

Absolutely Edibles Catering & Real Food Fusion Restaurant

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Hot working lunches or light working dinners

Beef Stroganoff \$15

Slow simmered strips of beef and mushrooms in a sherry, cream sauce. Served over a bed of rice or egg noodles. Accompanied with a fresh oven roll and mixed green salad with side dressing. Gluten free available

Ginger Beef \$14.

Strips of beef, slivered red, green peppers and sweet onion. Tossed in a soya ginger glaze. Served with rice and mixed green salad with side dressing.

Shepherds Pie \$ 14

Lean ground beef, vegetables & spices in a rich brown gravy, finished with real whipped potatoes. Baked to a golden brown. Served with a fresh oven roll & mixed green salad with side dressing. Gluten free

Irish Stew \$ 13

Alberta sirloin chunks slow simmered with root vegetables in a rich beef gravy. Served with a fresh oven roll & mixed green salad with side dressing. Gluten free

Meat Lovers lasagna \$14

We start from scratch layering sheets of lasagna noodles with Italian sausage, meatballs, blended cheeses, cottage cheese, spinach and our marinara sauce.

Finished with more meatball and cheese.

Served with our house Caesar salad and fresh baguette

Danish Frikadeller Dinner \$14.

Beef Danish meatballs just mor mor use to make, served with red cabbage, boiled potatoes and brown gravy

Greek Chicken or Beef Souvlaki \$16

Plump pieces of chicken breast or sirloin marinated in fresh greek herbs, skewered then grilled to perfection. Served with rice pilaf, tzatiki, pita bread & greek salad.

Gluten free, Vegan option available

Thai Chicken curry \$16

Slow simmered chicken pieces with our special blend of spices, coconut and cream, to make this truly one of your most enjoyable Thai curry experiences ever. Served with coconut rice, naan bread & mixed green salad with mango dressing. Gluten Free, vegan option available

Chicken Cacciatore \$15

Bone in chicken slow roasted in sweet bell pepper, tomato, fresh herbs & red onion served with rice pilaf or pesto penne. Gluten free

Butter Chicken \$ 16

Plump chicken pieces simmered in Indian spices & real cream. Served with basmati coconut rice, naan bread & mixed green salad.
Gluten free, Vegetarian option available

Cajun Jambalaya \$13.

One like no other, we have a special spice only found in Louisiana imported to us to make this truly authentic. Chicken, sausage, peppers, okra, tomatoes and much more. Served with rice.

Roast Chicken Dinner \$15.

Plump bone in chicken lightly seasoned, slow roasted served with mashed potatoes, baby carrots, gravy and a fresh oven roll. Gluten free

Chicken Parmesan \$15

Boneless chicken breast lightly breaded in panko crumb, fresh parmesan and herbs, finished with marinara sauce and mozzarella cheese. Served with rice pilaf, Caesar salad & fresh oven roll

Chicken & Sausage Lasagna \$14

Sautéed Italian sausage, chicken breast pieces, sweet peppers, onions and Cajun spices, layered with pasta, spinach, basil, cottage cheese, blended cheeses and our own marinara sauce. Finished with more cheese and slow baked to perfection.
Served with Caesar salad and baguette

Chicken Penne \$15.

Sautéed chicken breast pieces, mushrooms and herbs in cream. Finished with parmesan pesto. Served over penne noodles. Served with Caesar salad and baguette.
Gluten free available

Vegetarian Lasagna \$14

We use garden fresh vegetables some sautéed and some grilled, layered together with our blend of cheeses, baby spinach leaves, cottage cheese fresh basil and our marinara sauce. Finished with more cheese and slow baked to perfection. Served with Caesar salad and fresh baguette

Black Bean Cake \$14.

Black bean blended with corn flour, fresh vegetable & spices. Pan seared. Served with rice pilaf, fresh salsa & mixed green salad dressing on the side. Gluten free & vegan

Edibles Penne \$14

Artichokes, olives, sun-dried tomatoes, wild mushrooms, sweet red peppers, red onion and penne pasta tossed with a basil-goat cheese pesto. Served with spinach salad & baguette. Gluten free available,

Pasta Primavera \$14

Penne tossed with olives, capers, onions, peppers, broccoli, zucchini, artichokes, green peas and mushrooms. Finished with a sun-dried tomato pesto. Served with Mixed green salad and fresh baguette. Gluten free available & vegan friendly

Ratatouille \$14

Slow simmered herbs, plum tomato, zucchini, peppers, onion, eggplant & celery. Served with rice pilaf, mixed green salad & fresh oven roll. Gluten free & vegan

Lentil croquette \$ 16.

Red lentil, brown rice flour, corn flour, vegetables and eastern spices, pan seared, finished with our grilled pepper & tomato sauce. Served with rice pilaf & spinach salad dressing on the side. Gluten free & Vegan

Ukrainian Feast \$ 14

Potato & cheddar perogy in onion butter, Ukrainian garlic sausage & rice cabbage rolls with tomato. Served with side sour cream & fresh oven roll & butter

Chasseur Pork chops \$15

Lean pork loin chops simmered in white wine, tomato and mushroom reduction. Served with garlic smashed potatoes, steamed vegetable and fresh oven roll. Gluten free

Char Sui Pork \$15

Boneless lean pork marinated in char sui sauce tossed with red & green peppers, pineapple and sweet red onion. Served on a bed of rice

Salmon Wellington \$18

Seared filet of salmon topped with herb pesto, cream and baby shrimp, wrapped in phyllo pastry. Baked to a golden brown. Served with rice pilaf.

Crab Cakes \$18

Our blend of crab and fresh herbs create this incredible crab cake. Served with rice pilaf, mixed green salad, dressing on the side
Finished with a side of remoulade.

*** hot lunch orders are a minimum of 10 orders per item*

Chafing dishes (food warmers) & glass dishware not included in price listed.

The listed items are lunch size portions. Dinner size portions add \$ 2.00 per Item