



frozen food menu

Convenient slow food • Handmade in small batches at jane's

Take-Away or Home Delivery

Phone: 431-5697 • Email: catering@janesonthecommon.com

frozen entrees

macaroni and three cheeses *Vegetarian*

Elbow pasta and three cheeses in a match made in cheese lovers' heaven.

serve with jane's tomato butter, garden salad, seasonal vegetables

small \$8.00 large \$16.00

tourtière

A French Canadian classic with spiced free-range Nova Scotia ground beef and pork in flaky pastry.

serve with a garden salad or seasonal vegetables

small \$8.00 large \$18.00

Greek lamb stew *Gluten Free Recipe*

Tender chunks of lamb with a fragrant topping of rosemary, potato and feta cheese.

enjoy as a complete meal

small \$8.00 large \$18.00

beef bourguignon

Heart and belly warming, this French classic features rich sauce with tender beef and root vegetables.

serve over mashed potatoes or egg noodles

small \$10.00 large \$20.00

Indian butter chicken *Gluten Free Recipe*

Nova Scotia free-range chicken in a mild but flavourful yogurt sauce.

serve with basmati rice or a garden salad

small \$10.00 large \$20.00

turkey paprikash

Tender chunks of Nova Scotia free-range turkey in a Hungarian style stew with tangy sour cream.

serve over buttered egg noodles or rice with salad or vegetables

small \$10.00 large \$20.00

harvest vegetable & quinoa stew

Gluten Free Recipe & Vegan

Filled with colourful peppers, squash, sweet potato, white and black beans, red and white quinoa, in a tomato broth.

serve with a garden salad

small \$8.00 large \$16.00

fish pie

Atlantic seafood in a piquant sauce, with baby red potato and cheddar crust, makes a hearty meal.

enjoy as a complete meal or with a salad

small \$10.00 large \$22.00

duck confit & white bean cassoulet

Gluten Free Recipe

French comfort food, a hearty stew of white beans, free-range Nova Scotia chicken, Sweet William's sausage with confit of duck leg.

serve with a green salad

large \$22.00

Continued on reverse...

frozen desserts

gingerbread

Classic spiced gingerbread cake with maple rum sauce.
This is the gingerbread your grandmother would make.

small \$8.00 large \$18.00

sticky toffee pudding

Soft, light cake with dates and caramel sauce.
serve alone or decadently topped with whipped cream or ice cream

small \$8.00 large \$18.00

Nova Scotia fruit crisp

Tart seasonal local fruit with a classic oatmeal crisp topping.
serve alone or decadently topped with whipped cream or ice cream

small \$8.00 large \$18.00

We use nuts and wheat flour in our kitchen

Menu subject to seasonal & market availability. Prices are subject to change.



Our small retail take away shop, jane's next door, is located at 2053 Gottingen Street, next door to EDNA Restaurant. Our daily features include a choice of fresh sandwiches, breakfast scones, muffins, salads, sweets, cold drinks and coffees: the kind of brown bag lunch you wish you could make at home!

Having an affair? We'd love to cater!

Call: 431-5697 or Email: catering@janesonthecommon.com

notes from jane

These dishes perform best when completely thawed for 12-24 hours in refrigerator before being baked in a conventional oven. They are not suitable for microwave cooking (although they can be defrosted in the microwave with lid removed).

Cooking instructions are found on each individual package. All dishes come in large (approx. 700g) and small (approx. 300g) sizes. Do not store longer than two months frozen. Bake and consume within 3 days of defrosting.

We produce our dishes in small batches using fresh ingredients. Please call ahead if you are looking for a specific dish.

Available for purchase from:

jane's next door
2053 Gottingen Street
(at Portland Place)
Halifax NS, B3K 3B2
Phone: 902-431-5697

Home Delivery

Phone: 902-431-5697
Email: catering@janesonthecommon.com