



# Evening in Dublin

♣ DINNER FOR TWO ♣

## Menu

Homestyle Bread

Pilsner & Potato Chowder

Irish Cheese Flan  
with Balsamic Glazed Onions

Beef & Guinness Pot Pie  
Scallion Mashed Potatoes, Gravy,  
Mixed Lemon Garlic Greens

Toffee Pudding  
with Whipped Irish Coffee Cream



## REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 350°F

### Homestyle Bread

Remove the loaf from the plastic bag, place on an oven safe tray and toast, uncovered, in a preheated oven, at **350°F** for **5 minutes**.

### Pilsner & Potato Chowder

Place soup in medium saucepan and simmer over medium low heat until internal temperature reaches 165°F (74°C).

### Irish Cheese Flan with Balsamic Glazed Onions

Place container on oven safe tray and bake, uncovered, at **350°F** for **10 minutes**, until internal temperature reaches 165°F (74°C). Slice, serve, and garnish with Balsamic Onions.

### Guinness Beef Pot Pie and Scallion Mashed Potato and Gravy

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

### Lemon Garlic Mixed Greens

In a bowl, toss the mixed greens with the lemon garlic dressing. Serve with main course.

### Toffee Pudding with Irish Coffee Whipped Cream

Place container on oven safe tray and bake, uncovered, at **350°F** for **10 minutes**, until internal temperature reaches 165°F (74°C). Serve with the Irish Coffee Whipped Cream.

# 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 REFRIGERATED**

## HOMESTYLE BREAD

### Nutrition Facts Valeur nutritive

Per 1/2 small loaf (68 g)  
Pour 1/2 petit pain (68 g)

Calories 190	% Daily Value*
<b>Fat / Lipides</b> 3.5 g	4 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 34 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines</b> 7 g	
<b>Cholesterol / Cholestérol</b> 30 mg	
<b>Sodium</b> 400 mg	17 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %

\* 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 • Liquid whole egg • Sugar • Canola oil • Salt • Fresh yeast • Tartrazine • Amaranth.

**Contains:** Eggs • Wheat

**May contain:** Peanuts • Tree nuts • Sesame • Soy • Sulphites.



## PILSNER & POTATO CHOWDER

### Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)  
Pour 1 tasse (250 mL)

Calories 270	% Daily Value*
<b>Fat / Lipides</b> 12 g	16 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides</b> 35 g	
Fibre / Fibres 3 g	9 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines</b> 5 g	
<b>Cholesterol / Cholestérol</b> 30 mg	
<b>Sodium</b> 660 mg	29 %
Potassium 600 mg	18 %
Calcium 75 mg	6 %
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:** Potatoes • Dealcoholized beer (water, barley malt, hop extract, carbon dioxide) • Water • Milk • Corn • Onions • Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Butter • Enriched wheat flour • Green onion • Salt • Garlic • Parsley • Olive oil.

**Contains:** Barley • Milk • Wheat.

**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Sulphites • Mustard.

## IRISH CHEESE FLAN WITH BALSAMIC GLAZED ONIONS

### Nutrition Facts Valeur nutritive

Per 1/4 package (67 g)  
Pour 1/4 emballage (67 g)

Calories 240	% Daily Value*
<b>Fat / Lipides</b> 21 g	28 %
Saturated / saturés 13 g	65 %
+ Trans / trans 0.4 g	
<b>Carbohydrate / Glucides</b> 8 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 6 g	6 %
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 135 mg	
<b>Sodium</b> 410 mg	18 %
Potassium 100 mg	3 %
Calcium 125 mg	10 %
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:** Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Dubliner cheese (pasteurized milk, salt, bacterial culture, microbial enzyme) • Leeks • Onions • Liquid egg yolk mix (liquid egg yolk, salt) • Brown sugar • Farm Boy™ Garlic Flowers (garlic flowers, canola and/or sunflower oil, lactic starter, acetic acid, lactic acid) • Balsamic vinegar (concentrated grape must, wine vinegar, caramel colour) • Olive oil • Salt • Chives • Black pepper.

**Contains:** Eggs • Milk • Sulphites.

**May contain:** Peanuts • Tree nuts • Sesame • Seafood/fish • Soy • Wheat • Mustard • Wheat.

## BEEF & GUINNESS POT PIE

### Nutrition Facts Valeur nutritive

Per 1/3 pie (199 g)  
Pour 1/2 tarte (199 g)

Calories 480	% Daily Value*
<b>Fat / Lipides</b> 33 g	44 %
Saturated / saturés 12 g	62 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 25 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines</b> 21 g	
<b>Cholesterol / Cholestérol</b> 70 mg	
<b>Sodium</b> 740 mg	32 %
Potassium 500 mg	15 %
Calcium 30 mg	2 %
Iron / Fer 3.5 mg	19 %

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\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Beef blade • Water • Puff pastry (enriched wheat flour, vegetable oils [palm, soybean, hydrogenated cottonseed], water, salt, sugars [glucose-fructose], mono- and diglycerides, soy lecithin, turmeric extract, annatto extract, ascorbic acid) • Potatoes • Onions • Non-alcoholic Guinness beer (water, malted barley, barley, roasted barley, sugars [fructose], natural flavour, hops, yeast) • Carrots • Mushrooms • Canola oil • Beef flavoured poutine sauce (modified cornstarch, sugars [corn syrup solids, sugar, maltodextrin, dextrose], hydrolyzed vegetable proteins [soy], rice flour, modified milk ingredients, salt, canola oil, dehydrated onion and beet, natural flavour, caramel colour, disodium inosinate, disodium guanylate, xanthan gum, spice, spice extract) • Garlic • Liquid whole egg • Salt • Olive oil • Black pepper.

**Contains:** Barley • Eggs • Milk • Soy • Wheat • Sulphites.

**May contain:** Peanuts • Tree nuts • Sesame • Seafood/fish • Mustard.

## SCALLION MASHED POTATO AND GRAVY

### Nutrition Facts Valeur nutritive

Per 1/2 cup (120 g)  
Pour 1/2 cup (120 g)

Calories 150	% Daily Value*
<b>Fat / Lipides</b> 9 g	12 %
Saturated / saturés 6 g	31 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides</b> 15 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 25 mg	
<b>Sodium</b> 430 mg	19 %
Potassium 350 mg	10 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %

\* 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:** Potatoes • Milk • Butter • Water • Green onion • Veal demi-glace sauce (veal stock, white wine, mushrooms, modified cornstarch, water, veal glace, onion, tomato paste, carrot, celery, leek, cane sugar, sea salt, duck fat, garlic, butter, spices) • Denatured red cooking wine (wine, salt, sulfur dioxide) • Onions • Butter • Salt • Balsamic vinegar (concentrated grape must, wine vinegar, caramel colour) • Cornstarch • Black pepper • Garlic • Olive oil.

**Contains:** Milk • Sulphites.

**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Wheat • Mustard.

## MIXED LEMON GARLIC GREENS

### Nutrition Facts Valeur nutritive

Per 1/2 package (47 g)  
Pour 1/2 emballage (47 g)

Calories 120	% Daily Value*
<b>Fat / Lipides</b> 12 g	16 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 1 g	
Fibre / Fibres 1 g	2 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 200 mg	9 %
Potassium 125 mg	4 %
Calcium 30 mg	2 %
Iron / Fer 0.5 mg	3 %

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**Ingredients:** Farm Boy™ Lemon Garlic Dressing (sunflower oil, vinegar, lemon juice from concentrate [water, concentrated lemon juice, lemon oil], extra virgin olive oil, dehydrated garlic, sea salt, pepper, garlic essence) • Spinach • Arugula • Kale.

**Contains:** ø.

**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Milk • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

## TOFFEE PUDDING WITH WHIPPED IRISH COFFEE CREAM

### Nutrition Facts Valeur nutritive

Per 1/3 package (115 g)  
Pour 1/3 emballage (115 g)

Calories 350	% Daily Value*
<b>Fat / Lipides</b> 17 g	23 %
Saturated / saturés 11 g	59 %
+ Trans / trans 0.4 g	
<b>Carbohydrate / Glucides</b> 46 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 34 g	34 %
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / Cholestérol</b> 65 mg	
<b>Sodium</b> 270 mg	12 %
Potassium 200 mg	6 %
Calcium 75 mg	6 %
Iron / Fer 1.25 mg	7 %

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\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Water • Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Sugars (sugar, brown sugar, sweetened condensed milk [evaporated milk, liquid sugar, lactose]) • Organic dates (organic dates, organic rice flour) • Enriched wheat flour • Butter • Liquid whole egg • Brandy 40% • Baking powder • Baking soda • Artificial and natural vanilla flavour • Salt • Cocoa powder • Instant coffee.

**Contains:** Eggs • Milk • Wheat • Sulphites.

**May contain:** Peanuts • Tree nuts • Sesame • Seafood/fish • Soy • Mustard.

**Caution:** May contain pit and/or pit fragments.



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