



Well Fed Menu & Pricing – September 2026

Hot Entrées

Burgers & Hot Sandwiches **made with 100% beef, no fillers and real cheese*

Pulled Beef Flatbread Sandwich with Double Cheddar Cheese

100% Beef Burger on Sesame Bun - 4 oz patty

100% Beef Burger with Real Cheddar Cheese on Sesame Bun - 4 oz patty

**All Burgers include a side of ketchup*

Pasta (reg - 8 oz, lg - 12 oz) **All of our pastas use real cheese and dairy*

Pasta with Parmesan & Butter 

New! Cheeseburger Mac & Cheese

Double Cheddar Mac & Cheese - **now with more sauce!** **with real milk & cheddar* 

Pasta with Tomato Sauce 

Pasta with Tomato Sauce with Mozzarella Cheese 

Pasta with Meat Sauce **dairy free, contains beef and pork*

Pasta with Meatballs & Tomato Sauce **dairy free, 3 all beef meatballs*

**Gluten Free Pasta Available for any pasta EXCEPT Pasta with Meatballs* 

Mexican **All our quesadillas are made real double cheddar cheese*

Chicken or Beef Burrito - One 10" tortilla

New! Pulled BBQ Chicken Quesadilla - One 10" tortilla

Cheese Quesadilla or Cheese & Bean Quesadilla - One 10" tortilla 

Chicken & Cheese Quesadilla - One 10" tortilla

Improved Taste! Mexican Beans with Veggies and Rice - 12oz  

Gluten Free Tortilla Available for **Quesadillas ONLY** 

Whole Wheat Tortilla Available for **Quesadillas ONLY**

International and Mixed Menu (reg - 12 oz, lg - 16 oz)

Butter Chicken with Rice 

Butter Chickpea with Rice  

New! Chicken Noodle Bowl 

New! Tofu Noodle Bowl  

Improved Taste! Teriyaki Chicken with Veggies and Rice 

Improved Taste! Teriyaki Tofu with Veggies and Rice  

Veggie Samosa with Mango Dipping Sauce 

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

Turkey Chili **dairy free* 

New! Carrot Ginger Soup  

Chicken Noodle Soup



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Cold Entrées

Sandwiches

**All chicken for sandwiches and wraps is baked and sliced in house. All our meats are hormone and antibiotic free*

Bagel with Cream Cheese - Cream Cheese on a Multigrain Bagel 

BBQ Chicken Sandwich - Chicken, Cheese, Lettuce & BBQ Sauce on Brioche

Cheddar Cheese on Croissant - Cheddar Cheese on a Locally Made All Butter Croissant 

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

Turkey & Cheddar Cheese Bagel - Turkey, Cheddar Cheese, Lettuce and Mayo on a Multigrain Bagel

Wraps

Chicken Caesar Wrap - Chicken, Romaine Lettuce, Parmesan Cheese & Caesar Dressing

Ranch Chicken Cheddar Wrap - Chicken, Romaine Lettuce, Cheddar Cheese, Red Pepper & Ranch Dressing

Vegetarian Wrap - Romaine Lettuce, Rice, Avocado, Black Beans and Salsa 

Whole Wheat Tortilla Available for all cold wraps

Salads

Garden Salad w/ Honey Lime Dressing - Romaine Lettuce, Cucumber, Grape Tomato, Shredded Carrot, Dressing  

Chicken Garden Salad w/Honey Lime Dressing - Chicken, Romaine, Cucumber, Grape Tomato, Shredded Carrot, Dressing 

Caesar Salad - Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Chicken Caesar Salad - Chicken, Romaine Lettuce, Parmesan Cheese, Croutons & Caesar Dressing

Gluten Free option available for Caesar Salads - No Croutons 

Snack Packs

Mini Bagels & Cream Cheese w/ Veggies & Hummus - 2 Mini Bagels, Cream Cheese, Veggies, Hummus 

New! Chicken Salad Snack Pac - Chicken Salad, Cheddar Cheese, Naan Bread, Snap Peas & Apple Slices

Sides

Baked Pita Chips with Hummus 

Vanilla Yogurt  

Yogurt Parfait 

New! Chocolate Chia Pudding with Berries 

Apple Sauce  



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Baked Goods, Fruit, Veggies & Drinks

Baked Goods - *Made In House*

Cookies - all vegetarian 

Chocolate Chip Oatmeal Cookie

Ginger Cookie

Power Cookie 

Muffins and Bars - all vegetarian 

New! Chocolate Zucchini Muffin 

Banana Chocolate Chip Muffin

New! Carrot Harvest Muffin

Granola Bar 

Loaves - all vegetarian 

Banana Bread

Lemon Blueberry Loaf

Fruit & Veggies - all Gluten Free and Vegan  

Banana - Whole

Seasonal Fresh Fruit Cup 8oz

Veggies

Veggies with Hummus

Drinks

2% Milk

1% Chocolate Milk

Apple Juice and Wild Berry Juice

- ***New - Fuel surcharge/transport cost all orders of \$6.00 per delivery.***
 - ***All pricing includes condiments if needed, printing (labels and work orders), labelling, delivery and bin pick up (same day or next). Salsa and Sour Cream available for Quesadillas ONLY.***
 - ***Minimum delivery of \$200.00. If under minimum delivery, additional 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 Credit Card Payments (Visa, Mastercard) an additional 3.00% charge.***



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Well Fed Menu Reference Guide Allergies and/or Dietary Restrictions

GF

Gluten-Free Options

Butter Chicken or Chickpea with Rice
Caesar or Chicken Caesar Salads - without Croutons
Chicken or Tofu Noodle Bowl
Garden Salad with Honey Lime Dressing with or without Chicken
Gluten Free Pasta - any pasta EXCEPT Pasta with Meatballs
Mexican Beans with Rice and Veggies
Power Cookie
Carrot Ginger Soup
Rice Tortilla (Quesadillas only)
Teriyaki Chicken with Rice and Veggies
Turkey Chili

V

Vegetarian Options

All cookies, muffins and loaves
Bagel with Cream Cheese
Butter Chickpea with Rice
Caesar Salad
Cheese or Cheese & Bean Quesadilla
Croissant with Cheese
Double Cheddar Macaroni & Cheese
Garden Salad with Honey Lime Dressing
Mini Bagels with Cream Cheese & Vegetables
Pasta with Parmesan & Butter
Pasta with Tomato Sauce & Mozzarella



Vegan Friendly Options

Apple Sauce, Fruit and Veggies
Baked Pita Chips with Hummus
Carrot and Ginger Soup
Chocolate Zucchini Muffin
Chocolate Chia Pudding with Berries
Granola Bar
Mexican Beans with Rice and Veggies
Pasta with Tomato Sauce
Teriyaki Tofu with Rice and Veggies
Tofu Noodle Bowl
Vegetarian Wrap
Veggie Samosa & Mango Sauce



Gluten Free



Vegetarian



Vegan



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