



MOTHER'S DAY Brunch

✿ GENEROUSLY SERVES FOUR ✿

MENU

Berry, Citrus, & Feta Salad
with Pecans and Apple Cider Vinaigrette

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Crispy Breakfast Potatoes
with Garlic and Mesquite

.....

**Slow Roasted
Tomatoes Provençal
& Breakfast Sausages**

.....

Sautéed Leek & Spinach Frittata

.....

Lemon Ricotta Cake
with Strawberry Coulis and Vanilla Whip



REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 375°F

Berry, Citrus & Feta Salad with Pecans and Apple Cider Vinaigrette

Place in large bowl, add dressing and toss well.

Crispy Breakfast Potatoes with Garlic and Mesquite

Place container on oven safe tray and bake, uncovered, at 375°F for 20-25 minutes, until internal temperature reaches 165°F.

Slow Roasted Tomatoes Provençal & Breakfast Sausages

Place container on oven safe tray and bake, uncovered, at 375°F for 15-20 minutes, until internal temperature reaches 165°F.

Sautéed Leek & Spinach Frittata

Place container on oven safe tray and bake, uncovered, at 375°F for 20-25 minutes, until internal temperature reaches 165°F.

Lemon Ricotta Cake with Strawberry Coulis and Vanilla Whip

Allow cake to come to room temperature before serving. Serve with Vanilla Whipped Cream and Strawberry Coulis.



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**

BERRY, CITRUS & FETA SALAD WITH PECANS AND APPLE CIDER VINAIGRETTE

Nutrition Facts Valeur nutritive	
Per 1/4 package (138 g) Pour 1/4 emballage (138 g)	
Calories 270	% Daily Value*
Total Fat / Lipides 23 g	30 %
Saturated / saturés 3.5 g	
+ Trans / trans 0.2 g	19 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 2 g	9 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 15 mg	
Sodium 200 mg	9 %
Potassium 200 mg	6 %
Calcium 75 mg	6 %
Iron / Fer 1 mg	6 %

* 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: Romaine lettuce, Mandarin segments (mandarin orange segments, water, sugar), Farm Boy® Apple Cider Dressing (sunflower oil, apple cider vinegar, sugars [honey], extra virgin olive oil, dehydrated onion, dehydrated garlic, sea salt, black pepper), Blueberries, Feta cheese (pasteurized milk, bacterial culture, salt, microbial enzyme, calcium chloride, lipase), Lettuce spring mix (lollo rosa, red leaf, romaine [red, green] bulls blood, chard [red, green, gold], tango, mizuna, green oak, tatsoi, spinach, frisée), Pecan pieces.

Contains: Milk, Pecans.

May contain: Peanuts, Other Tree nuts, Sesame, Eggs, Fish, Shellfish, Soy, Wheat, Sulphites, Mustard.

SAUTÉED LEEK & SPINACH FRITTATA

Nutrition Facts Valeur nutritive	
Per 1/6 package (200 g) Pour 1/6 emballage (200 g)	
Calories 290	% Daily Value*
Total Fat / Lipides 19 g	26 %
Saturated / saturés 7 g	
+ Trans / trans 0.2 g	38 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 460 mg	
Sodium 900 mg	39 %
Potassium 350 mg	10 %
Calcium 200 mg	15 %
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

Ingredients: Liquid whole egg, Leeks, Spinach, Feta cheese (pasteurized milk, bacterial culture, salt, microbial enzyme, calcium chloride, lipase), Buttermilk (partly skimmed milk, salt, bacterial culture), Olive oil, Parsley, Salt, Black pepper.

Contains: Eggs, Milk

May contain: Peanuts, Tree nuts, Sesame, Fish, Shellfish, Soy, Wheat, Sulphites, Mustard.

CRISPY BREAKFAST POTATOES WITH GARLIC AND MESQUITE

Nutrition Facts Valeur nutritive	
Per 1/8 package (150 g) Pour 1/8 emballage (150 g)	
Calories 360	% Daily Value*
Total Fat / Lipides 25 g	34 %
Saturated / saturés 2 g	
+ Trans / trans 0.2 g	10 %
Carbohydrate / Glucides 32 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 360 mg	17 %
Potassium 700 mg	21 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %

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Ingredients: Potatoes (potatoes, sodium metabisulphite), Onions, Canola oil, Mesquite seasoning (sugars [sugar, dextrose], dehydrated vegetables [onion, tomato, garlic], toasted wheat crumb, salt, spices, turmeric, paprika, hydrolyzed vegetable proteins, citric acid, chipotle, natural smoke flavour, malic acid, canola oil, paprika extract, caramel colour), Parsley, Garlic, Salt, Lemon juice, Water, Black pepper.

Contains: Soy, Wheat, Sulphites.

May contain: Peanuts, Tree nuts, Sesame, Eggs, Milk, Fish, Shellfish, Mustard.

LEMON RICOTTA CAKE

Nutrition Facts Valeur nutritive	
Per 1/7 cake (81 g) Pour 1/7 gâteau (81 g)	
Calories 270	% Daily Value*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 3 g	
+ Trans / trans 0.1 g	15 %
Carbohydrate / Glucides 42 g	
Fibre / Fibres 1 g	2 %
Sugars / Sucres 27 g	27 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 45 mg	
Sodium 210 mg	9 %
Potassium 100 mg	3 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %

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Ingredients: Sugar, Ricotta (pasteurized milk, pasteurized cream, modified milk ingredients, salt, lactic acid, potassium sorbate, sodium carbonate, sodium hydroxide), Enriched wheat flour, Liquid whole egg, Lemon juice, Olive oil, Baking powder, Salt, Natural lemon oil.

Contains: Eggs, Milk, Wheat

May contain: Peanuts, Tree nuts, Sesame, Soy, Sulphites.

SLOW ROASTED TOMATOES PROVENÇAL AND BREAKFAST SAUSAGES

Nutrition Facts Valeur nutritive	
Per 1/8 assorted pieces (110 g) Pour 2 morceaux assortis (110 g)	
Calories 230	% Daily Value*
Total Fat / Lipides 18 g	23 %
Saturated / saturés 6 g	
+ Trans / trans 0 g	30 %
Carbohydrate / Glucides 5 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 50 mg	
Sodium 540 mg	23 %
Potassium 400 mg	12 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %

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Ingredients: Maple breakfast sausage (ground pork, sugars [maple syrup], water, whole grain Dijon mustard, salt, lamb casing, black pepper, garlic powder, onion powder, dried parsley, sage, nutmeg), Provençal tomatoes (tomatoes, olive oil, garlic, thyme, salt, chives, black pepper), Chives.

Contains: Mustard.

May contain: Peanuts, Tree nuts, Sesame, Eggs, Milk, Fish, Shellfish, Soy, Wheat, Sulphites.

STRAWBERRY COULIS & VANILLA WHIP

Nutrition Facts Valeur nutritive	
Per 1 1/2 tbsp (15 g) Pour 1 1/2 c.à.s (15 g)	
Calories 40	% Daily Value*
Total Fat / Lipides 3 g	4 %
Saturated / saturés 2 g	
+ Trans / trans 0 g	10 %
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 0.5 g	
Cholesterol / Cholestérol 5 mg	
Sodium 0 mg	0 %
Potassium 10 mg	0 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

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Ingredients: Cream 35% M.F. (cream, milk, carrageenan, mono and diglycerides, cellulose gum, dextrose), Strawberries, Sugars (icing sugar, sugar), Sour cream (milk ingredients, modified cornstarch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), White vinegar, Artificial and natural vanilla flavour, Water, Cornstarch.

Contains: Milk

May contain: Peanuts, Tree nuts, Sesame, Eggs, Fish, Shellfish, Soy, Wheat, 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.