

Meals To Take - Heat & Eat

Vegetarian Selections

Vegetable Lasagna - Single \$ 7.50 Serves 6 - 8 \$ 30
Fresh Whole Grain Pasta layered with 4 cheeses, fresh Basil, Oregano & Garlic and 6 garden fresh vegetables in a rich tomato sauce

Mediterranean Penne Single \$ 8.50 Serves 4 - 6 \$ 34
Delicious Penne Pasta infused with Mediterranean Inspired Flavor - Zucchini, Eggplant, Peppers, Onions in a Tomato Sauce made with Fresh Roasted Garlic topped with Mozzarella and Fresh Parmesan Cheeses (Vegetarian)

Coconut Chick Pea Curry Single \$ 9.00 4 - 6 \$ 36
Organic Chick Peas, Fresh Spinach, Apple, Raisins, Cashews and Coconut Spiked with Red Basil Simmered in a Mild coconut Curry Sauce - Served with basmati rice & Nan Bread.

Asian Woked Vegetables Single \$ 7.50 4 - 6 \$ 29
Delicious fresh wok vegetables w/ Our Thai Peanut Sauce served over a bed of Brown Wild Rice and topped with hopped Peanuts & Toasted Sesame.

Moroccan Chickpeas w/ Apricots Single \$ 9.50 4 - 6 \$ 38
Tender Chick Peas and root vegetables in a fragrant sauce prepared with Tomatoes, Sultana raisins, Apricots and a blend of traditional Moroccan spices, accompanied by Whole Grain Wild Rice with almonds.

Thai Red Coconut Veggie Curry Single \$ 10 6-8 \$ 39
Fresh Vegetables Simmered in a Thai Red Coconut Curry sauce - Served with whole Grain Rice & Topped With Fresh Basil

Healthy Plates also has an extensive Catering Menu -
Check www.healthyplates.ca for selections and ideas
- Let us help you with your Special Event!

- BBQ's
- Corporate Board Room Lunches
 - Training Seminars
 - Offsite Meetings
 - Office Parties
 - Open Houses
 - Funeral Reception
 - Memorial Services
 - Cocktail Parties
 - Theme Parties
 - Tours



Healthy Plates provides delicious meals made from whole, fresh ingredients - organic where possible - no additives, preservatives only loads of taste and goodness.

Are you looking for healthier choices for your family or workplace? Stop by... It'll be like just popping into any other take out restaurant? But instead of eating food that's deep fried and full of processed junk, you'll be eating food that's healthy and nutritious.

Not only that, it's pretty tasty too!

(613) 483-5144



Delicious Gourmet - Nutritionally Balanced
Free Range, Naturally Raised Rotisserie Chicken
& Freshly Prepared Meals To Go - Daily Lunch
Specials & Our Famous Grilled Panini's
No Additives, Preservatives Or Trans Fats
Natural Herbs & Spices
Local Farm Fresh Vegetables
Organic Ingredients When available!
Stop By & Pick Up A Rotisserie Meal or
Call Ahead To Order A Fresh
Nutritious Dinner For Your Family
We Often Have Dinners 'On Hand' In The Freezer If
You Just Stop By!
No Shopping - No Prepping - No Cooking - No Cleanup
Ask About Our
Fully Catered Events - Corporate Lunches
Trays & Platters - Senior Meal Plans
(Free Delivery For Orders Over \$ 50 With Advance Notice)

Store Hours

11:30 - 3:00 pm Monday
11:30 - 6:00 pm Tues - Fri

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