

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: 27th September – 31st October 2025

1. CANTONESE PORK TENDERLOIN

Pork tenderloin marinated and baked in our Hoisin sauce

2. PRIMAVERA STUFFED CHICKEN

*Boneless breast stuffed with zucchini, tomatoes & bell peppers
and topped with Mozzarella and parmesan*

3. LEMON DILL SOLE

Dover Sole with a creamy lemon dill sauce

4. FRENCH BEEF STEW

Beef steak braised with carrots & potato finished off with Dijon mustard

5. CHICKEN “CACCIATORE”

Boneless chicken in a light Italian sauce

6. SHEPHERDS PIE

*Savory ground beef combined with fresh vegetables
& topped with mash potato*

7. GRILLED TURKEY SAUSAGES

Extra lean sausages with pan gravy

8. VEGETARIAN CHILLI

Red onion, Bell pepper, celery & mixed beans in a tomato 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