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| A close up of a logo  Description automatically generated | | | |
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| **DELIVERY ORDER FORM** | | | |
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| DATE: |  | | Updated: June 24/24 |
|  | | | |
| CUSTOMER NAME: | | | |
| CUSTOMER ADDRESS (include unit# if applicable): | | | |
| SPECIAL DELIVERY INSTRUCTIONS: | | | |
| EMAIL ADDRESS: | | | |
| PHONE #: | | | |
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| **INVOICE & PAYMENT** | | | |
| An invoice will be forwarded to you with payment instructions. We offer credit card/e-transfer payments. Payment must be received 24 hours prior to your delivery date to be eligible for delivery. | | | |
| **DELIVERY FEE:** $45 | | | |
| **FREE DELIVERY** for orders over $350! | | | |
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| **DELIVERY SERVICE** | | | |
| **Please note that all items will be frozen**. We are working with DOD Delivery. They provide refrigerated delivery service. **Deliveries will be made by 6pm on the scheduled delivery date for your location**. You will be notified as soon as the delivery has been made via text or email. | | | |
| You are welcome to place a cooler outside for the delivery driver to place the order in. However, if you are unable to receive the parcel at the time of delivery, consider asking a neighbour to retrieve the package for you. We are not responsible if the order is not retrieved in a timely fashion and the food items spoil. Refunds will not be provided in such cases. | | | |
| **ALLERGIES** | | | |
| Some of our menu items are Gluten Free or Dairy Free. This is indicated with a **GF** (gluten free) or **DF** (dairy free) next to the item. For any items that contain nuts, this is also indicated next to the item. Although we will try our absolute best, please note that cross contamination may occur as we are not a gluten, dairy or nut free facility. | | | |
| If you have any allergies, please feel free to contact us and we will be able to notify you of whether the items contain that allergen. You are also welcome to refer to our 'Online Menu' for ingredient listings. | | | |
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| **MONDAY DELIVERY SCHEDULE:** | | | |
| We will be offering delivery to the following locations on Monday of each week by 6pm. | | | |
| **Orders must be placed by Thursday 5pm** to receive an order for the following Monday. | | | |
| **MONDAY DELIVERIES ARE AS FOLLOWS:** | BENTLEY/GULL LAKE | JAMES RIVER | SYLVAN LAKE |
|  | CROSSFIELD | OLDS | THREE HILLS |
|  | INNISFAIL | RED DEER | TORRINGTON |
|  | IRRICANA | ROCKY MOUNTAIN HOUSE |  |

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| **TUESDAY DELIVERY SCHEDULE** | | | |
| We will be offering delivery to the following locations on Tuesday of each week by 6pm. | | | |
| **Orders must be placed by Thursday 5pm** to receive an order for the following Tuesday. | | | |
| **TUESDAY DELIVERIES ARE AS FOLLOWS:** | AIRDRIE | COCHRANE | PINCHER CREEK |
|  | ALDERSYDE | DE WINTON | PRIDDIS |
|  | BALZAC | FORT MACLEOD | REDWOOD MEADOWS |
|  | BEARSPAW | HERITAGE POINTE | SPRINGBANK |
|  | BLACK DIAMOND | HIGH RIVER | TABER |
|  | BRAGG CREEK | LETHBRIDGE | TURNER VALLEY |
|  | CALGARY | MILLARVILLE | VULCAN |
|  | CHESTERMERE | NANTON |  |
|  | CLARESHOLM | OKOTOKS |  |
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| **WEDNESDAY DELIVERY SCHEDULE** | | | |
| We will be offering delivery to the following locations on Wednesday of each week by 6pm. | | | |
| **Orders must be placed by Sunday 5pm** to receive an order for Wednesday of that same week. | | | |
| **WEDNESDAY DELIVERIES ARE AS FOLLOWS:** | ARDROSSAN | CREMONA | LEDUC |
|  | BEAUMONT | DEVON | MEDICINE HAT |
|  | BENTLEY/GULL LAKE | DIDSBURY | PONOKA |
|  | BLACKFALDS | EDMONTON | SHERWOOD PARK |
|  | BOWDEN | EXSHAW | SPRUCE GROVE |
|  | BROOKS | FORT SASKATCHEWAN | ST. ALBERT |
|  | CAMROSE | KATHYRN | STONY PLAIN |
|  | CAROLINE | KNEE HILL VALLEY | STRATHMORE |
|  | CARSTAIRS | LACOMBE | WETASKIWIN |
|  | COOKING LAKE | LANGDON | WIZARD LAKE |
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| **THURSDAY DELIVERY SCHEDULE** | | | |
| We will be offering delivery to the following locations on Thursday of each week by 6pm. | | | |
| **Orders must be placed by Sunday 5pm** to receive an order for Thursday of that same week. | | | |
| **THURSDAY DELIVERIES ARE AS FOLLOWS:** | BERGEN | GHOST LAKE | SUNDRE |
|  | CANMORE | HARVIE HEIGHTS | WATER VALLEY |
|  | | | |
| **7 FOR $87** | | | |
| \*Applicable to **INDIVIDUAL** size meals only | | | |
| \*Choose 7 individual size meals for $87 (that’s less than $12.50/meal). If ordered in multiples of 7, we will invoice you accordingly. | | | |

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|  | **REGULAR**  (feeds 3-4) | | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | |
| **BEEF/BISON** | Price | Quantity | Price | Quantity | Price | Quantity |
| BEEF & BEAN ENCHILADAS | $ 38.00 |  | $ 23.00 |  | $ 16.00 |  |
| BEEF & BROCCOLI WITH RICE (GF/DF) | $ 42.00 |  | $ 22.00 |  | $ 15.00 |  |
| BISON NOODLE BAKE | $ 36.00 |  | $ 23.00 |  | $ 16.00 |  |
| BISON SHEPHERD'S PIE (GF/DF) |  | | $ 23.00 |  | $ 16.00 |  |
| CHILI MAC | $ 34.00 |  | $ 22.00 |  | $ 15.00 |  |
| CLASSIC LASAGNA | $ 45.00 |  | $ 25.00 |  | $ 17.00 |  |
| CREAMY BAKED SPAGHETTI | $ 38.00 |  | $ 23.00 |  | $ 16.00 |  |
| EGG ROLL IN A BOWL WITH RICE (GF/DF) | $ 34.00 |  | $ 22.00 |  | $ 15.00 |  |
| GREEK MEATBALLS WITH LEMON DILL RICE (GF/DF) | $ 36.00 |  | $ 23.00 |  | $ 16.00 |  |
| HAWAIIAN MEATBALLS WITH RICE (GF/DF) | $ 35.00 |  | $ 23.00 |  | $ 16.00 |  |
| HAWAIIAN-STYLE BISON FRIED RICE (GF/DF) |  | | $ 23.00 |  | $ 16.00 |  |
| LAZY CABBAGE ROLLS (GF/DF) | $ 34.00 |  | $ 22.00 |  | $ 15.00 |  |
| MEATLOAF, MASHED POTATOES, DILL CARROTS (GF) | $ 43.00 |  | $ 25.00 |  | $ 17.00 |  |
| PHILLY CHEESESTEAK PASTA | $ 37.00 |  | $ 22.00 |  | $ 15.00 |  |
| PIZZA PASTA | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  |
| SHEPHERD'S PIE (GF) | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  |
| STEAK BITES WITH SWEET POTATO (GF/DF) | $ 43.00 |  | $ 23.00 |  | $ 16.00 |  |
| STUFFED PEPPER CASSEROLE (GF) | $ 36.00 |  | $ 22.00 |  | $ 15.00 |  |
| TACO LASAGNA | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  |
| TACO PENNE | $ 34.00 |  | $ 22.00 |  | $ 15.00 |  |
| THAI BEEF CURRY RAMEN (DF) |  | | $ 22.00 |  | $ 15.00 |  |

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|  | **REGULAR** (feeds 3-4) | | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | | |
| **CHICKEN** | Price | Quantity | Price | Quantity | Price | Quantity | |
| BBQ CHICKEN & SWEET POTATO BAKE (GF/DF) | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  | |
| BBQ CHICKEN ROTINI | $ 37.00 |  | $ 22.00 |  | $ 15.00 |  | |
| BUFFALO CHICKEN BOWL (GF/DF) | $ 41.00 |  | $ 23.00 |  | $ 16.00 |  | |
| CHICKEN ALFREDO LASAGNA | $ 45.00 |  | $ 25.00 |  | $ 17.00 |  | |
| CHICKEN BACON RANCH POTATOES (GF) | $ 37.00 |  | $ 22.00 |  | $ 15.00 |  | |
| CHICKEN FETTUCCINE ALFREDO | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  | |
| CHICKEN POT PIE | $ 35.00 |  | $ 22.00 |  | $ 15.00 |  | |
| CHICKEN STIR-FRY WITH RICE (GF/DF) | $ 35.00 |  | $ 22.00 |  | $ 15.00 |  | |
| CHICKEN SWEET POTATO SKILLET (GF) | $ 38.00 |  | $ 22.00 |  | $ 15.00 |  | |
| COCONUT CHICKEN CURRY WITH RICE (GF/DF) | $ 39.00 |  | $ 22.00 |  | $ 15.00 |  | |
| GARLIC SESAME CHICKEN LO MEIN (DF) | $ 41.00 |  | $ 23.00 |  | $ 16.00 |  | |
| MANGO CHICKEN CURRY WITH RICE (GF/DF) |  | | $ 23.00 |  | $ 16.00 |  | |
| MEDITERRANEAN CHICKEN & FETA ROTINI |  | | $ 22.00 |  | $ 15.00 |  | |
| PEANUT CHICKEN LO MEIN (DF) (contains peanuts) | $ 35.00 |  | $ 22.00 |  | $ 15.00 |  | |
| PESTO POTATOES & CHICKEN (GF/DF) | $ 41.00 |  | $ 23.00 |  | $ 16.00 |  | |
| SERIOUSLY CHEESY CHICKEN ROTINI |  | | $ 22.00 |  | $ 15.00 |  | |
| STICKY SESAME CHICKEN WITH RICE (GF/DF) | $ 36.00 |  | $ 22.00 |  | $ 15.00 |  | |
| TERIYAKI CHICKEN NOODLE BOWL (DF) | $ 40.00 |  | $ 23.00 |  | $ 16.00 |  | |
| TOMATO BASIL CHICKEN PASTA | $ 40.00 |  | $ 23.00 |  | $ 16.00 |  | |
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|  | **REGULAR** (feeds 3-4) | | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | | |
| **PORK** | Price | Quantity | Price | Quantity | Price | Quantity | |
| CHIPOTLE BACON PENNE | $ 40.00 |  | $ 23.00 |  | $ 16.00 |  | |
| HAM MAC N' CHEESE | $ 41.00 |  | $ 22.00 |  | $ 15.00 |  | |
| ITALIAN SAUSAGE PENNE (DF) | $ 37.00 |  | $ 22.00 |  | $ 15.00 |  | |
| JAMBALAYA (GF/DF) | $ 35.00 |  | $ 22.00 |  | $ 15.00 |  | |
| SCALLOPED POTATOES & HAM | $ 35.00 |  | $ 22.00 |  | $ 15.00 |  | |
| SMOKED SAUSAGE SKILLET (GF/DF) | $ 36.00 |  | $ 22.00 |  | $ 15.00 |  | |
| SMOKY APPLE BACON PASTA BAKE | $ 36.00 |  | $ 22.00 |  | $ 15.00 |  | |
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|  | **REGULAR** (feeds 3-4) | | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | | |
| **TURKEY** | Price | Quantity | Price | Quantity | Price | Quantity | |
| TACO TURKEY & SWEET POTATO SKILLET (GF) | $ 40.00 |  | $ 23.00 |  | $ 16.00 |  | |
| TURKEY ENCHILADAS WITH WHITE SAUCE | $ 40.00 |  | $ 23.00 |  | $ 16.00 | |  |

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|  | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | |  |  |
| **LOW CARB/HIGH PROTEIN** | Price | Quantity | Price | Quantity |  |  |
| BEEF & BROCCOLI (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| BISON EGG ROLL IN A BOWL (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| CHICKEN & CAULIFLOWER CURRY (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| CHICKEN BACON RANCH VEGGIE BAKE (GF) | $ 24.00 |  | $ 16.00 |  |  |  |
| CHICKEN STIR-FRY (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| CHINESE MUSHROOM CHICKEN (GF/DF) | $ 24.00 |  | $ 16.00 |  |  |  |
| GREEK MEATBALLS & VEGGIES (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| ITALIAN SAUSAGE & VEGGIES (GF) | $ 23.00 |  | $ 16.00 |  |  |  |
| LOW CARB BUFFALO CHICKEN BAKE (GF) | $ 24.00 |  | $ 16.00 |  |  |  |
| LOW CARB MANGO CHICKEN CURRY (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| LOW CARB PEPPER STEAK (GF/DF) | $ 24.00 |  | $ 16.00 |  |  |  |
| LOW CARB SMOKED SAUSAGE SKILLET (GF/DF) | $ 24.00 |  | $ 16.00 |  |  |  |
| LOW CARB TEX MEX BAKE (GF) | $ 23.00 |  | $ 16.00 |  |  |  |
| MEATLOAF, GREEN BEANS & DILL CARROTS (GF/DF) | $ 23.00 |  | $ 16.00 |  |  |  |
| PEANUT CHICKEN & VEGGIES (GF/DF) (contains peanuts) | $ 24.00 |  | $ 16.00 |  |  |  |
| ROASTED BUTTERNUT SQUASH & SPICED CHICKEN (GF/DF) | $ 25.00 |  | $ 18.00 |  |  |  |
| SESAME CHICKEN & CAULIFLOWER BITES (GF/DF) | $ 25.00 |  | $ 18.00 |  |  |  |
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|  | **HALF** (feeds ~2) | | **INDIVIDUAL** (single portion) | |  |  |
| **VEGETARIAN &/OR VEGAN (\* items are vegan)** | Price | Quantity | Price | Quantity |  |  |
| BLACK BEAN & SPINACH ENCHILADAS | $ 22.00 |  |  | |  |  |
| CREAMY FAJITA PENNE\* (DF) | $ 22.00 |  | $ 15.00 |  |  |  |
| INDIAN STYLE BUTTER CAULIFLOWER\* (GF/DF) | $ 22.00 |  | $ 15.00 |  |  |  |
| LEMON ORZO PASTA\* (GF/DF) | $ 22.00 |  | $ 15.00 |  |  |  |
| LENTIL SHEPHERD'S PIE\* (GF/DF) | $ 22.00 |  | $ 15.00 |  |  |  |
| SOUTHERN BAKED MAC N' CHEESE | $ 22.00 |  | $ 15.00 |  |  |  |

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|  | **32oz** | | **BOWL** (single serve) | |  |  |
| **SOUPS & STEWS (\* items are vegan)** | Price | Quantity | Price | Quantity |  |  |
| CHICKEN BONE BROTH (GF/DF) | $ 16.00 |  |  | |  |  |
| BEEF STEW (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| BEET BORSCHT (GF/DF) | $ 12.00 |  | $ 7.00 |  |  |  |
| CABBAGE ROLL SOUP (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| CHICKEN FAJITA SOUP (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| CHICKEN NOODLE SOUP (DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| CHILI (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| CREAMY BUTTERNUT SQUASH SOUP\* (GF/DF) | $ 13.00 |  | $ 7.00 |  |  |  |
| HAMBURGER SOUP (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
| HERBED SWEET POTATO STEW\* (GF/DF) | $ 12.00 |  | $ 7.00 |  |  |  |
| ZUPPA TOSCANA (GF/DF) | $ 15.00 |  | $ 8.00 |  |  |  |
|  |  |  |  |  |  |  |
| **BARS** (6pk unless otherwise specified) | Price | Quantity |  |  |  |  |
| AMPED UP RICE KRISPIE TREATS (DF) | $ 12.00 |  |  |  |  |  |
| BLUEBERRY CRUMB BARS (GF) | $ 15.00 |  |  |  |  |  |
| CARROT CHEESECAKE BARS | $ 15.00 |  |  |  |  |  |
| CHOCOLATE CHIP GRANOLA BARS (GF/DF) | $ 12.00 |  |  |  |  |  |
| CHOCOLATE MAPLE BROWNIES (GF/DF) | $ 12.00 |  |  |  |  |  |
| DATE SQUARES (DF) | $ 15.00 |  |  |  |  |  |
| FUDGY SWEET POTATO BROWNIES (GF/DF) (contains peanuts) | $ 16.50 |  |  |  |  |  |
| LEMON LUSH SQUARES (DF) | $ 12.00 |  |  |  |  |  |
| PEANUT BUTTER GRANOLA BARS (12pk) (GF/DF) (contains peanuts) | $ 20.00 |  |  |  |  |  |
| PROTEIN ENERGY BARS (GF) (low sugar) (single bar) | $ 4.50 |  |  |  |  |  |
| TRAIL MIX BARS (GF/DF) (contains pecans) | $ 12.00 |  |  |  |  |  |
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| **COOKIES** (12pk) | Price | Quantity |  |  |  |  |
| APPLE OATMEAL (low sugar) | $ 12.00 |  |  |  |  |  |
| CHOCOLATE PROTEIN (GF) (low sugar) | $ 14.00 |  |  |  |  |  |
| CLASSIC CHOCOLATE CHIP (GF) | $ 12.00 |  |  |  |  |  |
| CRANBERRY COCONUT (DF) | $ 12.00 |  |  |  |  |  |
| OATMEAL RAISIN | $ 12.00 |  |  |  |  |  |
| PEANUT BUTTER (contains peanuts) | $ 12.00 |  |  |  |  |  |

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| **CINNAMON BUNS** (6pk) | Price | Quantity |  |  |  |  |
| APPLE | $ 14.00 |  |  |  |  |  |
| BLUEBERRY | $ 14.00 |  |  |  |  |  |
| CLASSIC | $ 13.00 |  |  |  |  |  |
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| **EGG BITES** (6pk) **GF** | Price | Quantity |  |  |  |  |
| CLASSIC | $ 15.00 |  |  |  |  |  |
| HAM & CHEDDAR | $ 15.00 |  |  |  |  |  |
| JALAPENO CHEDDAR | $ 15.00 |  |  |  |  |  |
| RED PEPPER & SPINACH (egg whites, no salt) | $ 15.00 |  |  |  |  |  |
| TOMATO & MOZZA | $ 15.00 |  |  |  |  |  |
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| **PIZZA ROLLS** (6pk) | Price | Quantity |  |  |  |  |
| BBQ CHICKEN | $ 15.00 |  |  |  |  |  |
| HAWAIIAN | $ 15.00 |  |  |  |  |  |
| PEPPERONI | $ 15.00 |  |  |  |  |  |
| SPINACH DIP | $ 15.00 |  |  |  |  |  |
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| **ENERGY BITES** (12pk) | Price | Quantity |  |  |  |  |
| APPLE CINNAMON (GF/DF) (low sugar; contains peanuts) | $ 15.00 |  |  |  |  |  |
| CHOCOLATE PROTEIN (GF/DF) (low sugar; contains walnuts & almonds) | $ 15.00 |  |  |  |  |  |
| ESPRESSO SHOT (GF/DF) (contains peanuts) | $ 15.00 |  |  |  |  |  |
| LEMON POPPY SEED (GF) (low sugar) | $ 15.00 |  |  |  |  |  |
| MINT CHOCOLATE (GF/DF) (contains peanuts) | $ 15.00 |  |  |  |  |  |
| MONSTER (GF) (contains peanuts) | $ 16.00 |  |  |  |  |  |
| OATMEAL RAISIN (GF/DF) (contains peanuts) | $ 15.00 |  |  |  |  |  |
| PEANUT BUTTER & CHOCOLATE CHIP (GF/DF) (contains peanuts) | $ 15.00 |  |  |  |  |  |
| VANILLA PROTEIN (GF) (contains peanuts) | $ 15.00 |  |  |  |  |  |
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| **MUFFINS** (6pk) | Price | Quantity |  |  |  |  |
| APPLE CINNAMON STREUSEL | $ 8.00 |  |  |  |  |  |
| APPLE PROTEIN (GF/DF) (low sugar) | $ 10.00 |  |  |  |  |  |
| BANANA CHOCOLATE CHIP (DF) | $ 8.00 |  |  |  |  |  |
| BERRY BURST | $ 8.00 |  |  |  |  |  |
| CHOCOLATE ZUCCHINI (DF) | $ 8.00 |  |  |  |  |  |
| CRANBERRY ORANGE | $ 8.00 |  |  |  |  |  |
| DOUBLE CHOCOLATE | $ 8.00 |  |  |  |  |  |
| LEMON BLUEBERRY | $ 8.00 |  |  |  |  |  |
| PUMPKIN PROTEIN (GF) (low sugar) | $ 10.00 |  |  |  |  |  |
| RAISIN BRAN | $ 8.00 |  |  |  |  |  |
| RED RASPBERRY (DF) (contains almonds) | $ 8.00 |  |  |  |  |  |
| SPICED CARROT | $ 8.00 |  |  |  |  |  |