**Individual Packaged Meals**

**Breakfast:**

**Nurture Continental $8.50 each**

Mini bagel with jams and cream cheese, danish ,muffin, fresh fruit with honey mint dressing, yogurt and granola.

**Deluxe Continental Breakfast $11.50 each**

Mini bagel with jams and cream cheese, danish ,muffin, hard boiled egg,turkey sausage, fresh fruit with honey mint dressing, house made yogurt and granola.

**Hot Breakfast $13.50 each**

Scrambled eggs, house made hash browns, two slices of smoked bacon, two slices of toast. served with jams and fresh fruit with honey mint dressing.

**Breakfast Burrito $12.00 each**

Fresh scrambled egg rolled into a breakfast wrapped, with mix peppers, beans, turkey sausage, cheese, salsa, and fresh fruit with honey mint dressing.

**Pancake Breakfast $12.50 each**

Two buttermilk pancakes served with butter and syrup, scrambled eggs, two turkey sausage,house made hash browns

**Boxed Lunch:**

$14.00 each

Sandwich choices

**Chicken salad**

Chicken Salad, lettuce, tomato, multigrain.

**Egg Salad**

Egg Salad, lettuce, croissant

**Greek Pita ( vegetarian)**

Hummus,spinach, cucumber, tomato, red onion, black olive, feta, avocado, Pita bread

**Grilled Chicken Caesar Wrap**

Grilled chicken breast, caesar dressing, romaine lettuce, bacon bits, parmesan, fresh tortilla wrap.

**Ham & Swiss**

Black forest ham, swiss cheese, tomato, parm dip, baguette

**Reuben Sandwich**

Corned beef, swiss cheese, sauerkraut, russian dressing, rye bread.

**Roast Beef**

Shaved roast beef, cheese, horseradish mayo, red onions, lettuce, kaiser buns.

**Smoked Salmon**

Smoked salmon, cream cheese, alfalfa sprout, croissant.

**Turkey & Havarti**

Smoked turkey, havarti, tomato, iceberg, pesto mayo, multigrain bread.

Box includes:

**-Potato chips**

**-Cookies**

**-Fresh fruit with honey mint dressing**

**Set Meals:**

**Stuffed Chicken Breast $15.50 each**

Stuffed chicken breast (asparagus and kale), served with brown rice. GF

**Ratatouille Chicken Cacciatore $14.50 each**

Rustic braised of chicken thigh, aromatic vegetables, tomatoes, served with spinach pepper orzo.

**Butter Chicken $14.99 each**

Tender chicken thigh, butter cream sauce, served with basmati rice and naan bread

\*Butter Paneer available as vegetarian option.

**Roasted Chicken $14.50 each**

Herb roasted chicken, potato with dill cream sauce, steamed vegetable. GF

**Turkey Dinner $16.00 each**

Roast turkey, seasonal vegetable, mashed potatoes, gravy and cranberry sauce.

**Grilled Pork Chops Bone-in $15.50 each**

Grilled porkchops, peppercorn cream sauce, roasted tri color peppers served with herb roasted baby potatoes

**Honey Glazed Pineapple Baked Ham $15.00 each**

Honey glazed country ham, pinapple, garlic green beans served with potato dauphinoise.

\*Sweet and Sour Tofu available as vegetarian option.

**Beef Bourguignon $16.00 each**

Tender diced beef, provencal vegetable, rich gravy steamed broccoli and carrots, served with garlic mashed potato

**Spaghetti Meatballs $14.00 each**

Nurture Meatballs. oven roasted tomato sauce, spinach, parmesan, served with garlic bread.

**Beef Lasagna or Vegetarian $14.00 each**

Traditional lasagna, tomato sauce, basil, ricotta, with choice of your sauteed seasoned beef or roasted vegetables served with mixed green salad.

**Sweet and Sour Meatballs $15.00 each**

House made beef meatballs, nurture sweet and sour sauce,carrots, peppers, served with vegetable fried rice.

**Oven Baked Salmon $16.00 each**

Herb baked salmon, rice pilaf and roasted vegetable. GF

**Hawaiian Salmon Poke Bowl $14.50 each**

Salmon cubes, avocado, cucumber, carrots, red cabbage, cooked shelled edamme sesame oil, served with sushi rice or brown rice.

**Fish Cakes $ 15.00 each**

Traditional House made fishcake, purple cabbge served with wild rice.

**Stir Fry $13.00 each**

Choice of beef, chicken, tofu and vegetable served with egg fried rice.

**Vegetarian Bulgogi $14.50 each**

Pan fried marinated tofu and vegetable. Served with steamed rice and kimchi

**Pirohy Luncheon $15.00 each**

Fried potato and cheddar perogies, sauteed onions, sour cream, bacon bits, sauerkraut, kobasa, coleslaw.

**Salads**

**Caesar Salad $8.00 each**

Crisp Romaine hearts, herb croutons, shaved parmesan cheese, house made caesar dressing.

**Garden Green Salad $8.00 each**

Mix Green, Cucumber, tomato, croutons, choice of dressing (Balsamic vinaigrette,Italian dressing, Honey mustard, Ranch).

**Greek Salad $8.00 each**

Cucumber, grape tomatoes, red onions, red and green peppers, olives, oregano, and feta cheese.

**Grow salad $8.00 each**

Heritage green, cucumber, vine ripe tomato, house made balckberry infused vinaigrette.

**Wedge Salad $8.00 each**

Ice berg, blue cheese, balsamic tomatoes, bacon.

**Roasted Beet Salad 9.00 each**

Roasted beets, arugula, Goat cheese, pecans, honey mustard dressing.

**Watermelon Salad With Mint And Feta $8.00 each**

Watermelon, mint, feta, lime juice.

**Caprese Salad $9.00 each**

Tomato, bocconcini, basil,mix lettuce, balsamic reduction.

**Istraeli Couscous Salad $8,00 each**

Istraeli couscous, cucumber, peppers, red onion, dried cranberries,chickpeas

**Quinoa & Fresh Kale Salad $8.00 each**

Quinoa, fresh shredded kale, tomato, cucumber, onions, lemon vinaigrette

**Italian Pasta Salad $8.00**

Rotini Pasta, chopped salami, tomatoes, mix peppers, red onions mozarella cheese, parmesan, italian vinaigrette dressing.

Additional Salad dressings $1.20

**Build Your Own Meals**

**Hot entree**

Choice of 1 from the following

**Beef:**

**Beef Rouladen $16.00**

Thin slice roast beef rolled with rouladen stuffing (bacon, onion, mjustard and pickles)

**Beef Kofta Meatballs with Tangy Tahini Tauce 15.50**

Lebanese kofta spiced meatballs and fresh herbs with tangy tahini sauce

**Provencal Braised Short Ribs $16.99**

‘Lo and slo’ for 12 hours brings the flavors of southern france.

**Beef Bulgogi $16.00**

Marinated thin slices of beef on a korean barbecue sauce.

**Chicken:**

**Chicken Cordon Bleu $16.50**

Golden brown lightly breaded chicken breast with flavorful ham and swiss cheese.

**Grilled Chicken Breast with Mushroom sauce $16.00**

Marinated chicken breast and grilled. topped with mushroom cream sauce.

**Grilled Piri Piri Chicken $16.00**

Spicy, sweet african-portuguese grilled chicken with a house made piri piri sauce.

**Chicken Apricot Ballontine $16.50**

Prosciutto wrapped chicken thigh with tarragon mushroom drizzle

**Pork:**

**Roast Pork with Cameralized Onion Gravy $16.00**

Slow-cooked oven roast pork tenderloin served with cameralized onion gravy sauce.

**Slow Cooker Barbeque Ribs $16.25**

Pork ribs baked in our own secret barbecue sauce.

**Pork Tenderloin $16.00**

Pork medallions served with red wine demi glazed.

**Seafood:**

**Miso Marinated Black Cod $16.99**

Pan-fried cod with ginger teriyaki drizzle

**Baked Wild Pacific Salmon $16.99**

Served with capers, white wine and lemon zest cream sauce

**Cajun Grilled Shrimp Skewers $16.99**

Shrimp skewers marinated in cajun garlic and lemon threaded onto sticks and cooked to perfection

**Vegetarian:**

**Stir Fry Tofu with Vegetable $16.00**

Tofu, broccoli, carrots, mushroom, peppers stir fried in a ginger garlic sauce.

**Polenta Parmigiana $15.00**

A tomato basil sauce is generously spooned over layers of cheese and polenta.

**Paneer Tikka Masala $15.50**

Indian dish of marinated paneer cheese served with spiced gravy

**Vegan:**

**Italian Style Vegan Meatballs $15.50**

Juicy tender italian vegan meatballs served with marinara sauce.

**Vegan Sweet Potato Chickpea Curry $16.00**

Made with coconut milk fresh spices and veggies.

**Eggplant Rolled Stuffed with Couscous and Peppers 15.50**

Eggplant rolls are stuffed with a flavorful istraeli couscous combined with tomatoes and peppers.

**Starch:**

Choose of 1 from the following

**Oven Herb Roasted Potatoes**

**Garlic Mashed Potatoes**

**Steamed Baby Potatoes with Dill Cream Sauce**

**Rice Pilaf**

**Steamed Rice**

**Brown Rice**

**Vegetable Fried Rice**

**Penne Aglio e Olio**

**Gnocchi Pasta**

**Vegetable:**

Choice of 1 from the following

**Steamed Market Vegetable**

**Garlic Green Beans**

**Roasted Seasonal Vegetable**

**Honey Glazed Carrots**

**Bake Zucchini and Tri-Coloured Peppers**

**Corn on the Cob with Garlic Butter**

**House Made Dessert by Nurture**

**Chocolate Chips Cookies 2 for $3.99**

**Banana bread 2 for 4.25**

**Creme Caramel $4.50 each**

**Individual Oreo Cheesecake 2 for 8.25**

**Individual Fruit Cheesecake 2 for 8.25**

**Individual Panna Cotta with Berries Sauce and Fruits $4.50 each**

**Chocolate Fudge Brownies 2 for $4.50**

**Individual Strawberry Short Cake Parfait $4.50 each**

**Fruit Salad with Mint and Honey $3.99**

**Gluten free options:**

**Gluten free Banana Bread 2 for $4.00**

**Gluten Free Brownies 2 for $4.50**

**Vegan Options:**

**Vegan Chocolate Chip Cookies 2 for $3.99**

**Vegan muffins (banana, blueberry) 2 for $4.25**