



Cravings Freezer Menu

All items subject to availability.

Pasta, Lasagna and Casseroles				
Item	Individual Feeds 1 person	Small Feeds up to 3ppl	Medium Feeds up to 6ppl	Large Feeds up to 9ppl
Meat Lasagna	\$7.99	\$14.99	\$26.99	\$41.99
Spinach Ricotta Shells	\$7.99	\$17.99	\$27.99	\$46.99
Mac and Cheese	\$7.99	\$14.99	\$24.99	\$41.99
Shepherd's Pie	\$7.99	\$15.99	\$25.99	\$41.99
Vegan Shepherd's Pie	\$7.99	\$15.99	\$25.99	\$41.99
Pot Pies, PIE Pizza and Quiche				
Item	Single Serving			Large Feeds up to 6ppl
Chicken Pot Pie	\$9.99			\$24.99
Steak and Guinness Pot Pie	\$9.99			\$24.99
Quiche Lorraine	\$7.99			\$18.99
Broccoli and Cheddar Quiche	\$7.99			\$18.99
PIE Pepperoni Pizza	\$16.00			N/A
PIE Cheese Pizza	\$16.00			N/A
PIE Muskoka Pizza	\$16.00			N/A
Frozen Chili's, Soups and Stews – Seasonal Availability				
Item		Price per Liter		
Chicken Chili		\$13.99/1L		
Beef Chili		\$13.99/1L		
Chicken Noodle Soup		\$10.99/1L		
Butternut Squash and Pear Soup		\$8.99/1L		
Split Pea and Ham Soup		\$10.99/1L		
Tomato Fennel Soup		\$8.99/1L		



Vegan Coconut Cauliflower	\$10.99/1L
Mushroom Soup	\$8.99/1L
Frozen Entrees	
Item	Price
Tarragon Butter Salmon Filet	\$18.00/2pcs
Braised Beef with Natural Jus	\$18.00/2 pcs
Herbed Roasted Chicken Breast	\$16.00/2 pcs
Frozen Sides	
Red Skinned Mashed Potatoes	\$6.00
Roasted Brussels Sprouts and Bacon	\$6.00
Honey Glazed Carrots	\$6.00
Green and Yellow Beans with Lemon and Dill	\$6.00