



FERN CAFÉ

MONTEREY RECREATION CENTRE

Call 250-883-7162 to pre-order your fresh and frozen take-out.

Cash, Credit and Debit 'tap' accepted.

DINING AREA CLOSED DUE TO CURRENT PUBLIC HEALTH ORDERS.

SANDWICHES & SALADS

Various sandwiches and salads are available while supplies last. Pre-orders welcome.

Sandwiches	\$4.50
Salads	\$4.75

BAKERY

Cookies	\$1.95
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Choice of Oatmeal Raisin, Double Chocolate, Macadamia White Chocolate and Chocolate Chip.

Muffins	\$1.95
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Muffins this week include: Blueberry, Raisin Bran and Double Chocolate. Ask about our gluten free muffin options.

Cakes	\$1.95
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Choice of Butter Tart Bar, Carrot Cake, Nanaimo Bar, Best Brownie.

BEVERAGES

Coffee, Tea, or Hot Chocolate	\$1.75
Bottled Water	\$1.75
Pop	\$1.95
Juice	\$2.75
Sparkling Juice	\$2.95

Bottled or canned.

FRESH TO GO

FRESH-TO-GO

Mediterranean Quiche	\$5.50
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Roasted vegetables and goat cheese.
Pre-order for pick-up on Wednesday, April 21.

ENTRÉES

Cabbage Rolls (GF)	\$8
Ground beef and pork, rice and vegetables.	
Teriyaki Chicken Stir Fry	\$8
Chicken, vegetables and noodles.	

LIMITED ENTRÉES

Baked Cod (GF)	\$8
Wild rice pilaf, vegetables, rosé sauce.	
Hungarian Goulash	\$8
Rich, saucy beef with fusilli noodles.	
Meatloaf & Mushroom Sauce	\$8
Beef and pork, roasted potatoes, mushroom sauce, broccoli.	
Oriental Spiced Chicken Supreme	\$8
Vegetable couscous, tomato sauce.	
Steamed Cod	\$8
Parsley potatoes, vegetables, lemon cream sauce.	

PIES'N'SUCH

Chicken Pot Pie	\$5.50
Shepherd's Pie	\$5.50
Quiche	\$5.50
Ham, spinach, mushroom and feta.	

SOUP

Chile con Carne (GF)	\$5
Moroccan Chicken Chickpea (GF)	\$5
Tomato (GF)	\$5
Tuscan Bean & Pancetta (GF)	\$5
Vegan Chili	\$5

(GF) Gluten Free

FROZEN TAKE-OUT