



# 2019 HIGH HOLIDAYS MENU

Order your "Crown Challahs" Now! (with or without raisins)

		<b>PRICE</b>
<b>STARTERS</b>	Chicken Soup (no matzo balls)	8.95/1L
	Butternut Squash Soup	7.95/1L
	Sweet & Sour Chicken Meatballs (12 pc)	\$12.99
	Honey Garlic Chicken Meatballs (12 pc)	\$12.99
	Vegetable Spring Rolls with Sweet & Sour Sauce (6 pc)	\$12.99
	Vegan Garlic Bread (12")	5.99 ea
<b>LUNCH</b>	Tuna Salad Wrap	\$8.99 ea
	Roasted Veggie Wrap	\$8.99 ea
	Grilled Chicken Wrap (with roasted veggie)	\$8.99 ea
	Chicken Salad & Apple Wrap	\$8.99 ea
	Garden Vegetable Quiche - 9"	\$22.99 ea
	Mushroom & Leek Quiche - 9"	\$22.99 ea
<b>MAINS</b>	Chicken Fingers	15.99/LB
	Beef Brisket with Cranberry (Mushroom Gravy)	24.99/LB
	Teriyaki Salmon	\$12.99 ea
	Baked Salmon (Lemon, Dill and Capers)	\$12.99 ea
	Vegetable Stuffed Chicken Breast with Gravy	\$13.99 ea
<b>FAMILY SIZE</b>	Macaroni & Cheese	\$39.95 ea
	Lasagna Bolognese (Dairy Free or Non Dairy Free Cheese)	\$59.99 ea
	Vegetarian Lasagna (Non Dairy Free Cheese)	\$59.99 ea
	Vegan Lasagna	\$59.99 ea
	Chicken Shepherds Pie (Potato or Sweet Potato topping)	\$59.99 ea
<b>SIDES</b>	Caesar Salad (Caesar Dressing)	\$3.99/portion
	Vegan Caesar Salad (Caesar Dressing)	\$3.99/portion
	Kale Salad w/ Currants & Parmesan (Honey Dijon Dressing)	\$6.99/portion
	Beet Salad with Goat Cheese	\$6.99/portion
	Roasted Root Vegetables	\$12.99/lb
	Quinoa Salad with Dried Fruits (Pomegranate Vinagrette)	\$12.99/lb
	Sweet Potato Steaks (Brown Sugar and Honey Glazed)	\$12.99/lb
	Grilled Vegetable Medley (Balsamic Drizzle)	\$14.99/lb
<b>DESSERTS</b>	Apple Loaf	\$14.99
	Decadent Carrot Cake - 6"	\$39.95
	Flourless Chocolate Cake - 6"	\$29.95
	Homemade Apple Pie - 9" (our own flakey crust & top)	\$24.95

Orders can be placed by calling us at 416 781 9191 or email

[Lisa@goodbye gluten.com](mailto:Lisa@goodbye gluten.com)

**\*\*Please place orders prior to Tuesday September 26th for Rosh Hashanah**