



Farm's Gate 'On the Fly' Limited Edition Home Delivery Menu

Delivery will be Monday - Friday from **11AM-1PM** for Lunch or **5PM - 7PM** for Dinner and can be made by calling **250-466-5412** or emailing farmsgate@gmail.com.

We are asking for 48 hours notice so we can ensure item availability. We may be able to accommodate shorter notice if requested.

Minimum order for delivery within most of the Cowichan Valley is **\$20** and all deliveries will be subject to a **\$4** delivery fee. Please call for orders outside the Cowichan Valley or for orders outside the above stated hours.

All orders must be paid online prior to delivery, we accept all major credit cards.

Please let us know if anyone in your party has dietary or allergy concerns, and we will accommodate where possible.

- V = Vegan
- VO = Vegan Option
- GF = Gluten Free
- GFO = Gluten Free Option

250-466-5412 | farmsgate@gmail.com
www.farmsgatefoods.ca

Sandwiches

**minimum 5 of each selection*

Add choice of soup or salad (+\$4)

Smoked Chicken Salad \$8

Vancouver Island chicken, basil cream, fresh herbs, lettuce

GFO

Cold Cuts \$8

soppressata, mortadella, cotta, provolone, grainy mustard, green mayo, tomato, red onion

GFO

Cowichan Egg Salad \$8

house mustard aioli, cornichons, bunching onions, Asian greens

GFO

Smoked Van Island Tofu \$8

marinated eggplant, pickled carrots and red onions, tahini lime dressing, spicy greens

GFO V

All sandwiches served on True Grain baguettes; available as wraps on request; gluten-free bread available (+\$2)

Drinks

Coffee Traveler \$23

96-ounce (12 cups) Drumroaster coffee

Assorted Juices \$3

apple & orange

Phillips Soda Works \$3.50

root beer & ginger ale

Lunch and Dinner Entrées

**minimum 5 of each selection*

Lasagna \$16

house-made pasta, Island-raised beef, fire roasted tomatoes, ricotta, True Grain baguette
Vegetarian option available upon request

Spanish Tortilla \$15

A chef's favorite

potatoes, onions & garlic, baked in Cowichan Valley eggs, aioli, lightly dressed greens

GF

Buddha Bowl \$16

smoked & marinated Vancouver Island tofu, quinoa and lentil pilaf, pickled vegetables, fresh sprouts, tahini lime dressing

GF V

Sides

Green Salad \$9 (main); \$5 (side)

marinated beans, egg, apple cider vinaigrette (*all featured ingredients produced in the Cowichan Valley*)

GF VO

Potato Salad \$5

preserved lemon and herb remoulade, radishes, Cortland onions

GF

Roasted Winter Squash Bisque \$5

GF, V

Desserts

Citrus Shortbread Cookies \$2

Baked Chocolate Ganache \$4

orange marmalade, crushed hazelnuts

GF