FROZEN MEALS
TAKE OUT MENU
Menu will be updated every Tuesday and Thursday

ORDER INSTRUCTIONS
- Kindly order any day from Monday to Friday between 10 am to 4 pm, but PLEASE NOTE THE CUT-OFF TIME.
- Email office@uwcvancouver.ca
- List number of orders - eg 2 x lamb hot pots; 1 x fish pie; 1 x lasagna
- Your order will be charged to your account.

PICK-UP INSTRUCTIONS
- Pick-up will be from Monday to Friday between 10 am and 6 pm.
- Please email the office your preferred pick-up date & time.
- The package will be ready outside on the front door with the member name.
- If you require delivery, please let us know and we would be happy to arrange it for you.
BAKED GOODS!

*New Item*

Dry Mix for 2 loaves of French Country Bread. $6

Muffins

Pumpkin $2.50 each

Chocolate Brownies

$5 each

Assorted Spicy Nuts $5

MAIN ITEMS

*New Item*

French Onion Soup

rich and robust french onion soup
made with chicken and beef stock, flavoured with
thyme and Worcestershire sauce. $8

Spanish Stew

Slow braised stew (chorizo, squid, chickpeas),
with fire roasted tomatoes,
and a saffron broth with leeks, garlic,
bell peppers, and spinach. $12

Texan style beef & smoked ham-hock chili

Ground beef, smoked ham-hock, kidney beans,
ancho chili, smoked paprika, jalapeños,
in a tomato broth. $12

Elk, duck confit & chorizo cassoulet

Elk loin, duck confit, chorizo sausage, white navy beans,
green lentils, vegetables, red wine,
in beef and chicken stock. $12

Vegan Eggplant Parmesan

Roasted eggplant, cashew cheese,
caramelized onions and braised lentils. $10

*Meals are 1 to 2 portion size.

AVAILABLE WHILE SUPPLIES LAST!

*More items on the second page.*
Lamb Rogan Josh Curry
Marinated lamb leg cooked in a rich Indian spiced curry with coconut cream. $12

Vegetarian Lasagna \(\text{VG}\)
Sweet pea and artichoke with béchamel. $10

*Meals are 1 to 2 portion size.

AVAILABLE WHILE SUPPLIES LAST!
**Home-style French Country Loaf**

**Ingredients:** Strong bread flour, dried yeast, salt, sugar.

**Cooking instructions:**
1. Empty contents into a machined mixing bowl and use the dough hook attachment.
2. Measure 175 ml of cold milk and add 175 of boiling water from the kettle given you a total warm liquid of 350 ml.
3. Knead the flour mix on a slow speed, adding the warm 350 ml of liquid. (You can do this by hand if you don’t have a mixer).
4. Knead the dough for 10 mins until the dough is elasticity.
5. Leave the dough in the bowl and cover with a damp cloth or cling wrap.
6. Let the dough proof in a warm place until 3 times the size (approx. 1 hr.)
7. Remove the dough from the bowl and knead gentle by hand for 1 min, (Knocking back)
8. Place the dough back to the bowl and proof for a second time.
9. When the dough has risen to 3 times the size for the second time remove from the bowl and cut the dough into 2 pieces,
10. Shape the 2 pieces of dough into desired loaf shapes and plaice on a lightly floured baking tray (Round French country style or oblong French baguette style)
11. Leave to proof for a third time until double the size and then gently carve 1 cm grooves into the top of the loaves and dust with flour.
12. Then bake in a convection oven at 350f/170c for 20 mins.
13. Remove from the oven and place the loaves on a cooling rack for 30 mins before eating.

**Chef's tip:** When kneading the dough the first time around if you like, be adventurous by adding chopped sun-dried tomatoes and olives or rosemary and a little olive oil, one of my favs is to add caramelized onions!

**French Onion soup, Cheese croute**

**Ingredients:** Onions, garlic, thyme, red wine, chicken stock, beef stock, Worcestershire sauce, sliced baguette, cheddar cheese, olive oil salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents into a saucepan and gently warm (gas or electric mark 2/3) until simmering and simmer for 4 to 5 mins then top with the warmed cheese croute and serve.

**Serving suggestions:** Crusty French loaf made from our ready to kneed bread mix!
Spanish squid, chorizo & chickpea stew

**Ingredients:** Vegetables, squid, chorizo sausage, jalapeno, tomato paste, white wine, rosemary, vegetable stock, bay leaf, fennel seed, oregano, saffron, chickpeas, lemon, garlic, olive oil, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents into a saucepan and gently warm (gas or electric mark 2/3) until simmering and simmer for 2 to 3 mins then serve (do not over heat).

**Serving suggestions:** Squeeze of lemon, Steamed rice, and maybe a green salad, A glass or two of our Montalto Pinot Grigio would pair very well!

Texan style beef & smoked ham-hock chili

**Ingredients:** Ground beef, smoked ham-hock, Kidney beans, onions, garlic, tomatoes, tomato paste, oregano, thyme, ancho chili, cumin, curry powder, smoked paprika, jalapeños, vinegar, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents of the chili into a saucepan and gently warm (gas or electric mark 2/3) until simmering and simmer for 4 to 5 mins then serve.

**Serving suggestions:** Steamed rice, green salad and maybe some garlic bread to keep the vampires away!!!

Elk, duck confit & chorizo cassoulet

**Ingredients:** Elk loin, duck confit, chorizo sausage, white navy beans, green lentils, vegetables, thyme, cider vinegar, Worcestershire sauce, garlic, flour, red wine, beef & chicken stock, bay leave, rosemary, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents into a saucepan and heat gently until bubbling,

**Serving suggestions:** Steamed green vegetables like spinach or broccoli and a glass of our very own Nespolino Sangiovese Merlot!
**Vegan Eggplant Parmesan**

**Ingredients:** Eggplant, onion, sundried tomatoes, garlic, parsley, basil, cashews, lentils, zucchini, tomatoes, tomato paste, nutritional yeast, olive oil, salt, pepper. (Vegan friendly)

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Pre-heat oven to 325F. Place in pre-heated oven for 30 minutes.

Please leave to cool slightly for 5 minutes before eating.

**Serving suggestions:** big mixed salad and fresh bread made from Hycroft’s French loaf mix! Beverage: our very own Nespolino Trebiano Chardony.

**Indian Lamb Rogan Josh Curry**

**Ingredients:** Dice Lamb leg, vegetables, garlic, ginger, curry spices, cider vinegar, chicken stock, coconut cream, tomatoes, tomato paste, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Heat by microwave or by tipping contents into a saucepan and heat gently until bubbling.

**Serving suggestion:** Steamed rice and naan bread, cucumber salad and a cobra beer or our very own Montalto Pinot Grigio.

**Vegetarian Lasagna**

**Ingredients:** Leeks, artichokes, peas, onion, garlic, ricotta, butter, milk, 33% cream, flour, nutmeg, pasta sheets, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Remove the foil lid before cooking. Pre-heat oven to 325F. Place in pre-heated oven for 25 to 30 minutes until bubbling up the sides and the top golden brown. Please leave to cool slightly for 5 minutes before eating.

**Serving suggestions:** Big salad and crunchy garlic bread!
TAKE OUT
WINE MENU
WITH FOOD PURCHASE ONLY

WINES BOTTLES

Pepperwood Grove Old Zinfandel (CA) • $20 + tax - New
This pair nicely with our Texan style chili or our Lamb Rogan Josh Curry.

Boatshed Sauvignon Blanc (NZ) • $23 + tax - New
Try it out with our Spanish squid stew.

St. Jean Chardonnay (CA) • $31 + tax - New
Pairs nicely with our Elk cassoulet.

Lamarca Prosecco (ITALY) • $31 + tax - New
Perfect to be paired with our Mother’s Day Dinner Menu!

Montalto Pinot Grigio • $20 + tax
Try it out with our Fish Pie or our Lamb Rogan Josh Curry.

Montalto Cabernet Sauvignon • $20 + tax
Exquisite to be paired with our Vegetarian Lasagna.

Nespilino Trebbiano Chardony • $20 + tax
Perfect to be paired with our Veggan Eggplant Parmesan.

Nespilino Sangiovese Merlot • $20 + tax
Excellent to go with our Beef, Mushroom, and Onion Pie.

50th Parallel Gewurztraminer • $23 + tax
Ideal to be paired with the carrot ginger soup.

Alamos Malbec • $23 + tax
Perfect match with any meat option.

Henkell Piccolo • 1 for $10 or 3 for $20
Best to be paired with our Vegan Mixed Bean Chili.

BEER

Guinness Beer • 1 for $5 or 2 for $8 + tax - New
Mother's Day Special Dinner

DINNER MENU FOR TWO $30 + TAX

Please order by Thursday, May 7th until 2 pm
Pick-up between 4 - 6 pm on Sunday, May 10th

To start
Hycroft buns for two.

Main
Fresh whole roasted brined organic chicken,
bread stuffing, roasted root vegetables,
roast potatoes & chicken gravy.

Dessert
Berry pavlova.

*Please note this dinner is ready to eat!