel colour, silicon dioxide, paprika extract, spice extract) • Farm Boy™ Garlic Flowers (garlic flowers, canola or sunflower oil, lactic starter, acetic acid, lactic acid) . Chives . Oregano. Contains: Milk.

If there are any issues with your dinner, please reach out to the store directly. Store phone numbers can be found on farmboy.ca.