



A World of Flavours Awaits...

Let Us Take You There!

Small batch cooking,

Really Good Frozen Meals

Made Especially for Home. (NO TAX)

Gluten Free, Dairy free and Vegan
are identified by GF, DF and V.

TASTE, SMILE, REPEAT

**Really Good Frozen Meals
Made Especially for Home. (NO TAX)**

**Call 902 867 4992 to place orders
and arrange pick up or delivery
or email your order to
operations@littlechristos.com**

**Craft beers, Cold Stream distilled drinks,
Ciders and Wines available
for pick up or delivery**

**NOTE: For individualized larger portion menus
email: uppercrustcatering@littlechristos.com**

**332 Main Street
Antigonish, NS, B2G 2M5
(Across from Shoppers Drug Mart)**

Soups and Chowder

Seafood Chowder GF	12.95
Sweet Potato Ginger Citrus Soup GF V DF	8.95
Curried Maple Chicken Soup GF	9.95
Roasted Squash, Sweet Potato, Coconut Lime Soup GF V DF	9.95
Tomato Quinoa Basil Soup GF V DF	8.95
Traditional chicken and rice Soup GF DF	8.95

Appetizers, Dips and Sauces

Lobster Red Pepper Cheese Dip GF	13.95
Spinach Artichoke Cheese Dip GF	13.95
Red Pepper Hummus GF DF V	5.95
Traditional Hummus GF DF V	5.95
Baba Ganoush GF DF V	5.95
Spiced Walnut Topping for Hummus or Baba Ganoush GF V DF	6.95
Spanakopitas (2 large) <i>Vegetarian</i>	8.95
Zaatar Flatbread DF V	4.95
Marinara Pizza Sauce GF DF V	6.95

Flavourful Meals and Sides

Falafels - by the dozen GF DF V.....	12.00
Portuguese Fish Cakes GF DF	14.95
Greek Mousaka GF	13.95
Vegetarian Mousaka GF	13.95
Shepherd's Pie GF DF	10.95
Baked Haddock, Peppers and Pineapple with Marina Sauce & Rice GF DF.....	12.95
Sweet potato Vegetable Curry GF V	11.95
Moroccan Chicken GF DF.....	13.95
Cheese baked potatoes (2) GF	6.95
Pulled pork sandwich meat GF	7.95
PASTA Spaghetti Bolognese DF	10.95
GF Spaghetti Bolognese DF	11.95
Traditional Lasagna	12.95
GF Lasagna.....	13.50
Chicken Cacciatore DF	13.50
GF Chicken Cacciatore DF	13.95

Non-sprayed Frozen Blueberries

5 lb non-sprayed local wild blueberries V
For smoothies and baking GF DF V..... 15.95

*Treat yourself and your loved ones
to a Kitchen Full of flavour.
Orders over \$75, 10% discount*

Pizzas, Calzones, Dough Balls

Med Greek Spinach Pizza with fresh spinach, mushrooms, red onions, feta, red peppers & mozzarella on a garlic oil base <i>Vegetarian</i>	15.95
Med Combo Pizza with Pepperoni, Peppers & Mushrooms	15.95
Med Meatlovers Pizza with Pepperoni, Tony's Bacon, Italian Sausage.....	15.95
Med Garlic Fingers <i>Vegetarian</i>	12.95
add sweet sauce	2.00
GF Med Cheese & Sauce Pizza.....	13.95

Calzone Caramelized onions, goat cheese, garlic sauce and pears <i>Vegetarian</i>	8.95
Pizza Calzone Pepperoni, Peppers and pizza sauce.....	8.95

Sub buns (for subs, garlic bread, grilled cheese or toast)	Two 3.95	Four 7.50	
Dough Ball, Med	4.00	Dough Ball Large	4.95
GF Crusts - 2 Sm or 1 Med	7.95		
GF Bread - Oatmeal Brown or Sunshine Bread 2 slices	2.50		

Desserts

Sweet Potato Pecan Pie Bars GF	6.95
Cranberry almond Bread Pudding & caramel Sauce.....	7.95
Baklava.....	6.95
Crisps, GF DF V, Apple, Rhubarb Apple, Blueberry	6.95