

Grab & Go Groceries

Whole Wheat/ White Bread (Loaf)

\$3.49

Bagels (6pk)

\$6.99

English Muffins (6pk)

\$4.49

Milk (1L)

\$4.99

Cream (1L)

\$4.99

Butter

\$6.45

Yogurt

\$5.99

Eggs (1 dozen)

\$5.99

Cereal

\$2.99

Soup (can)

\$1.99

Case of Granola Bars

\$21.99

Cheese Packs with Crackers (5pk)

\$8.99

Hummus & Crackers (5pk)

\$16.99



Hosting a party?

We do catering!

613.526.7171 x 2615

f&nsupervisors@perleyhealth.ca

Cafeteria Hours

8:00 am – 7:00 pm

- Daily Special/Grill/Fryer items:
11 am- 6:30 pm

Regular Menu Items:

PerleyHealth.ca/menu

Contact Us

Food & Nutrition Supervisors

f&nsupervisors@perleyhealth.ca

613.526.7170 x 2615



Payment Accepted: Debit, And Various Credit Cards.

Prices shown are without applicable taxes.

If you have any questions or suggestions, please email info@perleyhealth.ca. Thank you.

PerleyHealth.ca



Cafeteria Services

Take-Out Menu

Hungry For Delicious New Flavours?



Frozen Meals,
'Grab and Go' Groceries,
Desserts!
Available in the cafeteria.

Visit our cafeteria for your next grocery shop.
We have many of your basics needs and more!



Frozen Meals (Simply Reheat)

\$11.99

- Chicken Halal Biryani
- Fish Frozen Lemon Herb Prepared
Gluten-Free
- Entree Chicken Sweet Curry Halal
- Entree Chicken Butter Halal
- Entree Pasta Vegetable Primavera
- Entree Chili Vegetarian With Rice
- Entree Beef Curry Halal
- Entree Vegetarian Dhal Gluten-Free

Have Room for Dessert?

Assorted Cakes/Pies (Bulk)
\$19.99-32.99

- Cookies
\$1.49 ea or \$6.99 (6 pk)
- Pudding Cup
\$1.49 ea or \$6.99 (6 pk)
- Squares
\$1.49 ea or \$6.99 (6 pk)
- Muffins
\$2.49 ea or \$10.99 (6 pk)