



MARKET DETAILED MENU

Prices are per person. Please note that price is subject to change.

THE MEALS

The food has already been prepared and is ready to warm up. Chef Suhel carefully cooks farmfresh ingredients to create these meals, which are frozen and can be reheated in the manner described below:

Regarding plastic container:

1. Remove the meal from the freezer and store it in the refrigerator one day in advance.
2. Put the food in a pot the following day. Set the heat to medium and bring it slowly to a boil, stirring once or twice along the way.

Regarding containers made of aluminum:

1. Set the oven's temperature to 350 degrees.
2. Set the oven containers with their lids off.
3. The meal will take 20 to 30 minutes to reheat if it was defrosted in the refrigerator the day before.

MEAL CHOICES

Thai curry chicken stew: \$15 per portion

Made with fresh chicken, curry paste, coconut milk, onions, celery, cilantro, and sweet potatoes.

Italian meatballs: \$15 per portion

Freshly ground beef is use to make the Italian meatballs. Made with milk, bread, breadcrumbs, eggs, parmesan cheese, salt and pepper along with onions, garlic and parsley.

Braised Lamb shank: \$15 per portion

Lamb shank slowly braised with Carrots, celery, onion, garlic, parsley and tomato.

Duck confit: \$15 per portion

Tender and delicious duck was confit for four hours in duck fat.

Shepard's pie: \$15 per portion

Fresh yukon potatoes, onion, garlic, corn, peas and parsley combined with freshly ground beef.

8oz Chicken supreme: \$15 per portion

Sauce grand-mère, pearl onions, bacon and farm mushrooms.

Lasagna: \$15 per portion

Organic ground beef, tomato, carrot, celery, onion, garlic parsley, béchamel, parmesan cheese.

Lamb stew: \$15 per portion

Organic Lamb shoulder slowly braised with carrots, turnip, onion, red wine.

Roaster chicken wings: \$15 per Lb

One pound for freshly cooked organic roaster chicken wings marinated in a homemade BBQ sauce.

Baby Back Ribs BBQ Sauce: \$15 per portion

Slowly braised baby back ribs marinated for 12 hours in our homemade BBQ sauce.

Beef Short Ribs Asian Style: \$15 per portion

Beef short ribs marinated in a homemade Asian sauce.

Vegan/gluten free chickpeas stew: \$15 per portion

Celery, chickpeas, tomato, onion, bell pepper, garlic.

Vegan Lasagna: \$15 per portion

Homemade lasagna with vegetable, vegetable broth.

THE RAW PROTEINS

Duck Magret: \$15 per portion

Chez Suzanne's farm organic free range.

6oz Center cut Atlantic salmon filet: \$15 per portion

8oz Beef wellington with forest mushrooms and wrapped in puff pastry: \$15 each