



## FERN CAFÉ

MONTEREY RECREATION CENTRE

### Hours

Monday-Friday: 10:00am-2:00pm

Closed Statutory Holidays

Cash, Credit and Debit 'tap' accepted.

## SANDWICHES & SALADS

|                   |        |
|-------------------|--------|
| <b>Sandwiches</b> | \$4.50 |
| Assorted.         |        |
| <b>Salads</b>     | \$4.75 |
| Assorted.         |        |

## BAKERY

|  |        |
|--|--------|
| <b>Cookies</b>   | \$1.95 |
| A variety of fresh baked cookies daily.                      |        |
| <b>Muffins</b>   | \$1.95 |
| A variety of fresh baked muffins daily.                      |        |
| <b>Cakes</b>   | \$1.95 |
| A variety of fresh baked cakes and bars are available daily. |        |

## 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.            |        |

## COFFEE EXPRESS

### Hours

Monday-Friday: 8:30-10:30am  
and 1:30-3:30pm

Saturday: 10:00am-12:00pm

Closed Statutory Holidays

## WEEKLY MENU

### LUNCH ENTRÉES

#### MONDAY, NOVEMBER 15

Corned Beef & Swiss Sandwich with Soup \$8

#### TUESDAY, NOVEMBER 16

Breaded Pork Cutlet \$8

#### WEDNESDAY, NOVEMBER 17

Shepherd's Pie (GF) \$8

#### THURSDAY, NOVEMBER 18

Hearty Beef Stew (GF) \$8

#### FRIDAY, NOVEMBER 19

Greek Plate with Chicken Souvlaki (GF) \$8

\*Lunch entrées served for dine-in between 11:00am-1:00pm, while supplies last.

### FROZEN ENTRÉES

|                                |     |
|--------------------------------|-----|
| <b>Bangers &amp; Mash (GF)</b> | \$8 |
| <b>Salmon Linguine</b>         | \$8 |
| <b>Ukrainian Plate</b>         | \$8 |

And more. Please ask for details!

### PIES'N'SUCH

|   |        |
|---|--------|
| <b>Penne with Meat Sauce (GF)</b>             | \$5.50 |
| <b>Mac &amp; Cheese</b>                       | \$5.50 |
| <b>Quiche (Ham &amp; Cheese or Vegetable)</b> | \$5.50 |
| <b>Tourtière</b>                              | \$5.50 |

And more - please inquire about other options!

### SOUP

|  |     |
|--|-----|
| <b>Chicken Tortellini</b>                | \$5 |
| <b>Tomato, Basil &amp; Parmesan (GF)</b> | \$5 |
| <b>Turkey Vegetable (GF)</b>             | \$5 |

And more - please inquire about other options!

Pre-orders are not required. If your preference is to pre-order, call 250-883-7162.

Please leave a message; your call will be returned, and your pick-up time confirmed.

(GF) Gluten Free

FROZEN & TAKE-OUT

FRESH TO GO