

At The Guerrilla Food Company, it's what you don't see that makes all the difference.

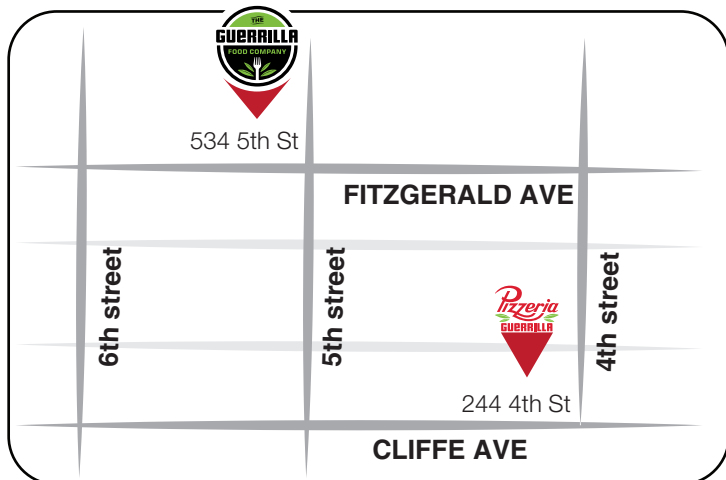
Supporting local agriculture and businesses first is always our goal.

Throughout the year our farmer friends deliver the best of what the Comox Valley has to offer and every season we push to add more. Our purchasing choices directly effect our local growers and producers. We choose to change with the growing season, allowing us to take advantage of the valley's incredible produce. Butchering in house means that we can purchase locally raised animals from farmers with integrity. Taking steps to provide a higher quality product isn't always easy, but it's what Guerrilla is all about.

By helping our farmers grow, we help our community grow and in turn help Guerrilla grow.

Looking for Italian Pizza? Come join us at  and taste the difference made from scratch makes. Open 7 days a week from noon till late.
244 4th st. | 250.331.0287

LOCATION



Mon-Fri 10am-6pm | Sat 10am-5pm | Closed Sunday

Free delivery on purchases of \$50 or more.

*All items subject to availability. Prices may change without notice.



FRESH IDEAS FROZEN

Scratch made frozen dinners prepared with locally sourced ingredients.

Weekly deliveries from Parksville to Campbell River.

www.tgfc.ca

534 5TH ST. | 250-703-0002

ENTRÉES

- Pot Roast ① \$15
Braised local beef, seasonal vegetables, roasted garlic mashed potatoes, classic gravy ½ \$8
- Ham and Scalloped Potatoes ① \$14
Local ham, maple dijon glaze, seasonal vegetables, creamy scalloped potatoes ½ \$8
- Chicken Enchilada ② \$16
Local chicken, organic corn tortilla, beans, peppers, rice, spicy chipotle sauce and mozzarella
- Braised Local Pork \$15
Local pork shoulder and belly, creamy polenta, Swiss chard agrodolce and pork jus ½ \$8
- Roasted Vegetable Quinoa V DF 1-2 \$14
Kashmiri cauliflower, cashew gravy ½ \$8

SOUPS & STEWS ① 500ml 250ml

- Guerrilla Beef Stew DF \$8 ½ \$5
- Beef & Bean Chili DF \$8 ½ \$5
- Chipotle Veggie Chili DF V \$6 ½ \$4
- Split Pea & Ham Soup DF \$6 ½ \$4
- Ocean Chowder \$8 ½ \$5
- Chicken Veggie Barley DF \$6 ½ \$4
- Citrus Thai Curry DF V \$9

BRUNCH

- Guerrilla Breakfast Bomb 1-2 \$8
Roesti potato, layered with caramelized onion, bacon, cheddar, chive and eggs
- Spanish Breakfast Bomb 1-2 \$8
Roesti potato, layered with chorizo, peppers, parsley, cheddar and eggs

A GREAT SOLUTION FOR

- Remote Work Force • Busy Families
- Home Meal Replacement • Active Lifestyles
- RVing & Boating • Commercial fishing
- Registered Veteran Affairs Provider • Senior Services

*All menu items are frozen. For best results allow to thaw completely before reheating. See container sleeve for reheat instructions.

PIES

- Cottage Pie ① \$8 | 3-4 \$18
Local beef mince slow cooked with seasonal vegetables, roasted garlic potato crust
- Shepherd's Pie ① \$8 | 3-4 \$18
Local lamb braised with root vegetables, gravy, roasted garlic potato crust
- Mushroom Pie DF V ① \$8 | 3-4 \$18
Mushrooms, leeks, green lentils, olive oil potato crust
- Chicken Pot Pie ① \$8
Local chicken with roasted potatoes, carrots, peas and gravy, house made pastry

PASTAS

- Classic Lasagne 3-4 \$19
Local beef and vegetables layered with house made pasta, cottage cheese and mozzarella
- Vegetable Lasagne V 3-4 \$16
Layers of eggplant, local squash and seasonal vegetables, cottage cheese and tomato sauce
- Guerrilla Mac & Cheese 1-2 \$8 | 3-4 \$16
White cheddar, gruyere and bacon
- Chicken Cannelloni ② \$18
Handmade pasta, filled with local chicken, braised Swiss chard and kale with bechamel and gremolata ½ \$8

DESSERTS

- Fruit Crumble 1-2 \$8
Seasonal fruit with brown sugar and rolled oats
- Chocolate Quinoa Cake 1-2 \$10
With chocolate ganache

FEATURES

Most of our larger items are also available in half sizes. Check in store for our other seasonal creations and follow us on Facebook or Instagram to keep up to date.



/guerrillafoodcompany



@theguerrillafoodcompany

Ingredients can change without notice, always read your labels

V Vegetarian

DF Dairy Free

1-2 Portion Size ½