



Well Fed Menu 2022/2023

Hot Entrées

Soup & Chili (reg- 8 oz, lg- 12 oz)

Turkey Chili *dairy free

Tomato Soup

Chicken Noodle Soup

Chicken Soup with Rice

New! Burgers

100% Beef Burgers on Brioche Bun

100% Chicken Burgers on Brioche Bun

*Add Cheese for \$1.00

Pasta (reg-8 oz, lg- 12 oz)

Pasta with Parmesan & Butter

Macaroni & Cheese *made w/ real milk & cheddar

Pasta with Tomato Sauce & Mozzarella Cheese

Pasta with Meat Sauce *dairy free

Pasta with Alfredo Sauce

Gluten-Free Pasta Available + \$1.25 to any pasta

Mexican

Chicken or Beef Burrito- made with a 10" tortilla

reg or lg

Cheese Quesadilla - made with a 10" tortilla

one size only

Cheese Quesadilla & Bean- made with a 10" tortilla

one size only

Chicken Quesadilla - made with a 10" tortilla

one size only

*Whole Wheat available for Quesadillas, Gluten-Free Quesadillas available

International (reg- 12 oz, lg- 16 oz)

Pulled Braised Beef with Mashed Potatoes

Butter Chicken with Rice

Butter Chickpea with Rice

Chicken Fried Rice

Tofu Vegetable Fried Rice

Veggie Samosa with Mango Dipping Sauce one size

For more information about our menu and/or ingredient list please contact us.



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Cold Entrées

Sandwiches

**All chicken for sandwiches is baked and sliced in house. All chicken & pork is hormone and antibiotic free*

Ham & Cheese on Croissant - Ham & Cheddar Cheese on a Locally Made Croissant


BBQ Chicken Sandwich - Chicken, Cheese, Lettuce & BBQ Sauce on Brioche 4" 8"

Chicken Sandwich - Chicken, Lettuce, Tomato & Mayo on Brioche 4" 8"

Wraps

Chicken Caesar Wrap

Ranch Chicken Cheddar Wrap

Vegetarian Wrap 

** Whole Wheat available for wraps*

Salads

Caesar Salad  one size only (16 oz)

Chicken Caesar Salad one size only (16 oz)

Greek Salad   one size only (8 oz)

 *Gluten free option for Caesar Salads – No Croutons*

Snack Packs

Mini Bagels & Cream Cheese with Veggies & Ranch Dip  one size only

Mixed Snack PaC (Egg, Cheese, Apple Slices, Snap Peas, Pita Bread & Tzatziki)  one size only

Sides

Baked Pita Chips w/ Homemade Tzatziki

Vanilla Yogurt

Yogurt Parfait

Brioche Bun

New! Cheese & Chive Scone

Apple Sauce with Cinnamon

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In-House Baked Goods & Fruit and Veggies

Baked Goods - *Made In House*

Cookies

Chocolate Chip Oatmeal Cookie

Ginger Cookie

Power Cookie 

Muffins and Bars

Chocolate Zucchini Muffin

Banana Chocolate Chip Muffin

Granola Bar *dairy free

Loaves



Banana Bread

Lemon Blueberry Loaf

Raspberry Oat Loaf

Fruit & Veggies

Seasonal Fresh Fruit Cup   reg, lg

Veggies   reg, lg

DRINKS

2% Milk

1% Chocolate Milk

Apple Juice, Wildberry and Strawberry Banana Juice

**All pricing includes condiments & utensils if needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Minimum delivery of \$150.00. If under minimum delivery, delivery charges will apply. Prices are subject to change. Extra fees may apply for additional services.*

Payments are due the day of delivery. We accept cash, cheque and e-mail transfer at no additional cost. For Visa, Mastercard, Visa Debit, Pay pal an additional 3.00%.



Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions

Gluten-Free Options

- Butter Chicken or Chickpea with Rice
- Caesar or Chicken Caesar Salads – without Croutons
- Chicken or Tofu Fried Rice served with Gluten Free Soy Sauce
- Chicken Soup with Rice
- Greek Salad
- Pulled Braised Beef with Mashed Potato
- * Rice Tortilla Quesadillas
- Turkey Chili
- * *Gluten-Free Pasta + Quesadillas Available \$1.00 extra*

Vegetarian Options

- Butter Chickpea with Rice
- Caesar Salad
- Cheese or Cheese & Bean Quesadilla
- Greek Salad
- Macaroni & Cheese
- Mini Bagels with Cream Cheese & Vegetables
- Mixed Snack Pac
- Pasta with Alfredo Sauce
- Pasta with Parmesan & Butter
- Pasta with Tomato Sauce & Mozzarella
- Tofu Vegetable Fried Rice
- Tomato Soup

Vegan Friendly Options

- Vegetarian Wrap
- Veggie Samosa & Mango Sauce



Vegan



Vegetarian



Gluten-Free