



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

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 \$12 large \$22

Indian butter chicken *Gluten Free Recipe*

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

serve with basmati rice and a garden salad

small \$12 large \$22

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 \$12 large \$22

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 \$14 large \$24

manicotti *Vegetarian*

ricotta cheese stuffed fresh pasta, zesty tomato sauce.

serve with salad or vegetables and hot garlic bread

small \$12 large \$22.00

macaroni & three cheeses *Vegetarian*

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

serve with jane's tomato butter, a fresh salad or seasonal vegetables

small \$10.00 large \$20.00

frozen soups

Our store freezer is filled with many different soups, stews, and our award-winning Seafood Chowder in 500 ml containers. On any day you are likely to find any or all of the following:

Seafood Chowder

Chicken Love **GFR**

Southwestern Beef Chili **GFR**

Harvest Vegetable and Quinoa Stew **Vegan GFR**

Beet and Orange

Beef and Barley

Black and Chipotle

Butternut Squash and Caramelized Apple

Corn Chowder

Cream of Mushroom

Curry Roasted Parsnip

French Onion Soup

Ham and Pea

Indian Spiced Lentil

Mulligatawny

Potato Leek

Roasted Cauliflower

Roasted Red Pepper and Sweet Potato

Roasted Tomato and White Bean

Thai Carrot and Ginger

Thai Curry and Sweet Potato

Zesty Kale and Lemon

We use nuts and wheat flour in our kitchen

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