



Share the Love

❖ DINNER FOR TWO ❖

MENU

House Made Focaccia

Cream of Truffle Soup
topped with Truffle Herb Cream

Braised Beef Agnolotti
on a bed of Vegetable Ragù

Bearnaise Grilled Salmon,
Garlic Butter Green Beans and Herb Risotto

Individual Dark Chocolate Soufflé
with Berry Coulis

25 MINUTES
REHEATING

REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 350°F

Focaccia

Remove the Focaccia from the plastic bag. Place on an oven safe tray and toast at **350°F** for **5 minutes**.

Cream of Truffle Mushroom Soup and Truffle Herb Cream

Place soup in medium saucepan and cook over medium low heat for **5 minutes** until temperature reaches **165°F**. Garnish with Truffle Herb Cream.

Braised Beef Agnolotti with Vegetable Ragù

Remove the lid and mix the Agnolotti into the vegetable sauce so that the pasta is fully coated. Place on an oven safe tray and reheat at **350°F** for **15-20 minutes**, until internal temperature reaches **165°F**.

Grilled Salmon with Bearnaise Sauce

Remove the lid. Place on an oven safe tray and reheat at **350°F** for **20-25 minutes**, until internal temperature reaches **165°F**.

Herb Risotto

Remove the lid. Place on an oven safe tray and reheat at **350°F** for **15-20 minutes**, until internal temperature reaches **165°F**.

Green Beans & Garlic Flower Butter

Remove the lid. Place on an oven safe tray and reheat at **350°F** for **15-20 minutes**, until internal temperature reaches **165°F**.

Individual Dark Chocolate Soufflé with Berry Coulis

20 minutes before you want to serve dessert, remove the lids from both Soufflé containers. Place on an oven safe tray and bake at **350°F** for **15-20 minutes** and until the Soufflés have risen. Serve immediately topped with the Berry Coulis.

NUTRITIONAL INFORMATION

PLEASE NOTE: All produced in a facility where these common allergens are present. May contain: peanuts, tree nuts, sesame, milk, eggs, fish/seafood, soy, wheat/gluten, sulphites, mustard.

KEEP ALL ITEMS REFRIGERATED



GRILLED SALMON

Nutrition Facts Valeur nutritive	
Per 2/3 package(300 g) Pour 2/3 emballage (300 g)	
Calories 850	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 65 g	87 %
Saturated / saturés 16 g	81 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 50 g	
Cholesterol / Cholestérol 145 mg	
Sodium 390 mg	17 %
Potassium 1000 mg	29 %
Calcium 100 mg	8 %
Iron / Fer 1.5 mg	8 %

* 5% or less is a little, 15% or more is a lot.
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients: Salmon • Marinade (canola oil, olive oil, lemon juice, garlic, black pepper) • Béarnaise sauce (water, cream 35% M.F., hollandaise sauce mix, white wine vinegar, tarragon) • Lemon • Parsley.
Contains: Milk, Walnuts.
May contain: Peanuts • Tree nuts • Sesame • Eggs • Other seafood/fish • Soy • Mustard.
Caution: May contain fish bones

BRAISED BEEF AGNOLOTTI WITH VEGETABLE RAGU

Nutrition Facts Valeur nutritive	
Per 1/2 package(193 g) Pour 1/2 emballage (193 g)	
Calories 330	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 15 g	20 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 40 mg	
Sodium 790 mg	34 %
Potassium 500 mg	15 %
Calcium 75 mg	6 %
Iron / Fer 2.5 mg	14 %

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Ingredients: Vegetable ragu (Farm Boy™ Tomato Sauce Sugo Di Pomodoro, zucchini, onions, button mushrooms, carrots, sweet peppers, canola oil, garlic, salt, oregano, black pepper, olive oil) • Cooked pasta (water, braised beef agnolotti, canola oil) • Parmesan cheese • Parsley.
Contains: Milk • Eggs • Wheat • Sulphites.
May contain: Peanuts • Tree nuts • Sesame • Seafood/fish • Soy • Mustard.

SEASONED FRENCH GREEN BEANS

Nutrition Facts Valeur nutritive	
Per 2/3 cup(85 g) Pour 2/3 tasse (85g)	
Calories 320	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 22 g	77 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 0 mg	
Sodium 250 mg	11 %
Potassium 1150 mg	34 %
Calcium 150 mg	12 %
Iron / Fer 3 mg	17 %

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Ingredients: Green beans • Olive oil • Salt • Black pepper.
May Contains: Peanuts • Tree nuts • Sesame • Milk • Eggs • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 2 tsp (10 g) Pour 2 c.à.c (10 g)	
Calories 70	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	10 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium 45 mg	2 %
Potassium 10 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

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Ingredients: Butter • Farm Boy™ Garlic Flowers (garlic flowers, canola and/or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt • Black pepper • Parsley flakes.
Contains: Milk.
May contain: Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

CREAM OF TRUFFLE MUSHROOM SOUP & TRUFFLE HERB CREAM

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) Pour 1 tasse (250 mL)	
Calories 160	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 11 g	15 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 12 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 20 mg	
Sodium 800 mg	35 %
Potassium 250 mg	7 %
Calcium 75 mg	6 %
Iron / Fer 1.25 mg	7 %

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INGREDIENTS: Farm Boy™ Cream of Truffle Soup (water, mushrooms, milk, onions, garlic, olive oil, tomato paste, butter, enriched wheat flour, salt, truffle oil, sugar, black pepper, thyme, nutmeg) • Truffle herb cream (cream 35% M.F., sour cream, parsley, chives, truffle oil, salt, black pepper).
Contains: Milk
May contain: Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Sulphites • Mustard.

HERB RISOTTO

Nutrition Facts Valeur nutritive	
Per 1/2 package(181g) Pour 1/2 emballage (181g)	
Calories 290	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 11 g	15 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 25 mg	
Sodium 910 mg	40 %
Potassium 125 mg	4 %
Calcium 225 mg	17 %
Iron / Fer 1.25 mg	7 %

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Ingredients: Risotto (water, arborio rice, parboiled long grain rice, white cooking wine, onions, carrots, olive oil, salt, garlic, black pepper) • Parmesan cheese (milk, bacterial culture, salt, calcium chloride, microbial enzyme, lipase) • Parmesan cheese (pasteurized milk, bacterial culture, salt, rennet, cellulose, sorbic acid, calcium chloride) • Chives • Parsley.
Contains: Milk • Sulphites.
May contain: Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • Soy • Wheat • Mustard.

FOCCACCIA BREAD

Nutrition Facts Valeur nutritive	
Per 1/2 unit (78 g) Pour 1/2 unité (78 g)	
Calories 250	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 9 g	13 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 570 mg	25 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 2 mg	11 %

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Ingredients: Enriched wheat flour • Water • Olive oil • Fresh yeast • Sugar • Salt.
Contains: Wheat.
May contain: Peanuts • Tree nuts • Sesame • Eggs • Soy • Sulphites.

INDIVIDUAL DARK CHOCOLATE SOUFFLÉ WITH BERRY COULIS

Nutrition Facts Valeur nutritive	
Per 1/2 cake (51 g) Pour 1/2 gâteau (51g)	
Calories 150	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 7 g	9 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 60 mg	
Sodium 75 mg	3 %
Potassium 100 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 1.75 mg	10 %

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Ingredients: Double chocolate soufflé cake (milk, dark chocolate, sugar, liquid egg whites, liquid egg yolk mix, enriched wheat flour, butter, cream of tartar) • Mixed berry coulis (strawberries, blueberries, blackberries, raspberries, sugar, lemon juice, salt).
Contains: Milk • Eggs • Soy • Wheat.
May contain: Peanuts • Tree nuts • Sesame • Seafood/fish • Sulphites • Mustard.



If there are any issues with your dinner, please reach out to the store directly.
Store phone numbers can be found on farmboy.ca.