

FROZEN FOOD MENU

UKRAINIAN PEROGIES (555 G)

Ukrainian dumplings known as Varenyky in Ukraine

REGULAR	\$18.99
GLUTEN-FREE	\$23.99

- Potato & caramelised onion
- Potato & cheddar
- Cottage cheese
- Cottage cheese & potato
- Sauerkraut
- Sauerkraut & mushroom
- Blueberry

HOLUBTSI (18PC)

Cabbage rolls with rice and vegetables

Traditional Pork (GF)	\$20.99
Carpathian Mushrooms (V \mid GF)	\$19.99
Vegetarian (V GF)	\$18.99

ADD SAUCE	
Mushroom Sauce	\$3.99
Tomato Sauce	QUIU

BORSHCH (800ML)

Traditional Ukrainian beet and vegetable soup

Pork (GF)	\$19.99
Carpathian Mushroom (V GF)	\$17.99
Authentic Vegetarian (V GF)	\$15.99

DESSERT

Syrnyky (6 PC) Cottage cheese pancakes	\$12.99
Nalysnyky (6 PC) Rolled crepes with a filling of either: • Cinnamon-apple • Cottage cheese	\$14.99
Rohalyky bag (12 PC) Cinnamon-apple pastry in the shape of mini croissants	\$15.99

EXTRAS

Cossack cutlets (4) (GF) Chicken cutlets with cheddar & herbs	\$15.99
Kovbassa (GF) Ham and garlic sausage ring from Widynowski's sausage	\$10.99
Nalysnyky (6 PC) Rolled crepes with a filling of savoury cottage cheese	\$14.99





GLUTEN-FREE MENU

BORSHCH

Traditional Ukrainian beet and vegetable soup

Pork	\$19.99
Carpathian Mushroom (V)	\$17.99
Authentic Vegetarian (V)	\$15.99

EXTRAS

Kovbasa Ham and garlic sausage ring from Widynowski's sausage

Cossack Cutlets (4) \$15.99

Chicken cutlets with cheddar & herbs

HOLUBTSI (18 PC)

Cabbage rolls with rice and vegetables

Carpathian Mushroom (V)

Jasmine rice, cabbage, carrots, mushrooms,

onions, vegeta

Vegetarian (V)

Jasmine rice, cabbage, carrots, onions, vegeta

Traditional Pork

\$20.99

\$18.99

\$19.99

\$10.99

Jasmine rice, cabbage, pork tenderloin,

carrots, onions, vegeta

ADD SAUCE \$3.99

GF PEROGIES/VARENYKY

555G BAG ONLY \$23.99

Ukrainian dumplings made with gluten-free dough

Dough: Rice flour, corn starch, eggs, canola oil, water, xanthan gum, salt

Potato & caramelised onion

Potatoes, caramelised onion, pepper, salt

Potato & cheddar Potatoes, cheddar, caramelised onion, pepper, salt

Cottage cheese

Cottage cheese, salt

Cottage cheese & potato

Cottage cheese, potato, pepper, fried onions, canola oil

Sauerkraut

Cabbage, fried onions, fried carrots, black pepper, salt, canola oil

Blueberry Wild bluberries



VEGAN MENU

BORSHCH (800ML)

Traditional Ukrainian beet and vegetable soup

Carpathian Mushroom (GF)	\$17.99
Vegetarian (GF)	\$15.99



555G BAG ONLY \$18.99

Ukrainian dumplings made with egg free dough

Dough: Flour, water, canola oil, salt

Potato & Caramelised Onion

Potatoes, caramelised onion (oil), pepper, salt

Sauerkraut

Cabbage, fried onions, fried carrots, black pepper, salt, canola oil

Blueberry

Wild bluberries





HOLUBTSI (18 PC)

Cabbage rolls with rice and vegetables

Carpathian Mushroom (GF) \$19.99

Jasmine rice, cabbage, carrots, mushrooms, onions, vegeta

Vegetarian (GF)

\$18.99

Jasmine rice, cabbage, carrots, onions,

vegeta



