



FERN CAFÉ

MONTEREY RECREATION CENTRE

Hours

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

Closed Statutory Holidays

Cash, Credit and Debit 'tap' accepted.

SANDWICHES & SALADS

Sandwiches	\$4.50
Assorted.	
Salads	\$4.75
Assorted.	

BAKERY

Cookies	\$1.95
A variety of fresh baked cookies daily.	
Muffins	\$1.95
A variety of fresh baked muffins daily.	
Cakes	\$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

Happy Thanksgiving! CAFÉ CLOSED MONDAY

TUESDAY, OCTOBER 12

Bangers & Mash (GF) \$8

WEDNESDAY, OCTOBER 13

Chicken Tortellini \$8

THURSDAY, OCTOBER 14

Country Fried Steak \$8

FRIDAY, October 15

Pulled Pork Sandwich & Soup \$8

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

FROZEN ENTRÉES

Penne Bolognese	\$8
Roast Beef (GF)	\$8
Roast Pork Loin (GF)	\$8

And more – including cod, sweet & sour pork, and others. Please ask about other options!

PIES'N'SUCH

Shepherd's Pie	\$5.50
Steak & Kidney	\$5.50
Tourtière	\$5.50
Quiche	\$5.50

And more - please inquire about other options!

SOUP

Chili Con Carne (GF)	\$5
Curried Butternut Squash (GF)	\$5
Carrot, Ginger & Orange (GF)	\$5
Vegetarian Chili (GF)	\$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