



Now Taking orders weekly for food items we can no longer keep on the shelves. Cooked fresh weekly without preservatives or additives. Tryin to keep it local and organic. You'll just love it

**FRESH & WHOLESOME**  
Just Down Right Good

### *Pimento Cheese*

#### **Pickled Okra Pimento Cheese**

The one that started it all. Spicy pickled okra combined with our Vermont Cheddar and Pimentos and special spices to make it the best!

8 oz \$4.50 / 1# \$9.00

#### **Smokey Pimento w/ Scallion**

We add a little Apple Smoked Bacon and sweeten it with scallions.

8 oz \$4.99 / 1# \$8.99

### *Condiments*

#### **Chimi Churi**

An Argentinean Parsley sauce like a pesto but with a larger flavor an a wider range of applications. I have yet to get tired of it.

16 oz \$7.00

#### **Black River Sauce**

An adaptation of a marinade we had found in mississippi by a chinaman kinda like a teriyaki but way better.

Same as above



### *One Dish Wonders*

#### **Mexican Fiesta**

A little Chorizo Sausage and ground beef w/ tomatoes garlic onions and peppers w/ black beans and corn. Add a cornmeal pastry and you got a meal.

Individual \$9.99 / Small \$27.99 (Serves 5) / Large \$37.99 (Serves 10)

#### **Chicken Pot pie**

Be still your heart with a tribute to the late great Patrick Shields this is the Ultimate comfort food. The new title to my next book "Chicken Pie for the Soul"

Individual \$8.99 / Small \$22.99 (Serves 5) 4.60 / Large \$32.99 (Serves 10)3.30

#### **Baked Ziti W/ Roasted Vegetables**

For you vegetarians and health conscious, Ok I add a little Cream and we do use olive oil but the Chimi Churi to roast the vege's will make you wanna slap your granny

Individual \$8.99 / Small \$24.99 (Serves 5) / Large \$34.99 (Serves 10)

### *Always on Hand*

**Bacon Wrapped Grissini**  
**Souffle Cheese Diamonds**  
**Country Ham Mini Biscuits**

Sold by the dozen \$8.00

#### **Corn & Red Pepper Crab cakes**

Sold by the pound ready to go.  
We make one batch from one pound Split in 1/2 and thats an order. oh yeah we will toss in some lime aioli for you.  
Market price



**F**ridge & Freezer is a take-out or delivery service when you just don't want to do it any more or you can't find the time OR you know just how good it is and you have to have it again. This food is taken from some of our MOST POPULAR menus and some from Granny's recipe box. It is simple and wholesome and we guarantee the whole family will enjoy it.

All orders are hand made each week for delivery or pick up.

The deadline for next week delivery is Friday at midnight.

Delivery days are Tuesday and Wednesday *special considerations*

*are of course possible.* We will let you know which day is your delivery day.

You may email or phone in your order.

*"OK", "Ok" Here they are!  
Enough SHOUTING!*

#### **Little Pond Dressing**

A citrus Vinaigrette made with lemon & Orange and other really good stuff

#### **Little Pond Caesar**

Creamy Cheesy Garlicky and thick. by far the best. you will ever have

#### **Blue Cheese & Balsamic**

Simple elegant and perfect after the visit to the farmers market

#### **Raspberry Vinaigrette**

Made with White Wine Vinegar and local honey Just enough tart & Just enough Sweet

#### **French Lemon Dijon**

Nothing more but a great simple vinaigrette For fish & Poultry

Served in 16 oz mason jars

16 oz  
\$9.00 first time  
\$8.00 on the return  
Little Pond Caesar  
\$10.00 first time  
\$ 9.00 on the return

oh yeah we have goat cheese & Candied Pecans just ask but that'll cost ya.  
This is a recyclable program by deposit on jars. We ask for 1.00 extra the first time then we give the dollar back on the refill.

This has been fun to build for everyone and thank you for all the ideas.

Please give us a ring (910) 960-POND[7663]or shoot an email [littlepond@bellsouth.net](mailto:littlepond@bellsouth.net)