

MEALS

Delivered FRESH

- Ginger Beef** White Rice, Peppers, Carrots, Sweet Gingery Sauce \$16 (DF)
Honey Ginger Salmon Fillet (Wild) Basmati Rice, Garlic Green Beans \$16 (GF/DF)
Quinoa Bowl Quinoa, Fresh Veggies, Chick Peas, Peanut Sauce, Peanuts \$15 (GF/DF) (V)
Crispy Chicken Salad Bowl Lettuce, Egg, Fresh Veggies, Italian Dressing \$14 (DF)
Fried Chicken 4pcs \$15
BBQ Chicken Wings 12 pcs \$15 (GF/DF)
Spinach & Cheese Cannelloni with Marinara Sauce, Mozzarella cheese \$14 (V)
Pepperoni Pizza 8" Pepperoni, Tomato Sauce, Mozzarella, \$13
Vegetarian Pizza 8" Onions, Mushrooms, Green Pepper, Tomato Sauce, Cheese \$13 (V)
Chicken, Steak OR Vegetarian Pot Pie (personal size) \$10

Delivered FROZEN

- Chicken Parmesan** Crispy Chicken Breast, Sauce, Cheese, Parmesan, Fettuccini Noodle \$15
Chicken & Veg Pesto Pasta Zucchini, Mushrooms, Fusilli, Pesto Sauce, Parmesan \$16**
Meatballs Marinara Sauce, Mushrooms, Fettuccini Noodles, Parmesan Cheese \$15
Beef Lasagna Ricotta, Lasagna Noodles, Meat Sauce, Cheese, Parmesan \$15**
Vegetarian Lasagna Ricotta, Mushrooms, Spinach, Marinara Sauce, Cheese \$15 (V)**
Shepherd's Pie Ground Beef, Veggies, Mashed Potatoes, Cheese Topped \$15**
Pot Roast Dinner Potatoes, Carrots, Gravy \$16 (GF/DF)
Turkey Dinner Mashed Potatoes, Green Beans, Gravy \$15 (GF/DF)
Bangers (Sausages) Mashed Potatoes, Mushroom Gravy, Peas \$16
Roasted Pork Loin Roasted Potatoes, Vegetables \$16 (GF/DF)
Greek Roasted Chicken Oven Roasted Potato Wedges, Zucchini \$15 (GF/DF)
Chicken Chow Mein Egg Noodles, Vegetables, Chicken \$15 (DF)
Vegetable Chow Mein Egg Noodles, Vegetables \$14 (V/DF)
Sweet & Sour Chicken Sweet & Sour Sauce, Green Peppers, Veggie Fried Rice \$16 (GF/DF)
Honey Garlic Pork Crispy Pork in Honey Garlic Sauce, Veggie Fried Rice \$16 (DF)
Chicken Tikka Masala Chicken Breast in Indian Style Sauce, Basmati Rice \$16 (GF)
Chicken Enchilada Refried Beans, Mexican Rice \$16 (GF)
Fiesta Shrimp Bread Shrimp, Mexican Rice, Black Beans, Cheese, Corn, Guacamole Sauce \$16
Panko Crusted Salmon (Wild) Fillet Roasted Potatoes, Zucchini \$16 (GF/DF)

SOUPS Delivered FROZEN

Creamy Chicken and Mushroom \$13
Corn & Potato Chowder w/ Ham \$13
Chicken Mulligatawny Soup \$13 (GF)
Split Pea and Ham Soup \$13 (DF)
Beef and Vegetable Stew \$14 (DF)

Mushroom Barley Soup \$11 (DF/V)
Lentil Vegetable Soup \$12(GF/DF/V)
New England Clam Chowder \$14
Vegetarian Chili \$13 (V/DF/GF)
Beef Chili \$14 (DF)

EXTRAS Delivered FRESH

Potato Salad \$6.75 (GF/DF/V)
Macaroni Salad \$6.75 (DF/V)**
Vinaigrette Coleslaw \$6.25 (DF/GF/V)
Green Salad (Italian Dressing) \$6.25 (DF/GF/V)

Sausage Roll \$5.25 (DF)
Chicken Alfredo Roll \$5.00
Vegetarian Samosa \$6.00 (DF/V)

Blueberry Muffin \$4.50
Apple Crumble Pie \$6.50
Carrot Cake \$4.70
Cinnamon Bun \$5.50
Chocolate Brownie \$4 (GF/DF)
Chocolate Chip Cookies (3) \$4.50
Oatmeal Raisin Cookies (3) \$4.50
Sesame Tahini Cookies (3) \$4 (GF/DF)
Croissant \$4

(GF) GLUTEN FREE, (DF) DAIRY FREE, (V) VEGETARIAN

**** CAN BE MADE GLUTEN FREE BY REQUEST**

Sunflowercortes@gmail.com 250-504-0848

www.sunflowercortes.ca

**Place your order by email or phone by SUNDAY for delivery the following
Wednesday (9:00 a.m. - 3:00 p.m.)**