



# LATER GATOR

Frozen Meals Ready for Pick-Up

## SOUPS (1L)

**\$13**

Soup of the Day

**\$13**

Cream of Leek and  
Potato (v)

**\$15**

Chicken Noodle  
(df)

## SAUCES (1L)

**\$12**

Marinara  
(vg)

**\$18**

Beef Bolognese  
(df, gf)

**\$12**

Rosé  
(v, gf)

## MAIN DISHES

Portion / Price\*

<i>df</i> Coconut Chicken Curry .....	1L	\$26
<i>df</i> Chili (Beef or Turkey) .....	1L	\$25
Chicken Pot Pie .....	9 po. / in.	\$31
<i>gf</i> Butter Chicken .....	1L	\$28
Lasagna with Bolognese Sauce.....	2-4 / \$22	6-8 / \$44
<i>v</i> Vegetarian Lasagna .....	2-4 / \$24	6-8 / \$48
<i>v</i> Seafood Lasagna .....	2-4 / \$32	6-8 / \$64
<i>gf</i> Beef Shepherd's Pie .....	2-4 / \$24	6-8 / \$42
<i>df</i> Beef meatballs in pepper sauce.....	2-4	\$26
<i>gf</i> Eggplant parmigiana .....	2-4	\$23
Beef Stroganoff .....	1L	\$26
<i>gf</i> Salmon fillet with a spinach sauce .....	2-4	\$24
<i>df</i> Vegan stuffed zucchini .....	2-4	\$24

v – Vegetarian

df – Dairy Free

gf – Gluten Free

## SWEETS

12 Oatmeal Chocolate  
Chip Cookies .....

**12 \$**

1 Zucchini  
Chocolate Loaf .....

**15 \$**

12 Mini Vegan, Sugar Free,  
Banana Raspberry Muffins (df).....

**14 \$**

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Questions? [info@123-pret.ca](mailto:info@123-pret.ca)