



Take & Bake

Heat up & serve. Below are guidelines only as all ovens are different.
Pre order 72 hours in advance to ensure order & pickup time.

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Pork Egg rolls - \$17

Open burnt edge style - 1 dozen, plum sauce
Fully Cooked – Heat through, oven 375 degrees.

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Baby Back Ribs – serves 4 -6 / \$60.

2 racks cut up, fully cooked fall off the bone & house Asian sauce.
Lid off, 375 degrees & heat through, extra sauce on the bottom to re baste
halfway.

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Meat Lasagna – serves 6 -9 / \$40.

Tomato & fresh basil meat sauce, fresh garlic, fresh parmesan, mozzarella
cheese. From frozen – Lid on, 375 degrees, approx. 2 hours or longer check at
1.5 hours.
From thawed – Lid on, 375 degrees, 1.5 hours check at hour as all ovens are
different this is only a guideline.

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Battered Haddock - 4 pieces, 6-7oz each – \$48.

Tartar sauce available if needed please request with your order. Fully cooked.
375 degrees heat both sides – or till crispy.

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Jerk Chicken - Thighs & legs 16 pieces per tray - \$48

House made Jerk Sauce / Fully cooked heat through until hot – thaw first if time,
lay on sheet pan, 375 till hot to the bone.

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Chicken Parmesan - 4 pack, 7oz each - \$48.

Prime Air Chilled chicken breast, panko, tomato & fresh basil, fresh garlic, fresh
parmesan, asiago & mozzarella cheese.
95% cooked, thaw if time, heat through till hot 395 degrees till cheese is
bubbling & golden brown.

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Asian Mushroom stuffed chicken - 4 pack, 7oz each \$50.

Prime Air Chilled chicken stuffed with cremini mushrooms, scallions, garlic, ginger, panko, topped with our house Asian sauce.

▪ 95% cooked. Thaw if time, heat through until hot, 375 degrees.

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Asian Salmon

4 pack, 6oz each – price ask for current market prices.

Salmon fillets seared and topped green onions & Asian glaze.

90% cooked - just heat through until hot, 375 degrees.

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Jerk Salmon

4 pack, 6oz each – price ask for current market prices.

Salmon fillets seared and topped with house Jerk Sauce

90% cooked - heat through until hot, 375 degrees

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Goat cheese Chicken - 4 pack – 6-7oz each - \$50.

Chicken breasts topped with tomato basil sauce, crumbled goat cheese, balsamic glaze on the side, drizzle over when finished in oven.

95% cooked - heat through until hot and cheese bubbling 375 degrees.

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Asian Noodle Chow Mein – feeds 6 - \$38

Egg noodles, Bok choy, julienne vegetables, scallions, Asian sauce.

Sauté on high heat to start & serve – Add on a protein chicken or shrimp for a main dish.

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Demi glace – 32oz - \$15

Great for roasts, chicken, pork, poutines, made from roast beef drippings.

Bring to a simmer, whisk till smooth, add water if too thick. Gluten free

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Mac N cheese - Serves 10 / \$48

Elbow pasta, thyme basil infused 35% cream, old cheddars, fresh parmesan, asiago, mozzarella cheese. Breadcrumbs - Heat through, 375 degrees