



PRE-ORDER

date: _____

NAME: _____

EMAIL: _____

PHONE: _____

DELIVERY ADDRESS: _____

Premade – cooked meals, sides, soups, salads and dessert

	Portion Size	Price	Amount
Sheppard's Pie – <i>Gluten Free</i>	Small	\$13.00	
	Large	\$21.00	
Butter Chicken with Basmati Rice – <i>Gluten Free</i>	Small	\$13.00	
	Large	\$21.00	
Turkey Chili – <i>Gluten Free & Dairy Free</i>	Small	\$13.00	
	Large	\$21.00	
Beef Stroganoff with Tagliatelle Pasta	Small	\$13.00	
	Large	\$21.00	
Beef Stew	Small	\$13.00	
	Large	\$21.00	
Chicken Burritos (two)	Small	\$13.00	
Jerk Chicken on Rice and Beans with Mango Salsa – <i>Gluten Free</i>	Small	\$13.00	
Sticky Asian Meatballs with Udon Noodles and Baby Bok Choy	Small	\$13.00	
Chicken Pot Pie	Small	\$13.00	
Mac & Cheese – <i>Vegetarian</i>	Small	\$13.00	
Four Cheese Tortellini in Tomato Sauce – <i>Vegetarian</i>	Small	\$13.00	
Chicken Noodle Soup – <i>Dairy Free</i>	1 Liter	\$12.00	
Turkey and Rice Soup – <i>Gluten Free & Dairy Free</i>	1 Liter	\$12.00	
Vegetable Soup – <i>Gluten Free, Dairy Free & Vegetarian</i>	1 Liter	\$12.00	
Beet and Apple Salad – <i>Gluten Free & Dairy Free</i>	Large	\$12.00	
Caesar Salad – <i>Vegetarian</i>	Large	\$12.00	
Goat Cheese and Walnut Salad – <i>Vegetarian & Gluten Free</i>	Large	\$15.00	
Greek Salad with Lettuce – <i>Vegetarian & Gluten Free</i>	Large	\$14.00	
Banana Bread – <i>Vegetarian</i>	Loaf	\$12.00	
Carrot and Chocolate Chip Cookie – <i>Vegetarian</i>	Single	\$ 2.50	
Coconut and Chocolate Chip – <i>Vegetarian</i>	Single	\$ 2.50	

Grocery / Supplies

	Portion Size	Price	Amount
Bone Broth (our house-made stock) – <i>Gluten Free & Dairy Free</i>	Beef 1 L	\$ 8.00	
	Chicken 1 L	\$ 7.00	
	Turkey 1 L	\$ 7.00	
Farm Fresh Eggs	1 Dozen	\$ 6.00	
Tomato Sauce – <i>Gluten Free, Dairy Free & Vegetarian</i>	1 Liter	\$ 9.00	
Meat Sauce – <i>Gluten Free & Dairy Free</i>	1 Liter	\$11.00	
Basil Pesto – <i>Gluten Free & Vegetarian</i>	1 Jar	\$ 9.00	
Green Goddess Dressing – <i>Gluten Free, Dairy Free & Vegetarian</i>	1 Jar	\$ 8.00	



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Onions	1 Pound Bag	\$ 2.00	
Carrots	1 Pound Bag	\$ 2.00	
Special Requests:			

Butcher Case – raw meat cuts vary in size, prices will be determined when weighed.

	Price	Portion Size	Amount	Packaging (paper/vacuum seal)
AAA Beef Striploin	\$47.50 / KG	steaks		
AAA Beef Tenderloin	\$75.00 / KG	steaks		
AAA Beef Ribeye	\$47.50 / KG	steaks		
Ground Beef	\$25.00 / KG	kilograms		
Beef Tenderloin Burger	\$5.00 / each	6 oz patty		
Beef Meatballs	\$15.00 / pack	pack of 6		
Sliced Roast Beef	\$45.00 / KG	kilograms		
Whole Chicken	\$28.00 / KG	whole bird		
Chicken Breast - plain	\$28.00 / KG	breasts		
Chicken Leg – bone & skin	\$32.50 / KG	thigh & leg		
Turkey Breast	\$40.00 / KG	breast		
Ground Turkey	\$25.00 / KG	kilograms		
Turkey Burger	\$5.00 / each	6 oz patty		
Turkey Meatballs	\$15.00 / pack	pack of 6		
Sliced Roast Turkey	\$45.00 / KG	kilograms		
Salmon Fillet	\$42.00 / KG	steaks		
Sliced Honey Ham	\$45.00 / KG	kilograms		

PRE-AUTHORIZED CREDIT CARD

If you aren't comfortable sending electronically, we can call to collect your information.

Please mark one VISA Master Card

Account Number _____

Expiry Date _____ / _____ 3 Digit Code _____

Card Holder Name _____

Signature _____

Thank you for contacting Careit! We will contact you confirming your order and delivery date, deliveries go out Monday, Wednesday and Friday between 3pm and 6pm.