



Meals in a Jar by Sweet and Light

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September Price List



Baked Beans: 450 ml: \$6.75
Whiskey Baked Beans: 450 ml: \$6.75

Beef Broth: 450 ml: \$4.00
Beef Broth: 750 ml: \$4.75

Beef Stew: 450 ml: \$7.00
Beef Stew: 750 ml: \$9.00

Beef Vegetable Stew: 450 ml: \$5.50
Beef Vegetable Stew: 750 ml: \$7.75

Chicken and Beans in Jalapeño Sauce: 450 ml: \$6.50

Chicken Broth: 450 ml: \$4.00
Chicken Broth: 750 ml: \$4.50

Chicken Soup (just chicken no vegetables) 450 ml: \$5.50
Chicken Soup (just chicken no vegetables) 750 ml: \$6.50

Chicken Vegetable Soup: 450 ml: \$5.00
Chicken Vegetable Soup: 750 ml: \$6.00

Gourmet Meatballs in Tomato & Red Wine Sauce: 450 ml: \$7.00

Chili Beef and Beans (mild): 450 ml: \$5.50
Chili Beef and Beans (mild): 750 ml: \$7.25

Chili Beans (mild) **Vegan**: 450 ml: \$4.25
Chili Beans (mild) **Vegan**: 750 ml: \$6.25

Lentil Soup **Vegan**: 450 ml: \$4.25
Lentil Soup **Vegan**: 750 ml: \$5.75

Black Lentil Soup with Mushrooms **Vegan**: 450 ml: \$5.00

Roasted Pumpkin Soup **Vegan**: 450 ml: \$5.00
Roasted Pumpkin Soup **Vegan**: 750 ml: \$6.50

Tomato Soup **Vegan**: 450 ml: \$5.00
Tomato Soup **Vegan**: 750 ml: \$6.50

Coffee Jam: 175 ml: \$5.00

Beef Jerky: Medium Bag \$6 and Large Bag \$10

Coffee: Gourmet organic dark roast – beans or ground – 500 grams / 1 pound: \$7.50



Visit Steffy at her Store
at the back of Sunrise Cafe
Monday to Saturday 900 to 1500.



Visit Steffy at the Ferias!



We provide delivery by either moto or taxi at a mutually agreed convenient time for you!