



The Mountain Range Menu

Skookumchuck, B.C.

www.mountainrangefoods.ca

Ph:(250) 432-9065 Fax: (250) 422-9254

The Mountain Range :

- ✓ Delicious Gourmet Frozen Entrees & Soups, Appetizers & Baked Goods.
- ✓ Carefully Hand Selected Produce & Specialty Meats (no chemicals, hormones & free range)
- ✓ Local when available & Organic where possible.
- ✓ Packaged in Reusable, Recyclable containers .
- ✓ Easy to follow Heating Instructions & Serving Suggestions.

Treat yourself, a friend or your dinner party to a quick and easily prepared delicious meal ; inspired globally & created locally in the kitchen on the Mountain Range.

Frozen Entrees: *Generous servings for : 2-3 persons (800 g-1 kg), and 8-10 (2.8kg- 3kg)
Sold in 6x8" or 9x13" reusable, recyclable foil container.*

Small / Large
800g-1 kg / 2.8-3 kg

Coq au Vin	<i>Another French classic ; boneless chicken & vegetables simmered in a white wine cream sauce</i>	\$21 / \$54
Lasagne Beef Bolognese	<i>Layered extra lean ground beef, roasted vegetables, spinach , fresh cheeses & a béchamel sauce ...</i>	\$21 / \$54
Roasted Vegetable Lasagne	<i>A fresh basil Alfredo topping on layered roasted vegetables , spinach pasta & fresh cheeses</i>	\$21 / \$54

Curries:

Butter Chicken	<i>Boneless chicken marinated Tandoori style then simmered in a roasted tomato & butter sauce.....</i>	\$ 21 / \$54
Indian Chicken Curry	<i>A medley of roasted vegetables & boneless chicken done in a Madras style</i>	\$21 / \$54
Mango Coconut Chicken	<i>Loaded with tangy mango pieces, boneless chicken & vegetables simmered in a lemon -coconut sauce.</i>	\$21 / \$54
Lamb Curry	<i>A Northern Indian style roasted lamb and vegetable curry with hints of cinnamon, cardamom & curry leaves</i>	\$ 21 / \$54

Organic Curries:

Shakahari Curry	<i>Madras style vegetable curry with organic chickpeas, roasted vegetables, spinach and star fruit</i>	\$21/ \$54
Thai Green Curry	<i>Roasted vegetables, marinated organic tofu & shitake mushrooms simmered with lemon grass & coconut</i>	\$21 / \$54
Thai Red Vegetarian Curry	<i>Fresh organic roasted vegetables simmered in a fragrant spicy coconut milk.....</i>	\$21 / \$54

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Please turn menu over for More Mountain Range

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More Mountain Range

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Soups: (30 oz or 3 servings) \$11.00

Roasted Squash Puree
Curried Coconut & Lentil
Beet Borscht

Mexican Multi Bean
Thai Green Curried Avocado

Appetizers:

Chipotle Lime Hummus \$6.95 (230g) / \$8.00 (360g)

Baked Organics:

Rhonda's Cookies *Fresh nuts, cranberries, coconut, Swiss chocolate & the kitchen sink* \$10.95 (5 in a bag)

Rhonda's Cookies \$2.60 (each)

Wholie Granolie *A variety of flaked whole grains, nuts, seeds & coconut, toasted in a honey, vanilla coating* \$11.95 (475 g)

Grizzlie Granolie *A no gluten mix of non-contaminated oats, buckwheat, chia seeds & wild rice puffs, dried berries & apples.* \$12.95 (475 g)

Rhonda's Cookie Kit *Make your own! Just need butter & eggs . 10 large 50g cookies*..... \$10.95 (500g)

Rhonda's Frozen Cookie Dough - Complete with parchment paper and full baking instructions.

Makes @20 - 25 g cookies..... \$10.95 (500g)

We are constantly improving our menu & recipes and are striving to make better environmental choices in our ingredients and our cooking process . We appreciate feed back . Please write us at sales@mountainrangefoods.ca .

Bon Appetite!

Mountain Range Food can be found in:

Cranbrook, Nutters Bulk Foods

Kimberley at Centex (Husky) & Sprout Grocery

Invermere at Grants Foods & served at Kicking Horse Coffee Cafe

Fernie: at The Cottonwood Tree

Nelson : Curries served at the Kootenay Coop Deli.

Ask about our Fundraising options!