

SHEPHERD'S PIES

Single Serving (350g) **\$6**, Main Dish (Serves 4) (1kg) **\$18**

- GF 1** **Traditional Shepherd's Pie** O'Brien's Farms beef smothered in a rich gravy, and then layered with homemade creamed corn, caramelized onion gravy and our Creamy Mashed Potatoes.
- GF 1** **Savory Turkey Shepherd's Pie** Tender pieces of roasted turkey, tender vegetables, and summer savory simmered in a rich turkey gravy and topped with whipped potato.
- GF 1** **Chicken and Fresh Herb Shepherd's Pie** Quality lean ground chicken, tender vegetables, and fresh herbs simmered in a rich chicken gravy and topped with whipped potato.

RAGOUTS & STEWS

Main Dish (Serves 3) (1kg)

- NEW** **GF** **French Bistro Style Pot Roast** O'Brien's Farms beef slow-cooked in a Burgundy red wine reduction, infused with garden-fresh herbs. **\$23**
- NEW** **GF** **Southern Italian Braised Pot Roast** O'Brien's Farms local beef slow-roasted in a rich imported Italian tomato sauce and roasted garlic. Hormone-free, antibiotic free beef. **\$23**
- NEW** **GF** **Braised Lamb Shanks with Rosemary** 'Fall-off-the-bone' tender lamb shanks (2), slow-cooked in a rich broth with red wine and rosemary. **\$19**

 - Spicy Level

1 - Available in Single Serving

V - Vegetarian

GF - Gluten Free

All our meals are **nut free**

Gift Certificates

Available in denominations
of \$25, \$50 and \$100

"Cooking is at once child's play and adult joy.
And cooking done with care is an act of love."

Craig Claiborne, Kitchen Primer

All our meals are tax-free
Delivery is \$4

To find out more about our delivery zones,
delivery times, and instructions if you are not
home to receive your order please visit our
website or give us a call.

Payment methods:
Online: Credit Card
On Delivery: Credit Card or Cash

Scratch Kitchen Inc.

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MENU

made from scratch...
delivered to you

Order Online:
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SCRATCH KITCHEN MENU

Scratch Kitchen prepares frozen gourmet meals - delivered to your home. In our local Ottawa kitchen, we use fresh, natural, whole foods to prepare meals in flexible family sizes, single portions and kids' meals. Whether you are culinarily adventurous or just craving a home cooked meal, our menu will satisfy your soul!

We use locally sourced, antibiotic-free and hormone-free beef.

SIDES & VEGETABLES

Side Dish (Serves 4) (600g)

-   **Jasmine and Brown Rice Blend** Jasmine and brown rice blend, perfectly steamed and lightly seasoned. **\$8**
-    **Chili Lime Rice** Indian spiced basmati rice, sprinkled with fresh lime zest, dried chili and toasted mustard seeds. **\$10**
-   **Creamy Mashed Potatoes** Potatoes dressed with low-fat milk, unsalted butter, sea salt, and cracked black pepper. **\$8**
-   **Risotto with Roasted Butternut Squash** Arborio rice and oven-roasted butternut squash, flavoured with toasted brown butter and fresh sage. **\$10**
-   **Indian Stewed Chickpea and Tomato Ragout** Stewed chickpeas and oven-roasted tomatoes with a hint of toasted cardamom. **\$12**
-   **Quinoa with Mixed Mushrooms and Vegetables** Nature's super food - a toasted, nutty-flavoured grain, rich in mushroom flavour. **\$12**
-  **Roasted Root Vegetable Strudel** A light butter baked pastry filled with caramelised onion and roasted winter vegetables. (700g) **\$14**
-   **Sweet Potato Casserole** Whipped sweet potato, Maker's Mark Bourbon, and Muscovado sugar. **\$12**

PASTAS

Single Serving (300g)

-   **Pasta with Sausage (Pennine)** Small penne pasta tossed with a generous amount of our simple sauce of imported tomatoes, sweet onion, olive oil, and garlic, and finished with handmade Italian sausage, and toasted fennel seeds. Single serving **\$5**
-  **Italian Three Cheese and Meat Lasagna** Quality pasta in imported tomato sauce, a blend of three cheeses and O'Brien's Farms ground beef. Single serving **\$6**, Main Dish (1kg) **\$18** Goes well with: *Risotto with Roasted Butternut Squash*

RAGOUTS & STEWS

Single Serving (350g) **\$6**, Main Dish (Serves 3) (700g) **\$16**

-   **Boeuf Bourguignon** A French classic. O'Brien's Farms beef simmered in Burgundy wine, onions, lardons of bacon and a rich beef jus. *Single served with Creamy Mashed Potatoes*
-  **Guinness Beef and Mushroom Ragout** O'Brien's Farms beef simmered in a rich sauce of Guinness Irish stout, local honey and mushrooms. *Single served with Creamy Mashed Potatoes.*
-  **Rosemary and Lemon Chicken Stew** Tender chicken and vegetables slowly simmered in wine and a rich chicken stock, flavoured with rosemary and lemon juice. (800g)
-   **Coq au Vin** Classic French bistro at its best. Tender chicken, lardons of bacon, onions and fresh thyme simmered in red wine and a rich chicken broth. *Single served with Creamy Mashed Potatoes.*
-   **Traditional Beef Stew** A Canadian winter classic - slow cooked tender beef and hearty vegetables in a homemade beef broth. *Goes well with: Quinoa with Mixed Mushrooms and Vegetables.*
-    **Chicken in White Wine Cream Sauce with Leeks and Asparagus.** Chicken, with leeks, asparagus, white wine, bacon and cream. *Single portion served with rice pilaf.*
-    **Portuguese Chicken with Smoked Paprika and Handmade Chorizo Sausage.** *Single portion served with anise-spiced rice.*

CURRIES

Single Serving (Served with Rice) (300g) **\$6**

Main Dish (Serves 3) (700g) **\$16**

-    **Indian Butter Chicken** Canada's favourite Indian curry. Chicken simmered in a cream-based tomato sauce enhanced with the flavours of fenugreek. *Goes well with: Chili Lime Rice.*
-    **Madras Chicken Curry** A blend of spices from Southern India. Coriander, pepper and turmeric give this dish a rich spicy flavour. *Goes well with: Jasmine and Brown Rice Blend.*
-   **Singapore Chicken, Potato and Coconut Curry** A Singapore curry that combines Chinese, Malay and Indian spices to produce a full-bodied, coconut curry. *Goes well with: Chili Lime Rice.*
-     **Thai Chicken and Vegetable Green Curry** Exotic flavours of Thailand - basil, kaffir lime leaves, and coconut milk are found in this chicken and vegetable curry. *Goes well with: Jasmine and Brown Rice Blend.*
-    **Thai Beef and Vegetable Red Curry** Mixed seasonal vegetables, O'Brien's Farms beef, Thai basil, lemongrass and chili in a Thai coconut red curry. *Goes well with: Jasmine and Brown Rice Blend.*
-    **Indian Stewed Chickpea and Tomato Ragout** Stewed chickpeas and oven-roasted tomatoes with a hint of toasted cardamom. Single Serving (350g) **\$6**. Main Dish (600g) **\$12** *Goes well with: Jasmine and Brown Rice Blend.*
-    **Malaysian Chicken and Vegetable Yellow Curry** Chicken simmered with blended spices, coconut milk, and curry leaves.  *Goes well with: Jasmine and Brown Rice Blend.*

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