
Chopped Green Chillies Vanilla Ice

kelly anne erdman m., r.d . kannecar@telus menu #1 ... - asian beef or pork with snow peas* what you need: 1 lb (450 g) flank or sirloin steak 1 1/3 lb (600 g) snow peas (fresh or frozen) 2 green onions, sliced
menu - via italia ristorante || louth - chocolate pancake £4.95 sticky toffee pudding pancake topped with vanilla ice cream and chocolate sauce sambucca pancake £6.25 pancake topped with ice cream and ... **gluten free available on request dairy free available on ...** - fruit beers boon kriek £4.50 4% floris mango 3.6% mongozo banana 3.6% lindeman's peach 2.5% fruli strawberry 4.1% floris ninkenberry 3.6% **our product range - vegetarian express** - get plant-based goodness today welcome to vegetarian express. we've been nuts about plant-based food since our birth in '87. with a larder full of some of the **appetizers - sticky rice bistro** - appetizers vegetable egg roll (4) \$6 crispy egg roll filled with fresh vegetables & served with our signature sweet & sour cherry sauce chicken spring roll (4) \$6 **zen specials spice kitchen - zendurham** - prawn crackers £3.50 everyone's favourite, great to crunch on while you wait, sweet chilli dunk small plates, big flavours... proprietary dips & garnishes. **ambrosia italian & indian starters** - ambrosia italian & indian starters pane £4.95 selection of fresh breads, olives, tapenade, sun-dried tomato, olive oil & balsamic vinegar cheesy garlic bread £4.50 **year-end special - diep in die berg** - please initial each page: bee level 2 verification members - h.worm; a. van zyl (ca) sa shelfclose twenty cc t/a diep in die berg conference and function centre **about mama's and why people come back again and again** - sweets & ices mama's home made soft vanilla £4.95 ice cream with a choice of chocolate, raspberry, strawberry or maple syrup topping. home made tiramisu £6.60

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