



THE WELLNESS CHEF

LOCK 24 DELIVERY MENU

Can be ordered up to 24 hours in advance.

Email contact@thewellnesschef.ca or Call / WhatsApp (705) 933-8096

Starters and Snacks

Trio Dip - A Healthy Start \$35

– homemade herbed hummus, tomato, onion and cilantro salsa, & tzatziki served with vegetable crudité, flatbreads and crackers

Carnivores Onboard \$100

- For 4-6 people. Charcuterie board with a variety of meats, cheeses and other savory surprises

Peruvian Ceviche – cool and refreshing on a hot day

Choose from the following:

- Mixto (fish and shrimp) \$25
- Mango (vegan) \$20

Crab Cakes \$30

Served with a homemade fresh and tangy coleslaw and tartar sauce

Salads – small \$20, large \$35

Choose from the following:

Chef's Fresh Garden, Quinoa, Potato & Egg, or Mediterranean Pasta

Main Courses - Fit for a Captain, prices all per person

Barbequed Skewers - Choose from the following:

- Chicken \$20
- Pork \$20
- Shrimp \$25
- Vegetarian \$20
- Mixed (one of each) \$55

Roast Chicken Dinner

Served with Mashed potatoes & Maple Glazed vegetables \$25

Beef and Vegetable Pie

An entire meal on one plate \$20

Wellington

- Salmon and spinach medley, or
- Potato and mushroom (VEGETARIAN)

Served with the chef's garden salad \$28

Shrimp Farfalle Pasta

Garlic, roasted red peppers, sundried tomatoes and a creamy sauce \$25

Pan fried White Fish Fillet

with butter & capers sauce and a vegetable rice \$25

Lasagna

- Meat with spinach and ricotta \$20
- Butternut Squash and eggplant (VEGETARIAN) \$20