



This weeks Take Home Family Style Meal contains... Pastel de Chaves - a traditional savoury meat pastry stuffed with minced beef, onion, garlic and cheese. Bacalhau à Brás- shredded salt cod with egg, parsley, onion, potato and olives. Marinated Peri-Peri bone-in Chicken with roasted baby potatoes and our ancho chilli sauce to pair. Sautéed Green Beans in butter, olive oil, salt & pepper. For

Dessert - Arroz Doce (Rice Pudding) with lemon zest and cinnamon. This meal is only \$65 and is suitable for 4 people. There is \$5 peninsula delivery only on Friday September 18th between 2-5pm. Max 10km delivery radius. Free delivery with a purchase of a bottle of wine or if more than one meal is purchased. This meal is available from September 16 - 20, 2020 with pickup available at The Arms at 1515 South Park Street inside the Lord Nelson Hotel - earlier pick ups can be arranged via email at freshonthefly@rcr.ca