



Hand made food. Reheat ready.  
Delivered free. Supporting local.

Dinners, desserts, meats, groceries.

[orders@greenbeancatering.com](mailto:orders@greenbeancatering.com), 403 232 1122

## Cook at home entrées

### **\$40/Entrée (servings of 6)**

- Lasagne (Meat or Vegetarian) (frozen)
- Shepard's Pie (GF)
- Chicken & Sausage Jambalaya (GF) (frozen)
- Chili (GF) (frozen)
- Beef Goulash (GF) (frozen)
- Guinness Stew (GF) (frozen)



### **\$48/Entrée (servings of 6)**

- Chicken Alfredo Penne
- Chicken Cordon Bleu (frozen)
- Shaved Roast Beef and Gravy
- Chicken Parmesan (frozen)



### **MAKE IT A FULL MEAL!**

Add on a starch, dessert and adult beverage  
(ID required on delivery) \$45.00

### **Entrée add-ons**

#### Starches:

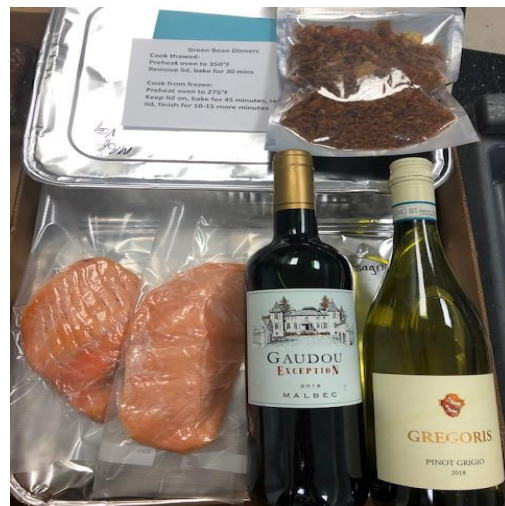
- Rice Pilaf and Vegetables for 6 \$15.00
- Mashed Potatoes and Vegetables for 6 \$15.00

#### Desserts:

- Banana loaf \$15.00
- Lemon Loaf \$15.00
- Cookie Assortment (12) \$15.00

#### Adult Beverages (gov't ID required):

- Bottle of Pinot Grigio \$30.00
- Bottle of Pinot Noir \$30.00
- 4 pack Stiegl Radler or Strongbow \$24.00
- 6 pack beef: Bud, Corona, Wraspberry \$24.00



## Groceries

### Meats

4 oz salmon filet (frozen)	\$ 6.00
8 oz steak (frozen)	\$12.00
Chicken breast (per lb)	\$ 6.00
Chicken thigh skin on (per lb)	\$ 6.00
Bacon (per kg)	\$17.00
Ground Beef (per kg)	\$12.00

### Fresh Produce

<b>Box of everything</b>	<b>\$50.00</b>
Cauliflower	\$ 6.00
Celery Stalk	\$ 4.00
Green Onion Bunch	\$ 2.00
Green Peppers (~1 lb)	\$ 4.00
Red Peppers (~1 lb)	\$ 4.00
Lime	\$ 1.00
Red Onion (~1 lb)	\$ 2.50
Head Romaine	\$ 3.00
Multi-Colour Organic Carrots	\$ 7.00
Small Potatoes (~2 lb)	\$ 6.00
Honey Crisp Apples (~2 lb)	\$ 5.00
Grapefruits (~2lbs)	\$ 8.00
Navel Oranges (~5 lbs)	\$ 8.00

### Other

Crispy Onions (GF)500gr	\$15.00
Mayo, 500ml	\$ 5.00
Butter, 1lb *Salted or Unsalted*	\$ 7.00
Unpasteurized Honey 1 litre	\$15.00
House Roast Coffee, 1lb	\$15.00
House Made Dressings 500 ml	\$ 5.00



All items are prepared in our professional, licensed kitchens

Daily weekday pick up or contactless delivery within Calgary limits

Thank you for supporting small business!

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