



# Share the Love

## • DINNER FOR TWO •



### MENU

House Made Focaccia

Cream of Truffle Soup  
topped with Truffle Herb Cream

Braised Beef Agnolotti  
on a bed of Vegetable Ragu

Bearnaise Grilled Salmon,  
Garlic Butter Green Beans and Herb Risotto

Individual Dark Chocolate Soufflé  
with Berry Coulis



## REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 350°F

### Focaccia

Remove the Focaccia from the plastic bag. Place on an oven safe tray and toast at 350°F for 5 minutes.

### Cream of Truffle Mushroom Soup and Truffle Herb Cream

Place soup in medium saucepan and cook over medium low heat for 5 minutes until temperature reaches 165°F. Garnish with Truffle Herb Cream.

### Braised Beef Agnolotti with Vegetable Ragu

Remove the lid and mix the Agnolotti into the vegetable sauce so that the pasta is fully coated. Place on an oven safe tray and reheat at 350°F for 15-20 minutes, until internal temperature reaches 165°F.

### Grilled Salmon with Bearnaise Sauce

Remove the lid. Place on an oven safe tray and reheat at 350°F for 20-25 minutes, until internal temperature reaches 165°F.

### Herb Risotto

Remove the lid. Place on an oven safe tray and reheat at 350°F for 15-20 minutes, until internal temperature reaches 165°F.

### Green Beans & Garlic Flower Butter

Remove the lid. Place on an oven safe tray and reheat at 350°F for 15-20 minutes, until internal temperature reaches 165°F.

### Individual Dark Chocolate Soufflé with Berry Coulis

20 minutes before you want to serve dessert, remove the lids from both Soufflé containers. Place on an oven safe tray and bake at 350°F for 15-20 minutes and until the Soufflés have risen. Serve immediately topped with the Berry Coulis.

# NUTRITIONAL INFORMATION



## GRILLED SALMON WITH BÉARNAISE SAUCE

Nutrition Facts	
Valeur nutritive	
Per 2/3 package (300 g) Pour 2/3 emballage (300 g)	
<b>Calories 850</b>	
Total Fat / Lipides	65 g
Saturated / saturés	16 g
+ Trans / trans	0.5 g
Carbohydrate / Glucides	13 g
Fibre / Fibres	1 g
Sugars / Sucres	5 g
Protein / Protéines	50 g
Cholesterol / Cholestérol	145 mg
Sodium	390 mg
Potassium	1000 mg
Calcium	100 mg
Iron	1.5 mg
* 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:** Salmon • Marinade (canola oil, olive oil, lemon juice, garlic, black pepper)  
 • Béarnaise sauce (water, cream 35% M.F., hollandaise sauce mix, white wine vinegar, tarragon) • Lemon • Parsley.  
**Contains:** Milk • Salmon • Wheat • Sulphites.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Other seafood/fish • Soy • Mustard.  
**Caution:** May contain fish bones

## BRAISED BEEF AGNOLOTTI WITH VEGETABLE RAGU

Nutrition Facts	
Valeur nutritive	
Per 1/2 package (193 g) Pour 1/2 emballage (193 g)	
<b>Calories 330</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	15 g
Saturated / saturés	3 g
+ Trans / trans	0.3 g
Carbohydrate / Glucides	33 g
Fibre / Fibres	4 g
Sugars / Sucres	5 g
Protein / Protéines	14 g
Cholesterol / Cholestérol	40 mg
Sodium	790 mg
Potassium	500 mg
Calcium	75 mg
Iron	2.5 mg
* 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:** Vegetable ragu (Farm Boy™ Tomato Sauce Sugo Di Pomodoro, zucchini, onions, button mushrooms, carrots, sweet peppers, canola oil, garlic, salt, oregano, black pepper, olive oil) • Cooked pasta (water, braised beef agnolotti, canola oil) • Parmesan cheese • Parsley.  
**Contains:** Milk • Eggs • Wheat • Sulphites.  
**May contain:** Peanuts • Tree nuts • Sesame • Seafood/fish • Soy • Mustard.

## SEASONED FRENCH GREEN BEANS

Nutrition Facts	
Valeur nutritive	
Per 2/3 cup (85 g) Pour 2/3 tasse (85g)	
<b>Calories 320</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	4 g
Saturated / saturés	0.5 g
+ Trans / trans	0 g
Carbohydrate / Glucides	55 g
Fibre / Fibres	22 g
Sugars / Sucres	0 g
Protein / Protéines	16 g
Cholesterol / Cholestérol	0 mg
Sodium	250 mg
Potassium	1150 mg
Calcium	150 mg
Iron	3 mg
* 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:** Green beans • Olive oil • Salt • Black pepper.  
**May contains:** Peanuts • Tree nuts • Sesame • Milk • Eggs • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

## GARLIC FLOWER BUTTER

Nutrition Facts	
Valeur nutritive	
Per 2 tsp (10 g) Pour 2 c.à.c (10 g)	
<b>Calories 70</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	8 g
Saturated / saturés	4.5 g
+ Trans / trans	0.2 g
Carbohydrate / Glucides	0 g
Fibre / Fibres	0 g
Sugars / Sucres	0 g
Protein / Protéines	0.1 g
Cholesterol / Cholestérol	20 mg
Sodium	45 mg
Potassium	10 mg
Calcium	0 mg
Iron	0 mg
* 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:** Butter • Farm Boy™ Garlic Flowers (garlic flowers, canola and/or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt • Black pepper • Parsley flakes.  
**Contains:** Milk.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

## CREAM OF TRUFFLE MUSHROOM SOUP & TRUFFLE HERB CREAM

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) Pour 1 tasse (250 mL)	
<b>Calories 160</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	11 g
Saturated / saturés	5 g
+ Trans / trans	0.1 g
Carbohydrate / Glucides	12 g
Fibre / Fibres	1 g
Sugars / Sucres	7 g
Protein / Protéines	4 g
Cholesterol / Cholestérol	20 mg
Sodium	800 mg
Potassium	250 mg
Calcium	75 mg
Iron	1.25 mg
* 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:** Farm Boy™ Cream of Truffle Soup (water, mushrooms, milk, onions, garlic, olive oil, tomato paste, butter, enriched wheat flour, salt, truffle oil, sugar, black pepper, thyme, nutmeg) • Truffle herb cream (cream 35% M.F., sour cream, parsley, chives, truffle oil, salt, black pepper).  
**Contains:** Milk • Wheat.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Sulphites • Mustard.

## HERB RISOTTO

Nutrition Facts	
Valeur nutritive	
Per 1/2 package (181g) Pour 1/2 emballage (181g)	
<b>Calories 290</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	11 g
Saturated / saturés	5 g
+ Trans / trans	0.3 g
Carbohydrate / Glucides	33 g
Fibre / Fibres	1 g
Sugars / Sucres	2 g
Protein / Protéines	12 g
Cholesterol / Cholestérol	25 mg
Sodium	910 mg
Potassium	125 mg
Calcium	225 mg
Iron	1.25 mg
* 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:** Risotto (water, arborio rice, parboiled long grain rice, white cooking wine, onions, carrots, olive oil, salt, garlic, black pepper) • Parmesan cheese (milk, bacterial culture, salt, calcium chloride, microbial enzyme, lipase) • Parmesan cheese (pasteurized milk, bacterial culture, salt, rennet, cellulose, sorbic acid, calcium chloride) • Chives • Parsley.  
**Contains:** Milk • Sulphites.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Sulphites.

## FOCCACCIA BREAD

Nutrition Facts	
Valeur nutritive	
Per 1/2 unit (78 g) Pour 1/2 unité (78 g)	
<b>Calories 250</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	9 g
Saturated / saturés	1 g
+ Trans / trans	0 g
Carbohydrate / Glucides	34 g
Fibre / Fibres	2 g
Sugars / Sucres	3 g
Protein / Protéines	6 g
Cholesterol / Cholestérol	0 mg
Sodium	570 mg
Potassium	75 mg
Calcium	10 mg
Iron	2 mg
* 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:** Enriched wheat flour • Water • Olive oil • Fresh yeast • Sugar • Salt.  
**Contains:** Wheat.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Soy • Sulphites.

## INDIVIDUAL DARK CHOCOLATE SOUFFLÉ WITH BERRY COULIS

Nutrition Facts	
Valeur nutritive	
Per 1/8 cake (51 g) Pour 1/8 gâteau (51g)	
<b>Calories 150</b>	% Daily Value* % valeur quotidienne*
Total Fat / Lipides	7 g
Saturated / saturés	4 g
+ Trans / trans	0 g
Carbohydrate / Glucides	17 g
Fibre / Fibres	1 g
Sugars / Sucres	15 g
Protein / Protéines	3 g
Cholesterol / Cholestérol	60 mg
Sodium	75 mg
Potassium	100 mg
Calcium	30 mg
Iron	1.75 mg
* 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:** Double chocolate soufflé cake (milk, dark chocolate, sugar, liquid egg whites, liquid egg yolk mix, enriched wheat flour, butter, cream of tartar) • Mixed berry coulis (strawberries, blueberries, blackberries, raspberries, sugar, lemon juice, salt).  
**Contains:** Milk • Eggs • Soy • Wheat.  
**May contain:** Peanuts • Tree nuts • Sesame • Seafood/fish • Sulphites • Mustard.



If there are any issues with your dinner, please reach out to the store directly.  
Store phone numbers can be found on [farmboy.ca](http://farmboy.ca).

