



THE WELLNESS CHEF

LOCK 24 DELIVERY MENU

Can be ordered up to 24 hours in advance.

A \$5.00 delivery fee will be added to your bill. Thank you.

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

Starters and Snacks

Trio Dip - A Healthy Start \$35

– homemade herbed hummus, fresh salsa, & avocado dips served with vegetable crudité, flatbreads and crackers

Carnivores Onboard \$65

- Serves 4 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 - prices all per person

Barbequed Skewers - served with chef's salad or roasted potatoes

Choose from the following:

- Chicken \$25
- Pork \$25
- Beef \$25
- Shrimp \$30
- Vegetarian \$20

Roast Chicken Dinner - Served with Mashed potatoes & Maple Glazed vegetables \$25

Beef and Vegetable Pie - An entire meal on one plate \$20

Wellington - Served with the chef's garden salad

- Salmon and spinach medley \$30
- Potato and mushroom (VEGETARIAN) \$25

Shrimp Farfalle Pasta - Garlic, roasted red peppers, sundried tomatoes and a creamy sauce \$30

Pan fried White Fish Fillet - with a savory caper butter sauce and vegetable rice \$30

Lasagna –

- Meat with spinach and ricotta \$25
- Butternut Squash and eggplant (VEGETARIAN) \$25