

Eco Chefs™ Spring/Summer Menu

A passion for pure authentic food, a pledge to eco-living, a dedication to local communities

Appetizers

Asparagus Soup with Citrus Tingle 500ml

The asparagus for our soup is simmered with local onions and herbs, and then smoothed with cream before being awakened with mixed citrus zest.

Summer Tomato Soup with Grilled Fennel 500ml Gluten free, Lactose free

Subtle and refreshing, this soup is wonderful served chilled or warmed. Built upon the richness of tomatoes, we slowly simmer this soup into a smoky broth that is accented with local oregano and charred fennel.

Roasted Beet and Goat Cheese 220g Vegetarian

This is an absolute treat for an upscale dinner; made with organic beets roasted over a slow fire and marinated in Niagara ice wine and blackberry vinegar, it is then garnished with Niagara goat cheese.

Wine and Thyme Beef Kabob 460g Gluten free, Lactose free

Beef, cabernet, garlic and thyme make this all-local kabob a must for your summer grill.

Masala Potatoes 400g Gluten free

Spice up your meal with a side of our Masala Potatoes. Marinated in curry masala, paprika, garlic, tumeric and lime juice, these potato wedges taste great as an appetizer or as a side.

Indonesian Chicken Satay

370g

Enjoy our mouth-watering chicken skewers. Marinated in soya sauce, tomato paste, peanut oil and spices, it's a perfect start to your meal. It is served with a savory peanut dipping sauce.

Curried Chickpeas

300g

Fresh tomatoes, organic chickpeas and green peppers are gently simmered in a fragrantly spiced South Asian curry sauce, and served alongside a bed of fluffy long grain rice.

Pizzas

Asparagus and Prosciutto Pizza

430g

Dressed with the tips of fresh asparagus, shavings of prosciutto and a dusting of local parmesan, this pizza also features Eco Chefs' all-Ontario tomato sauce pressed from organic tomatoes.

Grilled Portobello & Blue Cheese Pizza

Vegetarian

Our take on pizza: we drizzle olive oil on the pizza crust and top it with grilled Portobello mushrooms and blue cheese. Excellent for quiet evenings with a glass of red wine.

Nuda - Pesto, Tomato Pizza

Vegetarian

Simple pure taste is Pizza Nuda's hallmark. Our fresh pesto, prepared from Ontario's fields of basil, is combined with Cookstown greens tomatoes for a celebration of pure and honest flavour.

Vegetarian Features

Local Veggie Quiche

710g Vegetarian

This silken delight combines Ontario farm fresh eggs and local cream with a basket of local vegetables, Ontario cheddar cheese and savory herbs. This delicate quiche is baked on a flaky all-Ontario crust.

Organic Quinoa with Vegetable Stew

Single 280g, large 600g Lactose free, Vegan

This delicious South American staple is combined with the freshest in-season Ontario vegetables including squash and carrots – a hearty satisfying meal.

Veggie Quesadilla

Single 170g, Large 397g

Seasonal veggies grilled and tossed in olive oil, spices, and cheddar cheese are the bases of this Quesadilla. It's perfect for lunch.



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Pastas

Sweet Potato Macaroni and Cheese

Single 400g, Large 750g

Whole wheat elbow noodles are bound with roasted sweet potato, cheddar cheese and fresh organic cream.

Vegetable Lasagna

900g Vegetarian

A throwback to old country taste, the gems of this dish are the fresh ricotta and mozzarella cheeses of Toronto's International Cheese Company. It's layered between Kerr Farm organic tomato sauce, fresh locally made pasta, and a collection of in-season vegetables.

Entrees

Butter Chicken (An Eco Chefs™ Signature Dish)

680g with rice, 900g Gluten free

This exotic dish features authentically slow-simmered butter sauce, accented with freshly ground Indian spices. Balanced with Harmony Organic Dairy's yogurt and cream, this ancient sauce is blanketed over tender morsels of local, naturally raised chicken, and served on a pillow of basmati rice.

Cabbage Rolls

900g Gluten free, Dairy free

Made with fresh local green cabbage, organic tomatoes, corn and grain fed ground beef and ground pork (hormone-free) sourced from Norwich and Arthur, Ontario. It's served with a light tomato sauce.

Stuffed Chicken Breast with Broccoli

500g Gluten free

Air-chilled natural Ontario chicken stuffed with sun dried tomato, spinach and chèvre, with broccoli – it's a delight.



Shepherd's Pie

900g Gluten free

Layered over a crust of creamy garlic mashed potato, this entrée features natural ground Ontario beef, carrots, celery and fresh bay leaves, thyme and parsley.

Meatballs with Tomato Sauce

Our hand-made meatballs are made from scratch using naturally-raised beef sirloin and presented in our famous Eco Chefs™ homemade tomato sauce.

Chicken Quesadilla

Single 160g, Large 380g

We stuff locally-made Sonora tortillas with crusted chicken breast, cheddar cheese and scallions for this family favourite. Grilled on the barbecue or toasted in a skillet, our quesadilla is best served with tomato salsa.

Eco-Burgers

410g

Naturally raised ground beef is spiced with other Ontario treasures. Pure, rich, meaty flavor permeates this juicy, hand-formed patty, ideal when only a real burger will do.

Snacks, Dips & Dressings

Citrus Hummus

350g Vegetarian, Gluten free, Lactose free

House-roasted local red peppers, Rose Farms red onions and August Harvest garlic give this spiced hummus its full balanced taste. Tinged with citrus accents, this dip makes for a great snack or a welcome condiment on the dinner table.

Eggplant Dip

300g Vegetarian, Gluten free

We roast fresh eggplant in our oven on a slow heat, and spice it with fresh herbs and lime. It is a healthy Eco Chefs™ twist on Babaganoush.

Desserts

Ricotta Cheesecake with Raspberries

690g

An irresistible dessert, this light, delectable cheesecake is made from fresh ricotta cheese and ripe Ontario raspberries.

White Chocolate Almond Cake

510g Gluten free

Made with almond flour, coconut flour and fresh cream, this dessert offers pure decadence with smooth white chocolate and silky icing sugar.



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