

## **MAINS:**

### **Artichoke, Mushroom and Sausage Frittata with Seasonal Greens (GF)**

A delightful frittata with Taylormade Italian sausage and a hint of pesto, accompanied by locally sourced greens, tomatoes and a zingy Dijon vinaigrette.

Ingredients: Taylormade Italian sausage, Valley mushrooms, artichokes, PEI cheddar and Parmesan cheese, eggs, cream, basil, Soleil's greens, Schurman's tomatoes, olive oil, Dijon mustard, red wine vinegar, olive oil, salt and pepper.

Heating Instructions: Reheat frittata in the microwave for 1-2 minutes or in a preheated 350F oven for 10 minutes.

### **Asian Grilled Beef Salad with Noodles and Fresh Local Greens**

Marinated Atlantic beef flank steak served with local greens, rice noodles, peanuts and an Asian-inspired vinaigrette

Ingredients: Atlantic beef flank steak, Soleil's greens, rice noodle vermicelli, red onions, cucumbers, red peppers, carrots, scallions, garlic, ginger, canola oil, fish sauce, lime juice, lemon juice, cilantro and pepper.

Heating instructions: Heat beef strips briefly if desired in the microwave or frying pan. Beef will be cooked medium rare.

### **Auntie Em's Pulled Pork Tacos with a Rice and Black Bean Salad (GF without the tortillas)**

Slow cooked pork shoulder simmered in Emily's homemade BBQ sauce, served with flour tortillas, bread and butter pickles, fresh cabbage slaw and a side of rice and black bean salad. Taco filling will keep well in the freezer.

Ingredients: (Taco filling, slaw and BBQ sauce) Pork shoulder, onions, garlic, Dijon mustard, ketchup, Worcestershire, red wine vinegar, maple syrup, cumin, smoked paprika, chili powder, sriracha sauce, vegetable oil, cabbage, kohlrabi, carrots. (Rice, Black Bean and Vegetable Salad (GF, DF and vegan) Basmati rice, black turtle beans, green onions, celery, red peppers, corn, garlic, lime juice, rice vinegar, olive oil, smoked paprika, oregano, cilantro, salt and pepper.

Heating instructions: Heat the pulled pork taco filling on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly.

### **Baby Back Ribs with Rice Noodle Vermicelli and Sesame Broccoli**

Succulent slow cooked pork ribs glazed with orange, soy and maple. Served with fragrant vermicelli with vegetables and a lime soy vinaigrette and sesame broccoli.

Ingredients: Steerman's pork ribs, orange juice, soy sauce, maple syrup, garlic, ginger. Broccoli, sesame oil, sesame seeds. Vermicelli: Rice noodles, peanuts, carrots, green peppers, green and red onions, garlic, ginger, lime juice, rice vinegar, maple syrup, sesame oil, cilantro and vegetable oil.

Heating instructions: Reheat ribs in a 350F oven, covered, for 15 minutes. Or grill on a medium BBQ for approximately (BBQs vary) 5 minutes per side, basting with sauce. Heat broccoli in the microwave for approximately 30 seconds. Toss vermicelli and serve at room temperature, or if desired, heat gently in the microwave for roughly 30 seconds, covered in paper towel to maintain moisture.

### **Beef Brisket Chili with Herb and Cheese Biscuits (GF & DF without the biscuits)**

A little southern comfort to warm your soul.

Chili ingredients: Atlantic beef brisket, tomatoes, onions, celery, garlic, corn, cilantro, kidney beans, chili powder, cilantro powder, cumin, coriander, salt and pepper.

Biscuit Ingredients: Flour, butter, buttermilk, PEI mozzarella and Parmesan, herbs.

Instructions: Reheat chili in the microwave for 1-2 minutes, checking regularly. Can also be reheated on the stove top over low heat, stirring frequently.

### **Beef Brisket Ragout with Mashed Potatoes**

Atlantic Beef brisket simmered in a rich beef stock with mushrooms and onions and finished with a little sour cream, Dijon mustard & dill. Served with a side of mashed potatoes. PEI style! Will store well in the freezer.

Ingredients: Atlantic Beef, PEI Yukon Gold potatoes, mushrooms, onions, garlic, tomato paste, thyme, beef stock, garlic, Dijon mustard, sour cream, olive oil, cream, butter, salt & pepper.

Reheating: Beef Stroganoff can be heated on the stove top over medium heat stirring constantly or more easily in the microwave for 2-3 minutes. Mashed potatoes in microwave for 1-2 minutes.

### **Beef Kofta with Basmati Rice**

Spiced ground beef balls in an aromatic curry tomato sauce with coconut milk. Served with basmati rice. (gluten and dairy free)

Ingredients: Steerman's ground beef, onions, garlic, ginger, garam masala, cilantro, eggs, plum tomatoes, coconut milk, olive oil, maple syrup, coriander seed, cumin seed, turmeric, chili powder, crushed chilis, cinnamon sticks, salt and pepper, basmati rice

Heating instructions: Heat the kofta balls and sauce on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out. Plastic wrap will also work...if you don't mind plastic wrap in the microwave.

### **Beef Pesto Meatballs with Linguini Marinara**

Atlantic ground beef with Soleil's basil, onions, garlic, parmesan, breadcrumbs and almonds. Served with linguine pasta in a simple tomato marinara sauce. A fresh and lively take on an old-world classic.

Ingredients: Ground beef, onions, garlic, tomatoes, basil, parmesan, panko breadcrumbs, almonds, oregano, semolina, flour, eggs, olive oil, salt, pepper, sugar.

Heating instructions: Heat the beef pesto meatballs, pasta and sauce all together on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Beef Stroganoff with Mashed Potatoes**

Strips of Atlantic Beef tenderloin simmered in a rich beef stock with mushrooms and onions and finished with a little sour cream, Dijon mustard & dill. Served with a side of mashed potatoes. The stroganoff will keep well in the freezer.

Ingredients: Atlantic Beef, PEI Yukon Gold potatoes, mushrooms, onions, garlic, tomato paste, thyme, beef stock, garlic, Dijon mustard, sour cream, olive oil, cream, butter, salt & pepper.

Reheating: Beef Stroganoff can be heated on the stove top over medium heat stirring constantly or more easily in the microwave for 2-3 minutes. Mashed potatoes in microwave for 1-2 minutes.

### **Braised Beef Brisket with Carrots and Mushrooms and Garlic Mashed Potatoes**

PEI beef brisket braised with tomatoes, red wine, thyme and onions then finished with carrots, peas, and button mushrooms. Served with PEI garlic mashed potatoes.

Ingredients: PEI beef brisket, onions, plum tomatoes, carrots, mushrooms, thyme, red wine, paprika, garlic, PEI organic potatoes, cream, butter, olive oil, salt and pepper.

Reheat: The whole dish can be heated in the microwave for 3 or 4 minutes (checking regularly), loosely covered with a damp paper towel, or heat the mashed potatoes in the microwave for approximately 1 minute, and reheat the beef and vegetables over low heat on the stove top (stirring occasionally) or covered in a preheated 350F oven for 10 minutes or so.

### **Cheesy Meatball Marinara Casserole**

Atlantic ground beef with Soleil's basil, onions, garlic, parmesan, breadcrumbs and almonds. Served with Penne pasta in a zesty tomato marinara sauce and topped with mozzarella cheese.

Ingredients: Ground beef, onions, garlic, tomatoes, basil, parmesan, mozzarella, panko breadcrumbs, almonds, oregano, semolina, flour, eggs, olive oil, salt, pepper, sugar.

Heating instructions: Place in a 350F oven for roughly 30 minutes or in the microwave for 1-2 minutes, checking regularly.

### **Chicken Kofta with Basmati Rice**

Spiced ground chicken balls in an aromatic curry tomato sauce with coconut milk. Served with basmati rice. (gluten and dairy free)

Ingredients: Larkin Bros. ground chicken, onions, garlic, ginger, garam masala, cilantro, eggs, plum tomatoes, coconut milk, olive oil, maple syrup, coriander seed, cumin seed, turmeric, chili powder, crushed chilis, cinnamon sticks, salt and pepper, basmati rice

Heating instructions: Heat the kofta balls and sauce on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out. Plastic wrap will also work...if you don't mind plastic wrap in the microwave!

### **Chicken, Leek, Mushroom and Sundried Tomato Pot Pie**

Featuring Larkin Bros. All in a buttery flaky crust. Serves 6 to 8.

Delivered fully cooked and frozen. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

Ingredients: Chicken, onions, celery, mushrooms, green peas, sun dried tomatoes, leeks, sherry, chicken stock, cream, butter, lemon juice, Worcestershire sauce, Dijon mustard, flour, shortening, egg, salt and pepper.

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Chicken Parmigiana**

Larkin Bros. chicken breast breaded, lightly fried in olive oil and topped with mozzarella cheese. Served with sautéed spinach and egg noodles tossed with marinara sauce.

Ingredients: 6 oz. chicken breast, spinach, Mozzarella, panko breadcrumbs, Parmesan, Roma tomatoes, onions, garlic, basil, oregano and olive oil.

Heating Instructions: Reheat chicken and spinach in a 350F for about 10 minutes until the cheese is golden brown. Pasta is best heated in the microwave for about 1 minute, covered with damp paper towel to maintain moisture.

### **Chicken Pesto Meatballs with Linguini Marinara**

Larkin Bros. chicken with Soleil's basil, onions, garlic, parmesan, breadcrumbs and almonds. Served with linguine pasta in a simple tomato marinara sauce. A fresh and lively take on an old-world classic.

Ingredients: Ground chicken, onions, garlic, tomatoes, basil, parmesan, panko breadcrumbs, almonds, oregano, semolina, flour, eggs, olive oil, salt, pepper, sugar.

Heating instructions: Heat the chicken pesto meatballs, pasta and sauce all together on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Chicken Pot Pie (entire pie)**

Made with Larkin Bros. chicken, carrots, mushrooms, green peas and a creamy velouté sauce – all in a buttery flaky crust. Serves 6 to 8.

Delivered fully cooked and frozen. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

Ingredients: Chicken, onions, celery, carrots, mushrooms, green peas, chicken stock, cream, butter, lemon juice, Worcestershire sauce, Dijon mustard, flour, shortening, egg, salt and pepper.

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Chicken Tagine with Vegetables and Couscous (GF when substituting rice for couscous)**

Tender chicken thighs braised in a spiced tomato chickpea sauce with raisins, green olives, potatoes and carrots. Served with orange-scented couscous.

Ingredients: Larkin's chicken thighs, Brookfield carrots, Craig Yukon Gold potatoes, raisins, green olives, onions, garlic, ginger, plum tomatoes, chick peas, turmeric, smoked paprika, coriander, cumin, olive oil, couscous, cilantro, orange juice, chicken stock, green onions, salt and pepper.

Heating instructions: Reheat chicken and sauce in a 350F oven for 15 minutes or in the microwave for 2-3 minutes, checking regularly. Microwave couscous, covered with paper towel, for roughly 1 minute, or simply served at room temperature warmed by the hot tagine.

### **Classic Beef Stew with a side of Potato Parsnip Mash**

Atlantic beef braised with root vegetables and green peas. Served with mashed potatoes on the side.

Ingredients: Atlantic beef, onions, celery, carrots, parsnips, turnip, potatoes, green peas, garlic, beef stock, tomato paste. Mashed Potatoes: Potatoes, olive oil, butter, cream, salt and pepper.

Heating Instructions: Reheat stew in the microwave for 1-2 minutes, checking regularly. Or reheat on the stovetop over low heat, stirring frequently until hot. Reheat potatoes in the microwave for 30 seconds to 1 minute.

### **Crab and Leek Quiche**

Made with fresh PEI rock crab, and served with fresh local greens.

Ingredients: Belle River rock crab, leeks, fresh herbs, ADL old Cheddar, eggs, cream, flour, butter, shortening, water, salt and pepper.

Heating instructions: Reheat quiche in a preheated 350F oven, loosely covered with tin foil, for 10-15 minutes or in the microwave for 1-2 minutes (checking regularly).

### **Creamy Chicken Lasagna**

Larkin Bros. chicken in a creamy Alfredo-style sauce with broccoli, red peppers and green beans and mushrooms — layered with spinach, lasagna noodles, ADL Mozzarella and Parmesan cheese. Will store well in the freezer.

Ingredients: Chicken, broccoli, red peppers, green beans, spinach, cream, butter, garlic, chicken stock, flour, semolina, eggs, Mozzarella, Parmesan, olive oil, salt and pepper.

Heating instructions: Either in the microwave for 2-3 minutes, checking regularly, or in a preheated 350F oven, covered with foil, for about 30 minutes.

### **Creamy Fish Chowder with Herb and Cheese Biscuits**

Tender morsels of Atlantic salmon, Atlantic haddock and lots of other good stuff. Served with Marlene's mouthwatering cheesy herby biscuits.

Chowder Ingredients: Atlantic salmon, Atlantic haddock, organic Yukon Gold potatoes, onions, fish stock, bacon, celery, garlic, butter, flour, 35% cream, fresh parsley, thyme or dill, salt and pepper

Biscuit Ingredients: Flour, butter, buttermilk, PEI mozzarella and parmesan, herbs

Heating instructions: Chowder is best heated on the stove top over medium low heat, stirring frequently. May also be heated in the microwave - heat for 30 seconds at a time, check and stir. Continue heating as necessary.

### **Creamy Seafood Chowder with Herb and Cheese Biscuits**

With PEI lobster, Newfoundland coldwater shrimp and Atlantic haddock. Served with cheesy herb biscuits.

Chowder Ingredients: PEI mussels, Newfoundland shrimp, Atlantic haddock, organic Yukon Gold potatoes, onions, fish stock, bacon, celery, garlic, butter, flour, 35% cream, fresh parsley, thyme or dill, salt and pepper

Biscuit Ingredients: Flour, butter, buttermilk, PEI mozzarella and parmesan, herbs

Heating instructions: Chowder is best heated on the stove top over medium low heat, stirring frequently. May also be heated in the microwave - heat for 30 seconds at a time, check and stir. Continue heating as necessary.

### **Creole Crab and Shrimp Cakes with Vegetable Rice Pilaf**

PEI Rock Crab and Newfoundland shrimp cakes with mashed potatoes and flavours of New Orleans served with a lemon dill mayonnaise. Crab cakes will store well in the freezer.

Ingredients: PEI rock crab, Newfoundland shrimp, organic PEI potatoes, onions, red peppers, butter, cream, garlic, mustard, panko breadcrumbs, flour, parsley, parmesan, eggs, dill, lemon juice, onion powder, paprika, garlic powder, oregano, thyme, black pepper, cayenne, salt. Basmati rice, chicken stock, onions, carrots, red and green peppers.

Heating instructions: Reheat crab cakes in a preheated 350F oven for 10 minutes. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out.

### **Crispy Fried Chicken with a side of Veggie Mac & Cheese**

Tender Larkin Bros chicken breast, lightly coated with Panko then pan fried to a golden brown. Served up with a side of Emily's creamy Mac & Cheese. Southern comfort at its finest!

Ingredients: (Fried Chicken) Larkin Bros. chicken, Panko, paprika, flour, baking powder, buttermilk. (Veggie Mac & Cheese) Chili Gouda, white Cheddar, milk, cream, butter, mushrooms, broccoli, red peppers, celery, green onions, thyme, Dijon mustard, Worcestershire sauce, semolina, eggs, flour, salt and pepper.

Heating instructions: Reheat chicken a preheated 350-degree oven for 15 to 20 minutes. Checking regularly. Reheat the Mac & Cheese in a 350F oven for roughly 15 minutes (broil for a minute just before serving if you like a bubbly golden crust!) or in the microwave for 1-2 minutes, checking regularly.

### **Curried Chicken Alfredo with Penne Pasta**

Larkin Brother's chicken sautéed with a mélange of fresh vegetables, all served up with penne pasta in a velvety smooth alfredo sauce, gently spiced with Madras curry powder.

Ingredients: Larkin Bros. chicken, broccoli, carrots, red and green onions, spinach, garlic, cream, parmesan, butter, chicken stock, madras curry powder, olive oil, flour, semolina, salt and pepper.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

Ingredients: Turkey, onions, celery, carrots, mushrooms, broccoli, chicken stock, cream, butter, lemon juice, Worcestershire sauce, Dijon mustard, flour, shortening, egg, salt and pepper.

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Curried Pork Burger with Black Bean Rice Pilaf and Peach Chutney**

A gently spiced PEI pork patty served with black bean rice pilaf and peach chutney on the side. Pork patty will store well in the freezer.

Ingredients: PEI pork, onions, garlic, panko breadcrumbs, curry powder, eggs, Ontario peaches, cinnamon, ginger, Basmati rice, chicken stock, carrots, peas, parsley, black beans.

Heating instructions: Reheat burger on the BBQ over medium heat for 5-10 minutes or in the microwave for 1-2 minutes, checking regularly. You can also reheat in a preheated 350F for roughly 10 minutes. Heat the rice in the microwave for 30 seconds to 1 minute, covered with a damp paper towel to prevent it from drying out.

### **Curried Turkey Pot Pie**

Gently spiced Larkin Bros. turkey, potato, and spinach, baked in a buttery flaky crust. Serves 6 to 8.

Delivered fully cooked and frozen, so don't forget to leave out a cooler. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

Ingredients: Turkey, potato, chicken stock, whipping cream, Worcestershire sauce, dry mustard, lemon juice, salt, cracked pepper, onions, celery, butter, flour, carrot, spinach and curry powder,

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Lamb and Feta Burger**

A taste of the Mediterranean! Served with a kaiser bun and savoury roasted red pepper and organic PEI tomato salsa.

Ingredients: A blend of PEI and New Zealand lamb, feta, almonds, onions, garlic, oregano, cumin, coriander seed, panko breadcrumbs, flour, yeast, eggs, red peppers, PEI organic tomatoes, red onions, parsley, jalapenos, mint, extra virgin olive oil, salt and pepper.

Heating Instructions: Reheat burger on the BBQ over medium heat for 5-10 minutes or in the microwave for 1-2 minutes, checking regularly. You can also reheat in a preheated 350F for roughly 10 minutes. Heat the bun if desired and top burger with homemade salsa!

### **Lamb Kofta with Basmati Rice**

Spiced ground lamb balls in an aromatic curry tomato sauce with coconut milk. Served with basmati rice. (gluten and dairy free)

Ingredients: Lamb, onions, garlic, ginger, garam masala, cilantro, eggs, plum tomatoes, coconut milk, olive oil, maple syrup, coriander seed, cumin seed, turmeric, chili powder, crushed chilis, cinnamon sticks, salt and pepper, basmati rice

Heating instructions: Heat the kofta balls and sauce on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out. Plastic wrap will also work...if you don't mind plastic wrap in the microwave!

### **Lamb, Spinach and Feta Pie with a Mediterranean Rice and Veggie Salad**

PEI ground lamb simmered with potatoes, onions, celery, rosemary and savoury. Baked in pastry with spinach, feta and tomatoes. Served with a side of green tomato chutney, and a Mediterranean rice and vegetable salad.

Ingredients: Ground lamb, onions, celery, garlic, potatoes, tomatoes, feta, spinach, rosemary, summer savoury, allspice, flour, shortening, butter, olive oil, salt and pepper, Basmati rice, Kalamata olives, chick peas, red onions, red peppers, basil pesto, fresh parsley, lemon juice, extra virgin olive oil.

Heating instructions: For best results to crisp up the pastry, reheat in a preheated 350F oven for 10-20 minutes. It can also be reheated in the microwave for 1-2 minutes, checking regularly.

### **Lamb and Two Bean Chili with Biscuits (gluten and dairy free without the biscuits)**

PEI lamb simmered with spices, peppers, white and black beans and finished with cilantro. Served with Marlene's wicked good biscuits.

Ingredients: PEI organic ground lamb, onions, celery, garlic, chipotles, cumin and coriander seeds, chili powder, green and red peppers, corn, white baking beans, black turtle beans, olive oil, cilantro, salt and pepper.

Biscuits: Unbleached flour, butter, PEI cheddar, buttermilk, salt, herbs.

Heating instructions: Reheat chili in the microwave for 1-2 minutes, checking regularly. Can also be reheated on the stove top over low heat, stirring frequently.

### **Lasagna Bolognese**

A classic lasagna from Bologna with a hearty meat sauce, creamy bechamella, spinach and mozzarella and parmesan cheeses between layers of pasta. Will store well in the freezer.

Ingredients: Atlantic lean ground beef, flour, semolina, milk, butter, eggs, PEI mozzarella and parmesan, spinach, tomato paste, white wine, olive oil, bacon, onion, celery, carrot, garlic, oregano, bay leaves, nutmeg, salt and pepper.

Heating instructions: Reheat in a 350F oven for roughly 30 minutes or in the microwave for 1-2 minutes, checking regularly.

### **Lobster Quiche**

Pure. Unadulterated. Decadence.

Jazz it up with a side salad of fresh local greens with a honey mustard dressing.

Ingredients: Lobster, leeks, fresh herbs, ADL old Cheddar, eggs, cream, flour, butter, shortening, water, salt and pepper.

### **Mediterranean Beef Ragout (GF when substituting garlic mash for biscuits)**

Tender morsels of Atlantic beef simmered with rosemary, garlic and olive oil. Tossed with fresh winter vegetables, and served with fresh feta and Marlene's cheesy biscuits. To make it a completely gluten free meal, select substitute garlic mash for biscuits when placing your order. (DF without the feta).

Ingredients: (Ragout) Atlantic beef, garlic, onions, carrots, parsnips, rosemary, olive oil, parsley, salt and pepper. (Biscuits) flour, cheddar, butter, Parmesan, baking powder, baking soda.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Mediterranean Grilled Chicken Salad with Chick Peas, Feta and Kalamata Olives (GF without baguette, GF & DF without baguette and feta cheese)**

Larkin Brother's chicken marinated with garlic, fresh herbs, extra virgin olive oil and served with mixed greens, vegetables and Dijon vinaigrette. Accompanied by Glasgow Glen Farm garlic baguette.

Ingredients: Larkin Brothers chicken, mesclun greens and romaine lettuce, cucumbers, PEI organic tomatoes with pesto, red onions, celery, chick peas, Feta cheese, Kalamata olives, red peppers, extra virgin olive oil, garlic, oregano, basil, rosemary, red wine vinegar, honey, Dijon mustard, salt and pepper.

Assembly and heating instructions: Combine salad ingredients and drizzle desired amount of salad dressing. Place foil wrapped garlic bread in a pre-heated 400-degree oven for approximately 10 minutes.

### **Mediterranean Vegetable Quiche**

PEI Organic Tomatoes with Kalamata Olives, Artichokes, Roasted Red Peppers, Leeks and three Cheeses

Atlantic Grown Organics tomatoes, black olives, artichokes, leeks, roasted red peppers, ADL Feta, ADL Mozzarella, ADL Parmesan, eggs, cream, flour, butter, shortening, olive oil, rosemary, garlic, salt and pepper.

Heating instructions: Reheat quiche in a preheated 350F oven, loosely covered with tin foil, for 10-15 minutes or in the microwave for 1-2 minutes (checking regularly).

### **Moroccan Inspired Chicken Meatballs with a Lightly Spiced Tomato Sauce and Couscous (GF without the couscous)**

Larkin Bros. ground chicken with North African spices and served with a vegetable chick pea sauce with raisins. Served with a cilantro and citrus Couscous. Stores well in the freezer without the couscous.

Ingredients: Ground chicken, onions, garlic, bacon, ginger, turmeric, coriander & cumin seed, smoked paprika, jalapenos, plum tomatoes, chick peas, carrots, raisins, couscous, cilantro, orange juice, chicken stock, green onions, olive oil, salt & pepper.

Heating Instructions: Reheat the chicken balls and sauce in the microwave for 1-2 minutes, checking regularly, OR over low heat on the stove top, stirring often, for 5-10 minutes. Couscous does not need to be heated... just enjoy with the heated meatballs and sauce. Or, if desired, microwave couscous, covered with paper towel, for roughly 1 minute.

### **Pan Roasted Chicken Breast with Leeks, Sun Dried Tomatoes and Kale**

Plump, boneless Larkin's chicken breast served in a decadently creamy leek, sun dried tomato and kale sauce with garlic mashed potatoes and roasted cauliflower.

Ingredients: Larkin's chicken breast, leeks, sun dried tomatoes, kale, chicken stock, white wine, cream, Craig organic potatoes, cauliflower, garlic, butter, olive oil, salt and pepper.

Heating instructions: Reheat the chicken in sauce, garlic mashed potatoes and cauliflower in the microwave for 1 to 2 minutes, checking regularly.

### **Penne with Sausage and Mushroom Ragu with Pesto**

Taylor-made Meats Italian sausage braised in a rich tomato sauce with garlic and onions and finished with sautéed Valley mushrooms and basil pesto. Served with penne pasta.

Ingredients: Mild Italian sausage, Roma tomatoes, mushrooms, onions, garlic, basil, olive oil, parmesan, salt and pepper, a hint of crushed chilies. Pasta: semolina, flour and eggs.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Piggy Mac**

Slow roasted Steerman's pork shoulder simmered in a tangy, house-made BBQ sauce, teamed with Emily's classic Mac & Cheese. A dynamic duo!

Ingredients: (Pulled pork and BBQ sauce) Pork shoulder, onions, garlic, Dijon mustard, ketchup, Worcestershire sauce, red wine vinegar, maple syrup, cumin, smoked paprika, chili powder, sriracha sauce, vegetable oil, salt and pepper. (Mac & Cheese) Ingredients: Chili Gouda, white Cheddar, milk, cream, butter, thyme, Dijon mustard, Worcestershire sauce, semolina, eggs, flour, salt and pepper.

Heating instructions: Heat the pulled pork on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly. Mac & Cheese can be reheated in a 350F oven for roughly 15 minutes (broil for a minute just before serving if you like a bubbly golden crust!) or in the microwave for 1-2 minutes, checking regularly.

### **Potato, Mushroom, Caramelized Onion and Kale Quiche with Red and Green Slaw**

Winter vegetable quiche featuring all PEI vegetables (except the onion!), ADL cheddar and Soleil's snow kale...yup, grown in the snow! Served with a side of slaw — PEI cabbage, carrot and apple in a vinaigrette dressing with a hint of caraway.

Ingredients: Organic Yukon Gold potatoes, onions, mushrooms, kale, dill, eggs, cream, cheddar cheese, shortening, butter, flour, salt and pepper.

Slaw: Organic PEI red and green cabbage, carrots, apples, apple cider vinegar, olive oil, caraway seeds, maple syrup, salt and pepper.

Heating instructions: Reheat quiche in a preheated 350F oven, loosely covered with tin foil, for 10-15 minutes or in the microwave for 1-2 minutes (checking regularly).

### **Pork and Rice Enchiladas**

PEI pork and cheddar, black beans, Basmati rice, sweet potato and lots of other good stuff baked in a flour tortilla and served with chipotle infused sour cream on the side. Our own little twist on a southwestern classic.

Ingredients: Pork Basmati rice, black beans, corn, sweet potato, bell peppers, chipotle peppers, chili, cilantro, red onions, yellow onions, flour, sour cream, olive oil, tomatoes, ADL cheddar, garlic, salt and pepper.

Heating instructions: Place the tortillas seam side down in an oven - safe baking dish, and bake in a pre-heated 350F oven for 15 to 20 minutes, checking regularly.

### **Pork, Vegetable and Peanut Stew (GF & DF)**

Slow braised cubes of succulent pork finished with peppers, sweet potatoes, carrots, pineapple and peanuts in an Asian-style sauce. Will store well in the freezer.

Ingredients: Pork, onions, green and red peppers, sweet potatoes, carrots, pineapple, peanuts, garlic, ginger, chicken stock, parsley, soy sauce, balsamic vinegar, tomato paste.

Heating Instructions: Heat over low heat on the stovetop or in the microwave for 1-2 minutes, stirring frequently to insure even heating.

### **Pulled Turkey Cottage Pie**

Larkin's turkey simmered with onions, carrots, summer savoury and a rich turkey jus. Topped with buttery mashed potatoes. Will store well in the freezer.

Heating instructions: Reheat in a preheated 350F, covered with foil, for about 20-30 minutes. Uncover for the last several minutes for crisp and golden mashed potatoes!

### **Pulled Pork Tacos with Pickled Red Onions, Fresh Cabbage Slaw and Rice Pilaf**

Slow cooked PEI pork simmered in Emily's homemade BBQ sauce, served with flour tortillas, pickled red onions, fresh cabbage slaw and a side of rice pilaf. Taco filling will keep well in the freezer.

Ingredients: (Taco filling, slaw and BBQ sauce) Steerman's Quality Meat pork, onions, garlic, Dijon mustard, ketchup, Worcestershire, red wine vinegar, maple syrup, cumin, smoked paprika, chili powder, sriracha sauce, vegetable oil, cabbage, kohlrabi, carrots. (Rice Pilaf GF, DF) Basmati rice, black turtle beans, fresh thyme, cilantro, garlic and green onions.

Heating instructions: Heat the pulled pork taco filling on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly.

### **Quebec Tourtière (entire pie)**

Traditional French Canadian meat pie with PEI ground pork, potatoes, onions and summer savoury.

Delivered fully cooked and frozen. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

Ingredients: PEI ground pork, onions, Craig potatoes, celery, garlic, summer savoury, allspice, celery seeds, flour, butter, shortening, egg, salt and pepper.

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Quebec Tourtière**

Traditional French Canadian meat pie with PEI ground pork, potatoes, onions and summer savoury. Served with home-style mustard pickles.

Ingredients: PEI ground pork, onions, Craig potatoes, celery, garlic, summer savoury, allspice, celery seeds, flour, butter, shortening, egg, salt and pepper.

Heating instructions: Reheat in the microwave for roughly 1 minute or in a preheated 350F oven for 10-15 minutes until piping hot and golden brown.

### **Roasted Pork Loin**

Atlantic pork loin, roasted with a savoury bread and spinach stuffing. Served with a creamy mushroom sauce, roasted carrot, parsnip, and garlic mashed potatoes.

Boneless pork loin, panko bread crumbs, onion, potatoes, carrots, parsnip, garlic, celery, spinach, summer savoury, thyme, cream, mushrooms, butter, olive oil, salt and pepper.

Heating instructions: Reheat in a preheated 350F, covered with foil, for about 20-30 minutes. Uncover for the last several minutes for crisp and golden mashed potatoes!

### **Roasted Vegetable Ratatouille with Cheese Stuffed Tortellini**

A lively rendition on a hearty classic stew.

Ingredients: Bell peppers, mushrooms, tomatoes, onions, sweet potatoes, potatoes, garlic, basil, oregano, PEI Parmesan and Mozzarella, semolina, eggs and flour.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Roasted Vegetable Lasagna**

A mélange of roasted vegetables nestled between layers of pasta, creamy bechamella, tomato sauce, mozzarella and Parmesan cheeses.

Ingredients: Green and red peppers, Brookfield carrots, Craig organic potatoes, zucchini, broccoli, spinach, mushrooms, onions, garlic, Mozzarella, Parmesan, butter, flour, milk, semolina, eggs, olive oil, salt and pepper.

Heating Instructions: Reheat in a preheated 350F oven for 10-15 minutes until cheese is bubbly and golden. Or in the microwave for 1-2 minutes, checking regularly.

### **Roasted Vegetable Pot Pie**

A selection of hearty vegetables, baked with love in a buttery flaky crust. Serves 6 to 8.

Delivered fully cooked and frozen. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

Ingredients: Carrots, squash, potatoes, peas, cabbage, onions, celery, vegetable stock,, flour, butter, shortening, egg salt and pepper.

Heating instructions: Defrost the pie entirely before reheating. Preheat oven to 375F and cover pie loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **Roasted Vegetable Tagine with Cilantro Couscous**

Roasted vegetables in a spiced tomato sauce with apricots, raisins and chickpeas.

Ingredients: Carrots, butternut squash, onions, potatoes, kale, cauliflower, ginger, garlic, plum tomatoes, paprika, turmeric, chilies, raisins, chick peas, apricots, vegetable stock, couscous, cilantro, orange juice, olive oil, salt and pepper.

Heating instructions: Tagine can be heated in the microwave for 2-3 minutes, checking regularly, or over low heat on the stove top. Couscous does not need to be heated... just enjoy with the heated sauce. Or, if desired, microwave couscous, covered with paper towel, for roughly 1 minute.

### **Rotini Carbonara**

Roasted red peppers, onion garlic, Parmesan and lots of other good stuff tossed together with rotini pasta in a creamy carbonara sauce. Our take on an Italian classic.

Ingredients: Bacon, mushrooms, roasted red peppers, onions, garlic, cream, parsley, Parmesan, semolina, flour, eggs, salt and pepper.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Rotini Primavera**

Rotini pasta, roasted red peppers, spinach, mushrooms and dill in a Parmesan cream sauce.

Ingredients: Mushrooms, roasted red peppers, spinach, onions, garlic, cream, dill, parsley, Parmesan, semolina, flour, eggs, olive oil, salt and pepper.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly.

### **Seafood Gratin**

Succulent lobster, shrimp and salmon in a creamy dill sauce with green peas and roasted red peppers. Topped with mashed potatoes and cheesy breadcrumbs. Goodness gracious!

Ingredients: PEI lobster, Newfoundland shrimp, Nova Scotia salmon, green peas, roasted red peppers, Craig organic Yukon Gold potatoes, dill, parsley, butter, fish stock, cream, flour, lemon juice, dijon mustard, salt and pepper.

Heating Instructions: Reheat in a 375F for roughly 15 minutes until golden brown. Allow to rest for about 5 minutes (loosely covered in foil) before serving to let the sauce and potato 'settle'.

### **Seafood Lasagna**

PEI lobster, shrimp and haddock in a creamy rose alfredo sauce with broccoli and roasted red peppers. Baked between layers of pasta with mozzarella and Parmesan cheese

Ingredients: PEI lobster, Newfoundland Cold Water shrimp, Nova Scotia haddock, broccoli, red peppers, cream, garlic, butter, green onions, parmesan, mozzarella, semolina, flour, eggs, olive oil, parsley, nutmeg, salt and pepper.

Heating instructions: Reheat in a 350F oven for roughly 30 minutes or in the microwave for 1-2 minutes, checking regularly.

### **Shepherd's Pie with Potato, Parsnip and Garlic Mash (GF)**

Lean ground beef in a classic savoury sauce with carrots and peas and topped with mashed potatoes with a hint of parsnips and garlic. The ultimate comfort food!

Ingredients: Lean ground beef, onions, Brookfield carrots, peas, celery, thyme, beef stock, tomato puree, PEI Yukon Gold potatoes, Brookfield parsnips, garlic, butter, cream, salt and pepper.

Heating instructions: Reheat in a preheated 350F, covered with foil, for about 20-30 minutes. Uncover for the last several minutes for crisp and golden the mashed potatoes!

### **Southwest Chicken Chili with Rice Pilaf**

Larkin Bros. ground chicken simmered with white and red kidney beans in a mildly spicy sauce with plum tomatoes, peppers and corn. Served with a rice pilaf and garnished with cheddar cheese and cilantro.

Ingredients: Ground chicken, onions, garlic, red and green peppers, white and red kidney beans, plum tomatoes, chili powder, cumin, chipotles in adobo sauce, cheddar cheese, cilantro.  
Rice Pilaf: Basmati rice, carrot, onion and cilantro

Heating instructions: Reheat chili in the microwave for 1-2 minutes, checking regularly. Can also be reheated on the stove top over low heat, stirring frequently. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out.

### **Southwest Chicken Tacos with Fresh Greens**

Larkin Bros. chicken sautéed with black beans, corn, and southwest seasonings. Served with flour tortillas, shredded cheddar cheese, and a side of fresh greens.

Ingredients: Larkin's chicken, onions, garlic, tomatoes, green peppers, black beans, corn, lettuce, chili powder, cumin, coriander, olive oil, white flour, salt and pepper.

Heating instructions: Heat the chicken taco filling on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly.

### **Southwest Super Salad with Seasoned Chicken**

Fresh local greens, Larkin Bros. grilled chicken, and our famous rice and black bean salad with a side of chipotle aioli. Will not store well in the freezer.

Ingredients: Chicken, mixed greens, organic tomatoes, green and red peppers, red onions, basmati rice, black beans, celery, rice vinegar, lime juice, olive oil, smoked paprika, cumin, mayonnaise, chipotle, salt and pepper.

### **Spiced Roast Pork Tenderloin with Bacon Cranberry Rhubarb Sauce & Rosemary Roast Vegetables**

Pork tenderloin roasted with cumin cardamom spice and finished with a fruity white wine sauce. Accompanied by PEI roasted root vegetables & potatoes.

Ingredients: Pork tenderloin, Craig organic potatoes, Brookfield carrots & parsnips, onions, bacon, garlic, rosemary, chicken stock, white wine, PEI cranberries & rhubarb, cardamom, cumin, olive oil, salt & pepper.

Reheating: Pork tenderloin has been cooked to medium so you can reheat in a preheated 350F oven for 10-15 minutes. Allow to rest, loosely covered with tin foil for 5 minutes before serving. Roast vegetables can be reheated in the same pan with the pork or in the microwave for about 2 minutes.

### **Thai Green Curry Chicken with Basmati Rice (dairy and gluten free)**

A medium-spiced green curry with tender Larkin Bros. chicken and vegetables in a creamy coconut sauce. Served with fragrant basmati rice. Curry and rice will store well in the freezer.

Ingredients: Chicken, carrots, sweet potatoes, celery, green and red peppers, coconut milk, green onions, cilantro, garlic, ginger, lime juice, fish sauce, palm sugar, cumin, coriander, lemongrass, green chilies, cornstarch.

Heating instructions: Heat the curry on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to maintain moisture.

### **Thai Inspired Crab Cakes with Vegetable Rice Pilaf and Zesty Aioli (DF)**

A taste of Thailand! Stores well in the freezer.

PEI rock crab, red peppers, red onions, bean sprouts, lime juice, mayonnaise, panko bread crumbs, cilantro, Thai sweet chili sauce, basmati rice, carrots, green onions, red & green peppers, vegetable stock, olive oil, salt & pepper.

Reheat crab cakes in a preheated 350F oven for 10 minutes. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to prevent it from drying out.

### **Thai-inspired Pork, Vegetable & Peanut Curry with Basmati Rice (gluten and dairy free)**

Tender PEI pork simmered in a Thai red curry peanut sauce with broccoli, red peppers and cilantro. The curry and rice will store well in the freezer.

Ingredients: Pork, green onions, broccoli, red peppers, coconut milk, cilantro, peanuts, peanuts, peanut butter, Thai red curry paste, soy sauce, palm sugar, fish sauce, lime juice and basmati rice.

Heating Instructions: Reheat curry in the microwave for 1-2 minutes or on the stovetop over low heat, stirring regularly. Heat rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to maintain moisture.

### **Thai Inspired Potato and Cauliflower Curry with Basmati Rice (GF, DF and vegan)**

A medium spiced green curry, served with fragrant Basmati rice.

Ingredients: Potatoes, cauliflower, coconut milk, Thai green curry paste, ginger, onions, carrots, celery, garlic, Basmati rice.

Heating instructions: Heat the curry on the stovetop over medium heat, stirring frequently. Or heat in the microwave 1-2 minutes, checking regularly. Heat the rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to maintain moisture. The curry and rice will store well in the freezer.

### **Tortellini Romana**

Decadent cheese-stuffed tortellini tossed with a savoury tomato sauce with Italian sausage, mushrooms and cabbage and topped with Parmesan and PEI mozzarella. Ask us to omit the sausage and it's the perfect vegetarian feast!

Ingredients: Taylormade Italian sausage meat, PEI Valley mushrooms, organic PEI green cabbage, onions, garlic, mozzarella, Parmesan, oregano, fennel seed, parsley, olive oil, semolina, eggs, flour, salt and pepper.

Heating Instructions: Reheat uncovered in a 350F oven for about 15 minutes for a golden bubbly cheesy top!

### **Turkey Divan Pie**

Larkin Bros. turkey with carrots, mushrooms, broccoli and a cheesy cream sauce, baked in a buttery flaky crust.

Ingredients: Turkey, Butter, flour, chicken stock, whipping cream, Worcestershire sauce, dry mustard, lemon juice, salt, cracked pepper, onion, celery, mushroom, broccoli, cheddar, parmesan, thyme.

Reheat in a preheated 350F oven, loosely covered with tin foil, for about 15 minutes or in the microwave for 1-2 minutes, checking regularly.

### **Turkey Pot Pie with Broccoli**

Tender morsels of Larkin Bros. turkey, onion, celery, broccoli, mushrooms and carrots. Baked with love in a buttery flaky crust. Serves 6 to 8.

Delivered fully cooked and frozen. Do not refreeze once thawed. Pie will keep well for several days if properly sealed and refrigerated.

### **Turkey and Veg Enchiladas**

Larkin Bros. turkey, PEI cheddar, black beans, Basmati rice, sweet potato and lots of other good stuff baked in a flour tortilla and served with chipotle infused sour cream on the side. Our own little twist on a southwestern classic.

Ingredients: Turkey Basmati rice, black beans, spinach, cabbage, corn, sweet potato, bell peppers, chipotle peppers, chili, cilantro, red onions, yellow onions, flour, sour cream, olive oil, tomatoes, ADL cheddar, garlic, salt and pepper.

Heating instructions: Place the tortillas seam side down in an oven - safe baking dish, and bake in a pre-heated 350F oven for 15 to 20 minutes, checking regularly.

### **Tuscan Style Baby Back Ribs with Veggie Mac & Cheese**

Slow roasted baby back ribs seasoned with the flavours of Tuscany. Served with a side of Emily's decadent veggie mac & cheese.

Ingredients: Baby back ribs, rosemary, garlic, fennel seed, smoked paprika, olive oil, coriander, balsamic vinegar, white wine, apple juice, PEI Parmesan cheese, all spice, crushed chilies, thyme, salt and pepper.

Ingredients (Mac & Cheese): Glasgow Glen Chili Gouda, white Cheddar, milk, cream, butter, mushrooms, broccoli, red peppers, celery, green onions, thyme, Dijon mustard, Worcestershire sauce, semolina, eggs, flour, salt and pepper.

Heating Instructions: Reheat ribs in a 350F oven, covered, for 15 minutes. Or grill on a medium BBQ for approximately (BBQs vary) 5 minutes per side. The mac & cheese can be reheated in a 350F oven for roughly 15 minutes (broil for a minute just before serving if you like a crunchy golden crust!) or in the microwave for 1-2 minutes, checking regularly.

### **Vegetable Almond Biryani ((GF & DF))**

Curried basmati rice baked with vegetables and served with raita. Stores well in the freezer.

Ingredients: Basmati rice, onions, garlic, potatoes, butternut squash, broccoli, green beans, raisins, almonds, vegetable stock, madras curry powder, cardamom and cloves, yogurt, lemon juice, parsley, cilantro. (Vegan without the raita)

Heating Instructions: Heat in the microwave for 1-2 minutes, checking regularly. Serve raita at room temperature.

### **Vegetable Chick Pea Curry with Basmati Rice (GF & DF)**

A tomato vegetable curry finished with a touch of coconut milk and served with basmati rice.

Ingredients: Tomatoes, onions, garlic, ginger, sweet potatoes, carrots, peas, broccoli, green peas, spinach, coconut milk, coriander, cumin, cinnamon, turmeric, olive oil, basmati rice, salt and pepper.

Heating Instructions: Reheat curry in the microwave for 1-2 minutes or on the stovetop over low heat, stirring regularly. Heat rice in the microwave for 30 seconds to 1 minute, covered with damp paper towel to maintain moisture.

### **Vegetable and PEI Cheddar Quiche with Southern-Style Slaw**

Organic PEI potatoes, mushrooms, broccoli and cheddar cheese in a flaky crust with eggs and cream. Served with a lively red and green cabbage slaw.

Ingredients: Craig Yukon Gold Potatoes, Valley Mushrooms, ADL Cheddar cheese, broccoli, onions, dill, eggs, Purity Dairy cream, olive oil, salt and pepper.

Slaw: Seaspray organic red and green cabbage, carrots, apple cider vinegar, lemon juice, mayonnaise, buttermilk, sugar, salt and pepper.

### **Vegetarian Chickpea Burger with Beet Relish and Local Greens**

Ingredients: Chick peas, cracked wheat, spinach, onion, garlic, vegetable stock, panko bread crumbs, parsley, sunflower seeds, lemon juice, zest of lemon, cumin, coriander, eggs, black olives, salt and pepper. Chickpea burger will store well in the freezer.

Heating instructions: Reheat burger on the BBQ over medium heat for 5-10 minutes or in the microwave for 1-2 minutes, checking regularly. You can also reheat in a preheated 350F for roughly 10 minutes.

### **Vegetarian Chili with Quinoa Pilaf (GF, DF and vegan)**

A soul satisfying chili, seasoned and simmered to perfection and served with a side of Quinoa pilaf. The chili will store well in the freezer.

Ingredients: Kidney beans, chick peas, tomatoes, green peppers, carrots, celery, onions, garlic, corn, spinach, chili powder, cumin, coriander, cilantro, parsley, Quinoa, vegetable stock, olive oil, salt and pepper.

Heating instructions: Reheat chili in the microwave for 1-2 minutes, checking regularly. Can also be reheated on the stove top over low heat, stirring frequently.

### **Veggie Enchiladas**

PEI cheddar, black beans, Basmati rice, sweet potato and lots of other good stuff baked in a flour tortilla and served with chipotle infused sour cream on the side. Our own little twist on a southwestern classic.

Ingredients: Basmati rice, black beans, corn, sweet potato, bell peppers, chipotle peppers, chili, cilantro, red onions, yellow onions, flour, sour cream, olive oil, tomatoes, ADL cheddar, garlic, salt and pepper.

Heating instructions: Place the tortillas seam side down in an oven - safe baking dish, and bake in a pre-heated 350F oven for 15 to 20 minutes, checking regularly.

### **Veggie Mac & Cheese**

Oh so creamy macaroni pasta starring two PEI cheeses (Glasgow Glen Farm Chili Gouda and ADL 2-Year-Old Cheddar) with mushrooms, roasted red peppers and fresh thyme.

Ingredients: Chili Gouda, white Cheddar, milk, cream, butter, mushrooms, broccoli, red peppers, celery, green onions, thyme, Dijon mustard, Worcestershire sauce, semolina, eggs, flour, salt and pepper.

Heating Instructions: Reheat in a 350F oven for roughly 15 minutes (broil for a minute just before serving if you like a bubbly golden crust!) or in the microwave for 1-2 minutes, checking regularly.

### **Veggie Pad Thai (GF & DF)**

Our version of this classic Thai dish. Plenty of fresh vegetables and rice noodles stir-fried with garlic, ginger and a lemony sauce and finished with peanuts and cilantro. The perfect balance of spicy, sweet, salty and sour.

Ingredients: Rice noodle fettuccine pasta, carrots, red peppers, garlic, ginger, broccoli, celery, onions, mushrooms, tofu, peanuts, cilantro, green onions, bean sprouts, lemon juice, fish sauce, canola oil, sambal oelek and palm sugar.

Heating Instructions: Heat on the stove top over medium heat, stirring frequently, until warmed. Or heat in the microwave 1-2 minutes, checking regularly. Add the peanuts, cilantro and a generous squeeze of fresh lime before serving.

### **Vegetarian Quiche**

A soul satisfying quiche featuring artichokes, tomatoes, leeks, dill and three types of cheese.

Delivered fresh and unfrozen. The quiche will keep well for several days if properly sealed and refrigerated.

Ingredients: artichokes, mushrooms, tomatoes, leeks, dill, feta, Parmesan, mozzarella, eggs, cream, salt and pepper, flour, shortening, butter.

Heating instructions: Preheat oven to 375F and cover quiche loosely with tin foil and bake for 30-40 minutes. Check the centre with the tip of a knife. When sufficiently warmed, remove foil and continue heating for another 15 minutes to crisp the pastry. Individual pieces can be heated in a preheated 350F oven, loosely covered with tin foil, for roughly 15 minutes, or in the microwave for 1-2 minutes, checking regularly.

### **SIDES SOUPS and DESSERTS:**

#### **Asian Inspired Quinoa and Vegetable Salad (GF & DF)**

Red and white quinoa with carrots, green peas, peppers and kale dressed with a sesame soy cilantro vinaigrette.

Ingredients: Red and white quinoa, carrots, red and green peppers, green peas, kale, cucumbers, green onions, cilantro, sesame seeds, rice vinegar, sesame oil, soy sauce, ginger, garlic, salt and pepper.

#### **Asian Beef Noodle Soup (GF & DF)**

Tender Atlantic beef, simmered in an Asian inspired broth with rice noodles and fresh local veggies.

Ingredients: Atlantic beef, beef stock, rice noodles, onions, celery, garlic, ginger, carrots, green onions, spinach, cilantro, mushrooms, cabbage, tamari sauce, sherry, salt & pepper.

Heating instructions: Heat on the stovetop over medium heat or in the microwave for 2-3 minutes, stirring regularly.

#### **Asian Corn Chowder**

Infused with the flavours of Thailand

Ingredients: Butter, onions, celery, carrots, red peppers, green onions, potatoes, cilantro, lime, fish sauce, chicken stock, flour, cream, salt and pepper.

Heating instructions: Heat on the stovetop over medium heat or in the microwave for 2-3 minutes, stirring regularly.

### **Bacon & Corn Chowder**

Seasoned with thyme, bay leaves and fresh parsley.

Ingredients: Butter, bacon, onions, celery, green onions, potatoes, corn, parsley, chicken stock, flour, cream, thyme, bay leaves, salt and pepper.

Heating instructions: Heat on the stovetop over medium heat or in the microwave for 2-3 minutes, stirring regularly.

### **Beef Barley Soup (dairy free)**

A hearty favourite!

Ingredients: Beef, Brookfield carrots, onions, celery, pearl barley, green peas, garlic, thyme, beef stock, olive oil, salt and pepper.

Heating instructions: Heat on the stovetop over medium heat or in the microwave for 2-3 minutes, stirring regularly.

### **Brown Basmati Rice & Newfoundland Shrimp Salad**

Ingredients: Brown basmati rice, Cold Water Newfoundland shrimp, red & green peppers, green onions, corn, cilantro, jalapeno, cumin, parsley, lime juice, olive oil, salt & pepper.

### **Buttery Shortbread**

A delectable selection of classic and chocolate.

Ingredients: Butter, flour, salt, sugar, icing sugar, chocolate.

### **Carrot and Ginger Soup (GF)**

Smooth and creamy with Brookfield Carrots and a subtle hint of ginger. A vegetarian delight!

Ingredients: Carrots, potatoes, celery, onions, garlic, ginger, vegetable stock, olive oil, cream, salt and pepper.

Heating instructions: On the stove top, over low heat, stirring frequently or in the microwave for 2-3 minutes, stirring every minute or so to insure even heat distribution.

### **Cheese Stuffed Tortellini Pasta Salad**

PEI mozzarella and parmesan, flour, semolina, eggs, garlic, extra virgin olive oil, cherry tomatoes, salt and pepper

### **Chicken and Brown Basmati Rice Salad**

With green peas, carrots and pumpkin seeds in a fresh and zesty white balsamic herb vinaigrette.

Ingredients: Larkin's chicken, brown basmati rice, green peas, carrots, red onions, parsley, dill, pumpkin seeds, garlic, extra virgin olive oil, white balsamic vinegar, salt and pepper.

### **Chicken Mulligatawny**

Larkin Brothers chicken, onions, garlic, ginger, carrots, curry powder, paprika, cinnamon, cumin, red lentils, chicken stock, apples, plum tomatoes, vegetable oil, green onions, salt and pepper.

Heating instructions: On the stove top, over low heat, stirring frequently or in the microwave for 2-3 minutes, stirring every minute or so to insure even heat distribution.

### **Chicken, Vegetable and Orzo Soup**

Mediterranean-style chicken vegetable soup with basil pesto

Ingredients: Larkin Bros chicken, Brookfield carrots & parsnips, onions, garlic, spinach, orzo pasta, chicken stock, basil, parmesan, salt & pepper

Heating instructions: On the stove top, over low heat, stirring frequently or in the microwave for 2-3 minutes, stirring every minute or so to insure even heat distribution.

### **Creamy Mushroom and Potato Soup with Thyme (GF)**

Ingredients: PEI Mushrooms and potatoes, onions, celery, garlic, fresh thyme, cream, olive oil, salt and pepper. Will store well in the freezer.

Heating instructions: On the stove top, over low heat, stirring frequently, or in the microwave for 1-2 minutes, stirring often to insure even heat distribution.

### **Creamy Seafood Chowder and Herb and Cheese Biscuits**

With fresh PEI mussels, Newfoundland Cold Water shrimp and Atlantic haddock. Served with cheesy herb biscuits.

Chowder Ingredients: PEI mussels, Newfoundland shrimp, Atlantic haddock, organic Yukon Gold potatoes, onions, fish stock, bacon, celery, garlic, butter, flour, 35% cream, fresh parsley, thyme or dill, salt and pepper

Biscuit Ingredients: Flour, butter, buttermilk, PEI mozzarella and parmesan, herbs

Heating instructions: Chowder is best heated on the stove top over medium low heat, stirring frequently. May also be heated in the microwave - heat for 30 seconds at a time, check and stir. Continue heating as necessary.

### **Curried Carrot and Sweet Potato Soup (GF & DF)**

A savoury favourite with just a hint of Madras curry. Stores well in the freezer.

Ingredients: Carrots, sweet potatoes, celery, onions, ginger, garlic, chicken stock, Madras curry powder, olive oil, cream, salt and pepper

Heating instructions: On the stove top, over low heat, stirring frequently or in the microwave for 2-3 minutes, stirring every minute or so to insure even heat distribution.

### **Curried Couscous and Chick Pea Salad**

A fresh and zesty salad with green peas, almonds and raisins in a cilantro curry vinaigrette.

Ingredients: Couscous, chick peas, green peas, almonds, raisins, green onions, cilantro, chicken stock, orange juice, curry powder, cinnamon, white wine vinegar, olive oil, salt and pepper.

### **Curried Butternut Squash Soup (GF)**

Creamy and comforting with a touch of Madras curry

Ingredients: Butternut squash, carrots, onions, celery, ginger, garlic, madras curry powder, chicken stock, olive oil, cream, salt & pepper.

Heating instructions: On the stove top, over low heat, stirring frequently, or in the microwave for 1-2 minutes, stirring often to insure even heat distribution.

### **Curried Mushroom and Potato Soup (GF)**

Velvety smooth and full of flavour

Ingredients: PEI Mushrooms and potatoes, onions, celery, garlic, curry powder, cream, olive oil, salt and pepper.

Heating instructions: On the stove top, over low heat, stirring frequently, or in the microwave for 1-2 minutes, stirring often to insure even heat distribution.

### **Curried Pasta Salad with Veggies, Raisins and Almonds**

Ingredients: Rotini pasta, cilantro, celery, raisins, almonds, green and red onions, mayonnaise, white wine vinegar, curry powder

### **Curried Spiced Almonds**

Irresistible!

Ingredients: Whole almonds with skin on, egg whites, brown sugar, sugar, salt, cinnamon, cumin, cardamon, cayenne, curry powder.

### **Double Chocolate Chip Pecan Cookies**

Absolute indulgence!

Ingredients: Belgian dark chocolate and dark chocolate chips, pecans, butter, white sugar, brown sugar, oatmeal, unbleached flour, baking soda, baking powder, salt and vanilla.

### **Glasgow Glen Baked Beans**

Classic baked beans with molasses, made with love in the kitchen at Glasgow Glen Farm White baking beans, onions, garlic, molasses, ketchup, mustard and salt & pepper.

Heating instructions: Reheat over very low heat on the stove top, stirring frequently or in the microwave for 2-3 minutes.

### **Greek Orzo Pasta Salad**

Orzo pasta with Kalamata olives, PEI organic tomatoes, almonds and Feta cheese in red wine herb vinaigrette.

Ingredients: Orzo pasta, red onions, almonds, PEI organic tomatoes, Kalamata olives, artichokes, Feta cheese, basil, oregano, parsley, extra virgin olive oil, red wine vinegar, salt and pepper.

### **Herb and Cheese Biscuits (package of six)**

Buttery, herby, cheesy goodness. Will store well in the freezer.

Ingredients: Butter, PEI cheddar, thyme, parsley, buttermilk, flour.

### **Herbed Potato Salad (GF)**

PEI's finest dressed with a light vinaigrette with just a smidgeon of mayonnaise. Simply delicious.

Ingredients: PEI Yukon Gold potatoes, celery, red onions, dill, parsley, garlic, cider vinegar, olive oil, mayonnaise, salt and pepper.

### **Lentil and Bulgur Salad with Feta and Black Olives (GF, DF)**

Lentils, Bulger wheat, feta cheese, black olives, green and red peppers, celery, tomatoes, dill, almonds, parsley, lemon juice, extra virgin olive oil, salt and pepper.

### **Mediterranean Rice and Veggie Salad (GF, DF and vegan)**

Lightly dressed with a fresh and zesty citrus dressing.

Ingredients: Basmati rice, Kalamata olives, chick peas, red onions, celery, red peppers basil pesto, fresh parsley, lemon juice, extra virgin olive oil, garlic,

### **Moroccan Quinoa Salad with Chickpeas, Raisins and Almonds (GF, DF and vegan)**

Ingredients: White Quinoa, vegetable stock, celery, green and red onions, chickpeas, almonds, raisins, parsley, extra virgin olive oil, white wine vinegar, curry powder, cinnamon, salt and pepper.

### **Potato and Turnip Soup**

A hearty treat on a cold winter day!

### **Oatmeal Raisin Cookies**

Homestyle goodness.

Ingredients: Butter, sugar, brown sugar, oatmeal, flour, salt, baking powder, vanilla, raisins.

Ingredients: Organic PEI potatoes and turnip, onions, celery, thyme, garlic, vegetable stock, olive oil, salt and pepper. We've made this vegan but if you like a little cream in your soup...add when reheating!

Heating instructions: Reheat on low on the stove top, stirring frequently, until hot. Or in the microwave for 2-3 minutes, stirring regularly.

### **Quinoa Salad with Wild and Field Mushrooms (gluten free)**

Tossed with a sesame cilantro dressing. Good things come in twos.

Ingredients: Red and white quinoa, red and green peppers, wild and field mushrooms, cilantro, ginger, garlic, sesame oil and seeds, rice vinegar, Dijon mustard, salt and pepper.

### **Red and White Quinoa Vegetable Salad with Rice and Feta**

Red and white quinoa with vegetables, rice, feta, chick peas, almonds and sunflower seeds in a Mediterranean vinaigrette.

Ingredients: Organic red and white quinoa, PEI organic tomatoes, cucumbers, red onions, basmati rice, feta cheese, chick peas, sunflower seeds, almonds, olive oil, garlic, red wine vinegar, basil, oregano, salt and pepper.

### **Rice, Black Bean and Vegetable Salad (GF, DF and vegan)**

Ingredients: Basmati rice, black turtle beans, green onions, celery, red peppers, corn, garlic, lime juice, rice vinegar, olive oil, smoked paprika, oregano, cilantro, salt and pepper.

### **Rice Pilaf with White Beans, Snow Kale, Almonds, Sunflower Seeds and Tomatoes**

A simple rice pilaf featuring some cool local stuff...Soleil's snow kale and Atlantic Organics tomatoes and Speerville Flour Mill (New Brunswick's own), sunflower seeds...as well as some ingredients "from away".

Ingredients: Basmati rice, white baking beans, onions, garlic, chicken stock, kale, tomatoes, almonds, sunflower seeds, parsley.

Heating instructions: In the microwave, covered with paper towel, for roughly 1 minute.

### **Roasted Carrots and Parsnips with Olive Oil and Thyme**

Ingredients: PEI carrots and parsnips, olive oil, thyme, salt and pepper, New Brunswick maple syrup and grainy Dijon mustard.

Heating Instructions: Reheat in a 350F oven for roughly 5-10 minutes or microwave for 30 seconds to 1 minute, checking regularly.

### **Roasted Cauliflower and Red Pepper Soup (gluten and dairy free)**

Ingredients: Roasted cauliflower, roasted red pepper, onions, celery, garlic, chicken stock, thyme, smoked paprika, salt and pepper.

Gently heat on the stove top over low heat or in the microwave, stirring every minute for 2- 3 minutes. Do not bring to boil!

### **Roasted Sweet Potato, Quinoa and Feta Salad**

Ingredients: Quinoa, sweet potato, Feta cheese, pumpkin seeds, red onion, parsley, dried cranberries, garlic, honey, extra virgin olive oil, salt and pepper.

### **Roasted Vegetable and Orzo Pasta Salad with Feta Cheese**

Ingredients: Orzo pasta (semolina, flour, eggs), red and green peppers, red onions, zucchini, carrots, feta cheese, almonds, dill, parsley, olive oil, lemon juice, garlic, salt and pepper.

### **Sausage and Shrimp Gumbo**

Featuring Larkin's turkey sausage and Taylormade cured Chorizo sausage. Louisiana style!

Ingredients: Larkin Bros. turkey sausage, Taylormade chorizo sausage, Newfoundland Cold Water shrimp, onions, celery, green peppers, garlic, okra, plum tomatoes, Basmati rice, flour, butter, parsley, cayenne, thyme, salt and pepper.

Heating Instructions: Reheat on medium heat on the stovetop for 10-15 minutes, stirring often. Or reheat in the microwave for 1-2 minutes, checking regularly.

### **Spiced Tomato with Sausage, Black Beans and Corn (GF & DF)**

A hearty, gently spiced soup with Taylormade cured sausage, corn and cilantro.

Ingredients: Plum tomatoes, Chorizo, corn, onions, garlic, celery, black turtle beans, cilantro, cumin, coriander seed, chili powder, chicken stock, olive oil, salt and pepper.

Heating Instructions: Reheat on medium heat on the stovetop for 10-15 minutes, stirring often. Or reheat in the microwave for 1-2 minutes, checking regularly.

### **Southwest Quinoa Salad**

Organic quinoa, black beans, corn, cherry tomatoes, cucumbers, green onions, cilantro, lime juice, rice vinegar, olive oil, garlic, salt and pepper.

### **Spiced Carrot and Apple Soup (GF, DF and vegan)**

Gently seasoned and featuring Arlington Orchard apples and Brookfield carrots.

Ingredients: Brookfield carrots, onions, celery, Arlington Orchard apples, garlic, ginger, coconut milk, vegetable stock, olive oil, salt and pepper, coriander, curry powder.

Heating instructions: On the stove top, over low heat, stirring frequently or in the microwave for 2-3 minutes, stirring every minute or so to insure even heat distribution.

### **Thai Inspired Chicken, Coconut and Vegetable Soup**

Larkin Brothers chicken slowly simmered in coconut milk and a wee bit of south Asian spice.

Ingredients: Larkin Brothers chicken, onions, green onions, red peppers, carrots, potatoes, green peas, coconut milk, chicken stock, garlic, ginger, kaffir lime leaves, lemongrass, brown sugar, Thai chilies, fish sauce and vegetable oil.

Gently heat on the stove top over low heat or in the microwave, stirring every minute for 2- 3 minutes. Do not bring to boil!

### **Thai Spiced Pumpkin and Carrot Soup**

Gently spiced and made with fresh local vegetables.

Ingredients: PEI pumpkin and carrots, coconut milk, onions, celery, garlic, ginger, fish sauce, lime juice, Thai red curry paste, olive oil, salt and pepper,

### **Tomato Pesto Tortellini Soup**

Ingredients: Plum tomatoes, onions, garlic, celery, basil, chicken stock, mozzarella, Parmesan, semolina, flour, olive oil, salt and pepper

Heating Instructions: Reheat on medium heat on the stovetop for 10-15 minutes, stirring often. Or reheat in the microwave for 1-2 minutes, checking regularly.

### **Tuna Vegetable Pasta Salad**

Fusilli and tuna in a creamy pesto dressing with green olives, black beans and capers.

Warning...addictive!

Ingredients: Canned tuna, stuffed green olives, black beans, capers, celery, roasted red peppers, red onions, mayonnaise, lemon juice, basil, parsley, olive oil, Parmesan, salt and pepper.

### **Tuscan Style Rice and Bacon Salad (GF and DF)**

A taste of Italy with a hint of pesto.

Ingredients: Basmati rice, bacon, eggs, organic tomatoes, green peas, roasted red peppers, Parmesan cheese, basil, parsley, red and green onions, extra virgin olive oil, lemon juice, garlic, salt and pepper.

### **Vegetable Beef & Noodle Soup**

Ingredients: Beef, Brookfield carrots, onions, celery, green peas, garlic, thyme, beef stock, olive oil, corn, egg noodles, salt and pepper.

Reheating Instructions: Heat on the stovetop over medium heat or in the microwave for 2-3 minutes, stirring regularly.

### **Vegetable Biryani Salad with Almonds and Raisins (Vegan)**

Broccoli, green beans, carrots, celery, onions, garlic, curry powder, turmeric, cinnamon stick, vegetable oil, salt and pepper