



Important and heavy decisions are being made by all small businesses across NS, and the world, this spring. Health and safety of our community is our main concern, and how we can provide a service that is helpful during these times. Limiting our staff to two (Matt and Morgan) we are able to offer a very controlled environment for creating comforting and nourishing meals safely. We are also committed to keeping food affordable for our community, this is not an easy time for any of us and we are all in it together.

We will have a pick up menu 3 days a week - Friday through Sunday - from 4:30-7:30pm. The menu will change every week, new menus posted on our website, facebook and instagram. All pick up items will stay at \$5, \$10 and \$15. All orders will be taken over the phone, you can leave a message if ordering before we open. Payments can be taking via credit card over the phone, or we will meet you at the door at pick up. Our terminal has the tap feature, and will be disinfected between each customer. Please follow all the national and provincial guidelines we should all know at this point. Keep 2m (6ft) distance from other customers when picking up. Do not come out if you feel sick, or have travelled outside NS in the past 14 days. Call us to order or with any questions - 902 531 3711

Beginning April 8<sup>th</sup>, 2020, we will be offering delivery of a special frozen meal menu. This will be delivered each Wednesday and is available to Mahone Bay, Lunenburg, Bridgewater and immediate surrounding area. We are working this week to hopefully set up online orders that can be done anytime in advance, and drop offs will be done at your doorstep by Matt himself, gloves and all. Stay tuned for more details about our delivery menu. We hope this can help people who are isolating, having trouble preparing meals or just want to feel like they had a night out (though still in).

Let's all stay safe. Let's become the part of the globe that handles this pandemic with intelligence and empathy. We are all in this together. Now, get some serious household chores off your 2020 list!