



frozen food menu

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

take-away or home delivery

2053 Gottingen Street, Halifax NS • janesonthecommon.com

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frozen entrées

macaroni & three cheeses *Vegetarian*

pasta and three cheeses in a match made in cheese lovers' heaven.
serve with jane's tomato butter, fresh salad, 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 & feta cheese.
enjoy as a complete meal

small \$10.00 large \$20.00

beef bourguignon

Heart and belly warming, this French classic features rich sauce with tender beef & 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 \$12.00 large \$22.00

manicotti *Vegetarian*

ricotta cheese stuffed fresh pasta, zesty tomato sauce.
serve with salad or vegetables and hot garlic bread

small \$10.00 large \$20.00

harvest vegetable & quinoa stew

Gluten Free Recipe & Vegan

with colourful peppers, squash, sweet potato, white & black beans, red and white quinoa, in a tomato broth.
serve with a garden salad

small \$8.00 large \$18.00

fish pie

Atlantic seafood in a piquant sauce, with baby red potato & cheddar crust, makes a hearty meal.
enjoy as a complete meal or with a salad

small \$12.50 large \$22.00

duck confit & white bean cassoulet

Gluten Free Recipe

French comfort food, a hearty stew of white beans, free-range NS chicken, sausage, and a confit of duck leg.
serve with a green salad

small \$12.00 large \$22.00

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 \$10.00 large \$20.00

frozen desserts

gingerbread

spiced gingerbread cake with maple rum sauce.

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

apple cranberry crisp

Tart seasonal local fruit with a classic cranberry 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.