

# CANTERBURY COUNTRY STORE

Menu for the week of Friday Oct 27 - Thursday Nov 3

## MORNING, by 7AM

### Hot every day...

Egg and Cheese wrap or muffin \$5.00  
Meat & Egg and Cheese Wrap or muffin \$5.95

### Sunday by 9AM opening

French toast bacon and cheese sandwich - \$10.95

## FROM THE BAKE KITCHEN...

Varying daily **sweet and savory scones**

Varying daily **muffins** - always Gluten-free. Oat, rice, potato, sorghum, Teff flours. \$4.50

Varying daily snack **cookies** - 2/\$3.50

Varying daily speciality **bars** - \$3.50

Bagged **caramel candy** corn - \$3.50

## SPECIAL BAKES:

**Saturday** - Brothers Donuts

**Sunday** - Cinnamon biscuit roll-ups

**Wednesday** - apple hand pies - \$5

**Thursday; mini-cakes day** -

Almond orange - \$7.50

Our bake kitchen is a creative place. Some of the classic favorites always repeat but we like to bake according to your cravings, our whim and what the weather is like. Call us or check out our Facebook page for what is out that day.

## MID-DAY, by 11AM

**\*soup every day**  
**\*salads most days**

### Every day sandwiches...

Turkey, ham, egg salad, cheese & fruit, veggie hummus on an assortment of breads until sold out - \$7.95

**GF** options by request

### Friday special

Hot Italian Sandwich \$10.95

### Saturday special

Hot Roast Beef with grilled onions and peppers \$10.95

### Sunday special

Curry Chicken Wrap \$10.95

### Monday special

BBQ Beef Sandwich \$10.95

### Tuesday special

Beef and Bean Burrito \$10.95

### Wednesday special

Sausage and Peppers Calzone \$10.95

### Thursday special

Hot Pastrami Sandwich \$10.95

## TAKE HOME - by 2-3PM

Monday - Friday

**all take-out meals serve 2-4**

### Friday

#### PIZZA NIGHT!

Choice of a red sauce, white sauce or olive oil available with cheese only, cheese and veggies, meat/cheese or meat/cheese and veggies. 12 inch pizza \$12.95 cheese, \$13.95 Cheese and Veggie and \$15.95 Cheese, Meat or Meat and Veggies.

### Saturday and Sunday

Check out our Meals in a Minute bagged meals. Grab additional ingredients from the cooler and have a meal in a minute! A new recipe will be available every week-end.

### Monday; pasta night

Spaghetti with olive oil sautéed veggies and shaved parmesan. **GF** 14.50  
Spaghetti as above with local sausage - \$16.50

### Tuesday; pot pie night

Maple pork, sweet potatoes and sage cream w/pastry top-\$16.50  
Sweet potatoes, figs and sage oat "cream" with pastry top **GF, VN** \$14.50

### Wednesday; stew night

Pumpkin & port risotto with roasted veggies and pine nuts- **GF** \$14.50  
Pumpkin & port risotto with pulled autumn-spiced pork - \$16.50

### Thursday; mashers night

Classic Meat loaf and potatoes -  
Soy bean vegan loaf - \$14.50  
Ground turkey loaf - #16.50

\*Our store runs a no-waste kitchen. Our daily soups incorporate the foods that need to be used up. Call us or check our Facebook page for what is cooking that day.