

ChefExpress

Shockingly delicious and healthy

#8 7337 Sierra Morena Blvd SW

Calgary AB

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Sugarfreechef@gmail.com

Menu

Cold Lunch

Sandwiches and wraps

Choice of Bread (Sour dough/Organic Multigrain/Keto/GF/multigrain wrap/spinach wrap)

Crunchy Chicken Chicken Breast crusted with spice mix, almond flour, whole wheat crumbs, mixed with diced veggies and mayo	9.50/person
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Crunchy Egg Salad Free Range Egg, mustard, mayo, vegetables	9.50/person
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Crunchy Salmon RWA Salmon, spices, mixed with diced veggies and mayo	9.50/person
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Roast Beef Slow roast AAA Sirloin, with mayo, lettuce, tomato and cheese	9.50/person
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Ham and Cheese Ham with sliced cheddar, tomato, lettuce	9.50/person
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Finger Sandwiches

Assortment of Baguette, slice bread

Name Comes with pickles on the side (Chef's creation, pls inform about restrictions)	7.50/person
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Name Smoked salmon /cream cheese	7.50/person
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Name Cucumber and cream cheese	7.50/person
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Name 7.50/person
Slow roast AAA Sirloin, with mayo, lettuce, tomato and cheese

Name 7.50/person
Ham with sliced cheddar, tomato, lettuce

Name 7.50/person
Fried Egg, Bacon, Lettuce tomato

Hot Lunch

Soups

Cream of Mushroom 6.50/person
Comes in individual 375 ml microwaveable containers

Thai Chicken Tom Yum Coconut Soup 6.50/person
Description

Mains

Pizza (8, 10, 12") any toppings 13.97 onwards
2 days cold fermented dough loaded with toppings and cheese baked in stone fire oven

Butter Chicken Meal 14.97
With White Rice, Naan, Curried veggies

Creamy Baked Crack Chicken 14.97
Breast baked with cheese, bacon and spices, Ratatouille, Chimichurri

Chicken Thai green curry 14.97
White rice and vegetables

Spaghetti Meat sauce 14.97
regular/wholewheat spaghetti, meat sauce, topped with mozzarella and baked

Beef Satay Meal 16.97
Spring Rolls, Slice Beef Satay, Rice vermicelli noodles, sauces, Asian Salad

Seafood Coconut Curry 14.97
Slice Grilled Fish and Prawns, Coconut Mustard seeds Curry with Kaffir lime leaves, White rice

Bento Boxes

Blackened Chicken 17.97
With Vietnamese salad roll, roasted potatoes, dressing, ratatouille, dessert

Grilled coriander crusted Salmon 17.97
With Vietnamese salad roll, noodles, salad, dressing, dessert

Beef and Yam shepherd Pie 17.97
With Vietnamese salad roll, Vegetables, dressing, dessert

Any Lunch or Bento Boxes may be made Keto friendly for \$2.00 - \$3.00 each extra

Nibbles and Nosh

Salad

Classic chicken Caesar 6.97
2 days cold fermented dough loaded with toppings and cheese baked in stone fire oven

Classic Greek 6.97
With White Rice, Naan, Curried veggies

Vegan Broccoli..... 6.97
Breast baked with cheese, bacon and spices, Ratatouille, Chimichurri

Vegan Yam Salad 6.97
White rice and vegetables

Asian Broccoli and Tofu Salad 6.97
regular/wholewheat spaghetti, meat sauce, topped with mozzarella and baked

Quinoa Salad 6.97
Spring Rolls, Slice Beef Satay, Rice vermicelli noodles, sauces, Asian Salad

Sweet Treats and Appetizers

Cosmic cookies 2.69/piece

Peanut Butter Cookies 2.29/piece

Granola bars 2.97/piece

Assorted fruits 4.97/person

Vegetables and dips 4.97/person

Salsa, sour cream and chips 3.97/person
Tortilla chips, pita chips, Naan with salsa, sour cream

Add Humus 0.97/person

Charcuterie 11.97/piece
Cured varieties of Salami, Parma Ham, brie, cheddar, jam, pickles, crackers

Assorted Desserts 4.97/person
Assorted Brownies, cheesecake, pecan pe etc.

PLEASE CONTACT US FOR SPECIAL EVENTS CATERING, AS WE HAVE MUCH WIDER SELECTION FOR THAT

ChefExpress

<Slogan / Catchphrase here>

<Location>

<Number>

<Email>

