

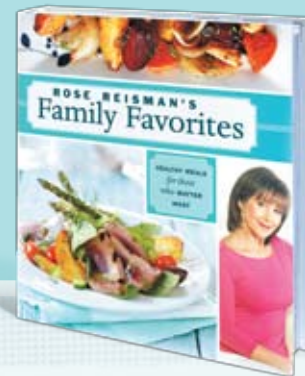
{ special offer }

ORDER ANY DISH
OFF THE FAMILY FAVORITES
FEATURED MENU AND
TAKE HOME ROSE'S NEWEST
COOKBOOK AT \$15 OFF
RETAIL PRICE \$29.95

plus

WIN A CHANCE TO HAVE A
DELICIOUS, SOPHISTICATED
DINNER WITH ROSE.

Rose will prepare dinner
for you and 9 friends right
in her own home.



Portion of proceeds from Family Favorites Menu will be donated
to Breakfast for Learning, a non-profit organization
dedicated to child nutrition.



ROSE REISMAN'S Family Favorites



{ Acknowledgements }

We've teamed up with
renowned cookbook author
and one of Canada's leading
authorities on the art of living
and eating well

Rose Reisman to bring you
these nutritious meals.

All the items featured
on this menu are from her
latest and brand new cookbook

Family Favorites.



The
**PICKLE
BARREL**

HEALTHY MEALS
for those
who **MATTER**
MOST





{ fajita burger }

Premium ground turkey burger (served bunless) topped with local Ontario 1-yr Aged Vat Cheddar, and sautéed onion & pepper medley.

Served with grilled asparagus and mixed greens salad.

\$13

sautéed mushroom and cheddar frittata

Open-faced style omelette combined with sautéed mushrooms, peppers, onions, baby spinach and aged white cheddar. Served with mixed greens salad. Perfect any time of the day! \$13



strawberry spinach salad

Baby spinach leaves tossed with grilled chicken breast, strawberries, cinnamon almonds and crumbled goat cheese with an apple cider vinaigrette. \$12

Substitute for grilled salmon, add \$3

cobb salad wrap

Seasoned chicken breast with tomatoes, bell peppers, avocado, black beans, shredded cheddar and light sour cream in a whole wheat tortilla. Served with mixed greens salad. \$12



satay platter

An appetizer platter ideal for sharing with two skewers of each: grilled black tiger shrimp, sirloin beef kebobs and grilled chicken satays.

Served with a hoisin-apricot, soy-ginger and peanut dipping sauce. \$12



{ mango pineapple basa fillet }

Panko crusted basa fillet pan sautéed and topped with pineapple & mango salsa.

Served with a mixed nut and citrus couscous.

\$14

tortilla crusted chicken

Boneless chicken breast crusted with tortilla chips, topped with shredded aged white cheddar and black bean salsa. Served with guacamole and a side of corn salad. \$15



shrimp fried rice with edamame

Jumbo black tiger shrimp with stir fried vegetables, edamame and toasted sesame seeds in a light soya-ginger sauce. \$15

