

Chef on the Run – Sidney

9781b Second Street, Sidney Tel 250 655 3141

OPEN 9 am – 5 pm MON-FRI (CLOSED WEEK-ENDS/STATS)

www.chefontherun.net [Online ordering available](#)

MEALS \$14.50 INCLUDE ENTRÉE 1 STARCH & 2 VEGGIES

THIS WEEKS MENU: 3rd – 7th November 2025

CLOSED NOVEMBER 11th FOR REMEMBRANCE DAY

1. **MAUI SPARERIBS**
Tender Baby Back Ribs with a maui sauce
2. **CHICKEN KIEV**
Boneless breast stuffed with garlic butter
3. **BAKED BBQ SALMON**
Marinated and baked in a sweet BBQ sauce
4. **CANTONESE STEW**
Beef steak braised with green onions & soy sauce
5. **CHICKEN CASSEROLE & DUMPLING**
Boneless chicken in a tomato sauce & herb dumpling
6. **HUNTERS MEATLOAF**
With a light tomato/mushroom sauce
7. **TANGY TURKEY**
Turkey cutlet topped with peach salsa
8. **MUSHROOM RAVIOLI**
Mushroom ravioli in a creamy mushroom sauce

COLD PLATES AVAILABLE WITH TURKEY, BEEF, CORNED BEEF OR HAM

INCLUDES SALAD GREENS, POTATO SALAD, COLESLAW & 4 BEAN

VARIETY HOMEMADE MEAT PIES & QUICHES – CORNISH PASTIES – SCOTCH PIES – ASSORTED SOUPS
INDIVIDUAL TRIFLES, RICE PUDDING, WHOLE FRUIT PIES OR BY THE SLICE, ASSORTED CAKE SQUARES

DAILY DELIVERY AVAILABLE FOR SAANICH PENINSULA

CORDOVA BAY & ROYAL OAK EVERY TUESDAY

SALTSPRING ISLAND EVERY WEDNESDAY - DUNCAN EVERY THURSDAY