



THE UNIVERSITY  
WOMEN'S CLUB  
of VANCOUVER

# *Light Lunch Menu*

**November 30th - December 4th**

**No lunch on Tuesday, December 1st**

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**LIGHT LUNCH FOR PICK-UP ONLY**  
**Order by same day until 10:30 am**  
**Pick-up on the same day until 2 pm**

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## **Soup \$7**

**Creamy chicken and mushroom**

Made with cashew milk (dairy and gluten free)

## **Salads \$7**

**Winter greens, candied walnut, crumbled blue cheese  
with sherry vinaigrette.**

Add Sockeye salmon filet **\$8.00**

Chicken breast **\$8.00**

**OR**

**Honey roasted carrot, greens, lentils with pumpkin seed pesto.**

Add Sockeye salmon filet **\$8.00**

Chicken breast **\$8.00**

## **Sandwiches \$7**

Herring, greens on a sesame bagel

**OR**

Warm brie melt, tomato jam on Rosemary Focaccia

## **Muffin \$2.50**

Raisin Scone

Gingersnap cookie

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# *Friday, Dec 4th Special Dinner*

**DINNER MENU FOR TWO**

**\$20 + TAX PER PERSON**

***Please order by Thursday, Dec 3rd until 10:30 am***

***Pick-up between 2 - 5 pm on Friday, Dec 4th***

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## **Main**

6oz Free range chicken Burger

Garnished with crispy prosciutto, fresh tomato and lettuce,  
Hycroft Burger sauce, finished with a sesame bun.

Served with Caesar salad, baby gem lettuce, butter croutons,  
fresh parmesan.

## **Dessert**

Walnut brownie

*\*Please note this dinner is ready to eat!*

**Add a bottle of our selected paired wine for \$20 + tax each**

*Montalto Pinot Grigio and Cabernet Sauvignon*

*Nespolino Trebbiano Chardonnay and Merlot*

**or**

*Lonetree apple cider singles for \$6 + tax*

*33 Acres Sunshine Blanche singles for \$6 + tax.*





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# FROZEN MEALS TAKE OUT MENU

Menu will be updated every Thursday

## ORDER INSTRUCTIONS

- Kindly order any day from Monday to Friday between 10 am to 4 pm
- **PLEASE NOTE THE CUT-OFF TIME FOR SAME DAY PICK UP IS 4 PM**
- Email [office@uwcvancouver.ca](mailto: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.

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## PICK-UP INSTRUCTIONS

- Pick-up will be from Monday to Friday between 11 am and 5 pm.
- Email the office at [office@uwcvancouver.ca](mailto:office@uwcvancouver.ca) with your preferred pick-up date and time
- The package can be picked up at the Club's front door.
- If you require delivery, please let us know and we would be happy to arrange it for you.



# FROZEN MEALS TAKE OUT MENU

## BAKED GOODS

### Homemade scones

Raisin & Orange **\$3 each**

**NOW FOR \$2**

### Bake yourself pastries - **New Item**

Apple turnover x 1

Pan au chocolate x 1

Pan au raisin x 1.

**All 3 pastries for \$8**

## MAIN ITEMS

**Roasted whole tomato stuffed with wild rice,**  
foraged mushrooms, caramelized onion, chilpote pepper,  
roasted peppers. Finished with creamy cashew cream.

**\$12 each**

### Spicy Morrocan Minestrone Soup

Chicken stock, vegetables, tomatoes,  
gently spiced & finished with orzo pasta. ~~\$7~~

**NOW FOR \$5**

**Butternut squash soup \$8** 

### Coconut Beef & vegetable curry

(Contain peanuts)

Bottom round Beef, vegetables, garlic, jalapeno,  
ginger, lemongrass, lime leaf, tomatoes, curry spices,  
fish sauce, lime juice, cilantro, vegetable stock,  
coconut cream, salt, pepper. **\$12**

### Traditional shepherd's pie

(contains dairy & gluten)

Ground beef, onion, garlic, carrot,  
peas, celery, red-wine, butter, flour,  
beef stock, thyme, russet potato, salt & pepper. **\$12**

### Turkey & ham hock puff pastry pie

(contains dairy & gluten)

Turkey, smoked ham hock, vegetables, garlic,  
chicken stock, ham stock, butter, flour, tarragon,  
white wine, puff pastry, salt & pepper. **\$12**

**\*Meals are 1 to 2 portion size.**

**AVAILABLE WHILE SUPPLIES LAST!**



V

Vegan



GF

Gluten Free



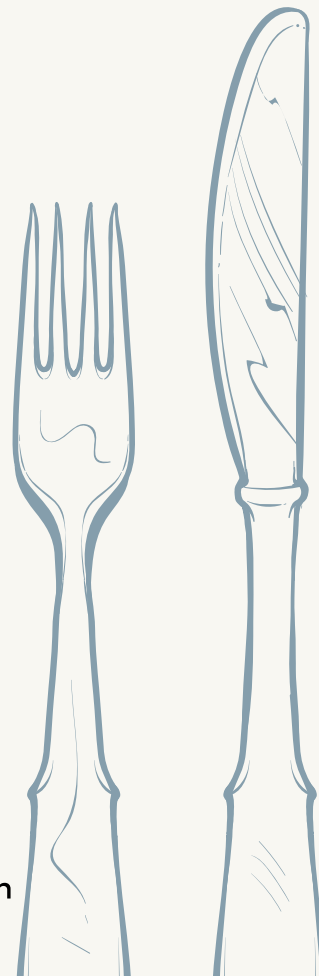
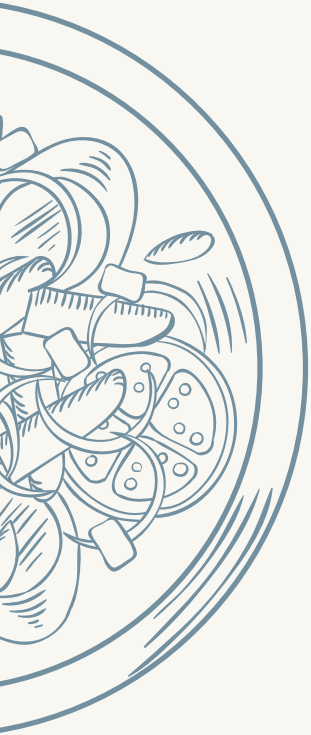
LF

Lactose Free



VG

Vegetarian



# FROZEN MEALS TAKE OUT MENU

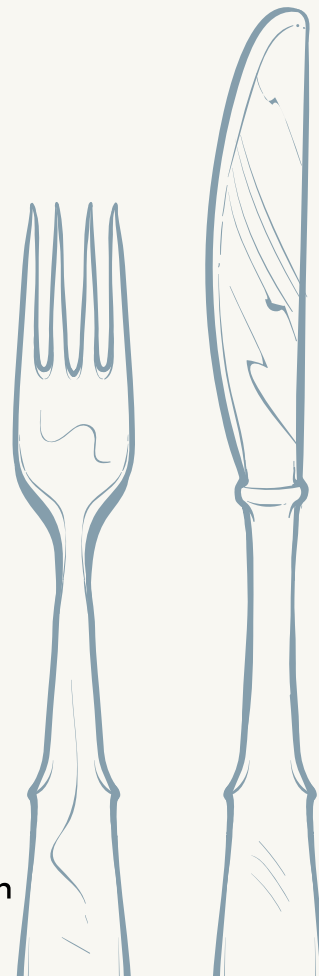
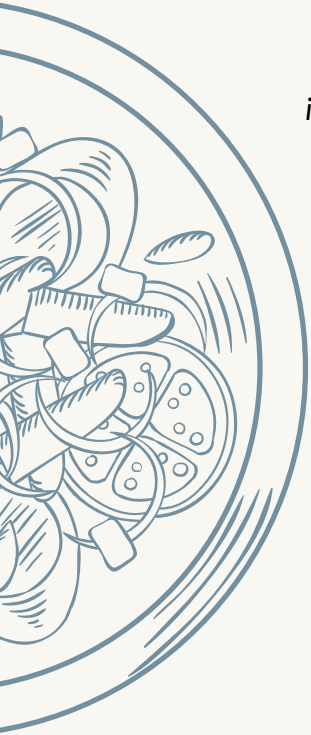
**2 precooked but frozen rosemary lamb shanks**  
with a side of root vegetables for \$30.

### **Cooking instructions:**

Place bag in a pot of warm water until defrosted.  
Take ingredients out of bag and place  
ingredients on a roasting pan, and put in oven at 350 for 15-20 minutes.  
Suggestion to serve with a mixed green salad.

**\*Meals are 1 to 2 portion size.**

**AVAILABLE WHILE SUPPLIES LAST!**



Vegan



Gluten Free



Lactose Free



Vegetarian



# FROZEN MEALS COOKING INSTRUCTIONS

## **Spicy Moroccan minestrone**

**Ingredients:** chicken stock, orzo pasta, butter, onion, celery, leek, asparagus, zucchini, bell peppers, carrot, garlic, diced tomatoes, cilantro, curry powder, cinnamon, cumin powder, ginger, coriander, allspice, nutmeg, cloves, cayenne pepper, 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 serve.

**Serving suggestions:** Fresh bread or even steamed rice to make it more of a meal.

## **Coconut Beef & vegetable curry**

(Contains peanuts)

**Ingredients:** bottom round beef, vegetables, garlic, jalapeno, ginger, lemongrass, lime leaf, tomatoes, curry spices, fish sauce, lime juice, cilantro, vegetable stock, coconut cream, salt, and pepper.

**Cooking instructions:** remove from freezer if frozen 24 hours before and defrost in the refrigerator. Loosen the foil lid before heating but leave it on. Pre-heat oven to 325F. Place in pre-heated oven for 25 to 30 minutes.

**Serving suggestion:** Steamed rice or naan bread, cucumber salad!

Traditional Shepherd's pie

## **Traditional Shepherd's Pie**

**Ingredients:** ground beef, onion, garlic, carrot, peas, celery, red-wine, butter, flour beef stock, thyme, russet potatoes, 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 350F. Place in pre-heated oven for 30 to 40 minutes until bubbling up the sides and the top golden brown,

Please leave to cool slightly for 5 minutes before eating,



# FROZEN MEALS COOKING INSTRUCTIONS

## **Turkey & smoked ham pot pie**

**Ingredients:** turkey, smoked ham hock, vegetables, garlic, chicken stock, ham stock, butter, flour, tarragon, white wine, puff pastry, salt, and 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 350F. Place in pre-heated oven for 30 to 40 minutes until bubbling up the sides and the pastry is golden brown. Please leave to cool slightly for 5 minutes before eating,

**Serving suggestions:** Lots of veggies, baby potatoes & a dollop of ketchup!

# TAKE OUT WINE MENU

WITH FOOD PURCHASE ONLY

## WINES BOTTLES

**Louis Martini Cabernet Sauvignon • \$31 + tax**

*Perfect to be paired with our Canadian AAA Striploin Steaks.*

**Montalto Pinot Grigio • \$20 + tax**

*Try it out with our Vegetarian Potato and Cauliflower Curry.*

**Montalto Cabernet Sauvignon • \$20 + tax**

*Exquisite to be paired with our Vegetarian Lasagna.*

**Nespolino Trebiano Chardony • \$20 + tax**

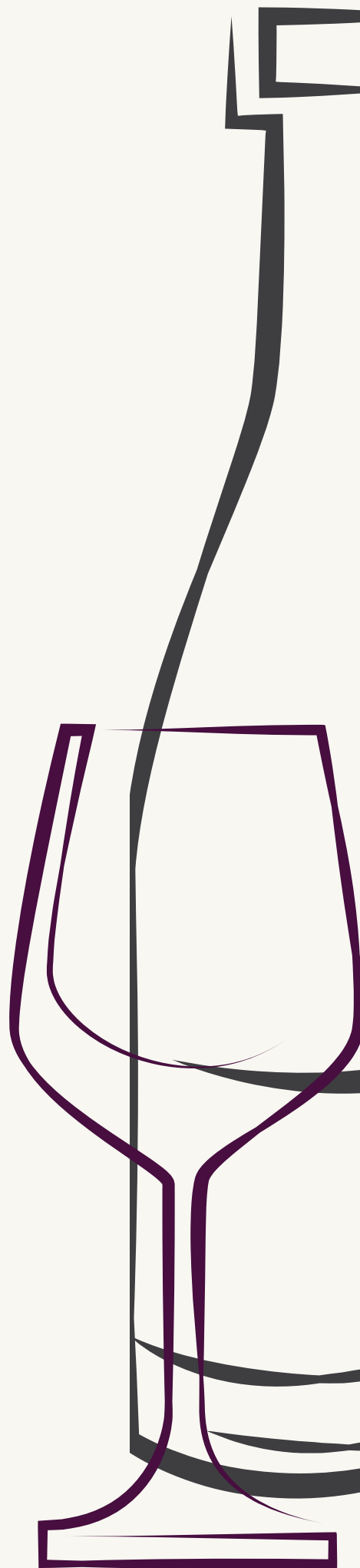
*Perfect to be paired with our Veggan Eggplant Parmesan.*

**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.*



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