

**WE NEED 24 HOUR NOTICE!**

**FILL OUT PDF AND SEND TO:**

**FAX NUMBER: 204-415-6024**  
**EMAIL: orders@arcticbuyingco.com**

**WE HAVE PARTNERED WITH**

**GOOD EARTH RESTAURANT**

NAME \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

SHIPPING ADDRESS \_\_\_\_\_

POSTAL CODE \_\_\_\_\_ COMMUNITY \_\_\_\_\_

QTY.	CHOW MEIN	TOTAL
1	Plain (with Dry Noodle)	12.39
2	Mushroom or Pork(with Dry Noodle)	13.99
3	Chicken (deli) (with Dry Noodle)	13.99
4	Beef or Shrimp(with Dry Noodle)	14.69
5	Subgum(with Dry Noodle)	15.59
6	Chicken(deli)Mushroom(with Dry Noodle)	14.69
7	Good Earth Special(with Soft Noodle)	17.59
8	Beef/Chicken Lo Mein(Chinese Style)	15.79
9	Beef Chow Fan (Soft Rice Noodle)	16.89
<b>CHOP SUEY</b>		
10	Plain	12.39
11	Mushroom,PorkorChicken (deli)	13.39
12	Dry Beef	14.89
13	Deluxe	15.29
14	Beef or Shrimp	13.99
15	Chicken (deli)Mushroom	13.99
<b>CURRY (mild or hot)</b>		
16	Sliced Curry Chicken or Pork	16.39
17	Curry Beef	16.89
18	Curry Shrimp	20.69
19	Curry Chicken(deli) Fried Rice	13.99
20	Curry Beef Fried Rice	14.69
<b>BEEF AND PORK</b>		
21	Sweet & Sour Breaded Veal	19.19
22	Dry Breaded Veal	17.89
23	Sweet & Sour Breaded Pork	16.99
24	Dry Breaded Pork	15.69
25	Honey Garlic Veal or Pork	19.19
26	Barbecued Lean Pork(cold)	13.79
27	Beef, Diced Veg. & Almond	15.59
28	Pork, Diced Veg. & Almond	14.89
29	Sliced Beef&Green Pepper	14.99
30	Chinese Green	13.09
31	Beef Chinese Green	14.99
32	Pork Chinese Green	14.39
33	Beef and Tomato	14.99
34	Beef & Bean Sprouts	13.99
35	Beef & Mushroom	15.59
36	Beef & Broccoli	14.99
37	BBQ Pork & Tofu (Black Bean Garlic)	15.99
38	Beef & Sweet Pea Pod	18.19
39	Pan Fried Beef	16.89
40	Beef & Black Bean & Garlic	16.89
41	Beef & Baby Corn	15.59
<b>CANTONESE STYLE</b>		
	Chicken Veg. Chow Mein(Soft Noodle)	15.59
	Beef Veg. Chow Mein(Soft Noodle)	16.29
	Shrimp Veg. Chow Mein(Soft Noodle)	16.29
	Pork Veg. Chow Mein(Soft Noodle)	15.59

QTY.	SPARE RIBS	TOTAL
42	Curry	17.59
43	Sweet Sour	18.89
44	Dry Breaded	16.39
45	Ribs in Garlic Sauce	18.89
46	Sweet & Sour Breaded	17.59
47	Ribs with Gravy	18.89
48	Pineapple Breaded	18.29
49	Hot Ribs in Spicy Sauce	18.89
50	Honey Garlic, Montreal Style	18.89
51	Honey Garlic Breaded Ribs	17.59
52	Ribs with Black Bean & Garlic	17.59
53	Hickory Sauce	18.89
54	Hot Dry Ribs	18.89
55	Plain Dry Ribs	18.89
56	Dry Garlic Ribs	18.89
<b>SEAFOOD</b>		
57	Dry Breaded Shrimp	18.89
58	Sweet & Sour Breaded Shrimps	20.19
59	Breaded Shrimps, Tom. Sauce	20.19
60	Breaded Shrimps, Garlic Sauce	20.19
61	Shrimps with Mixed Veg.	18.89
62	Br. Shrimps, Pineapple Sauce	20.79
63	Shrimp, Diced Veg. & Almond	15.59
64	Kung Pao Shrimp	16.89
65	Shrimp with Tomato	20.69
66	Shrimp and Sweet Pea Pod	20.69
67	Pan Fried Shrimps	20.69
68	Shrimp, Black Bean, Garlic (Pork)	20.69
69	Spicy Garlic Shrimps	20.69
70	Deluxe Veg. & Wontons	17.59
<b>SPECIALTIES</b>		
71	Honey Chicken Fingers	17.19
72	Golden Dragon	17.69
73	Cantonese Won Ton	14.89
74	Tai Chop Woi (Deluxe Veg.)	16.49
75	Shanghai Noodles(Pork, Chicken or Beef)	16.59
76	Dry Breaded Chicken	15.09
77	Good Earth Spec. Tofu & Veg.	17.59
<b>EGG FOO YONG</b>		
78	Plain	17.59
79	Chicken(deli),PorkorMushroom	18.89
80	Beef or Shrimp Foo Yong	19.49
81	Cantonese Foo Yong	20.79
<b>HOT &amp; SPICY</b>		
82	Moo Shi Pork/Chicken/Beef/Shrimp	17.19
83	Ginger Beefor Pork(Soft/Crispy)	16.89
84	Hot Honey Glazed Veal	19.19
85	Spicy Honey Glazed Chicken	16.39
86	Hot Honey Glazed Chicken Balls	15.09

SZECHUAN DISHES	
— Szechuan Chicken - Chunks of Chickensautéed in a Szechuan hot sauce .....	16.39
— Szechuan Beef - Sliced beef sautéed in a Szechuan hot sauce .....	16.89
— Kung Pao Chicken - Our special sauce stir fried with diced vegetables and topped with cashews .....	16.19
— Szechuan Shrimp - Shrimps sautéed in Szechuan hot sauce .....	20.69
— Singapore Chow Mein - Stir fried rice noodles with B.B.Q. Pork, Shrimp, green pepper & egg in a spicy curry sauce .....	16.89

DELUXE COMBINATIONS	
C1. Chicken (deli) Chow Mein, Fried Rice, BBQ Lean Pork, Dry Wontons.....	14.39
C2. Chicken (deli) Chow Mein, Fried Rice, Sweet & Sour Shrimps, Dry Wontons.....	14.99
C3. Chicken (deli) Chow Mein, Fried Rice, Sweet & Sour Ribs, Egg Roll.....	14.99
C4. Chicken (deli) Chow Mein, Fried Rice, Sweet & Sour Chicken Balls, Dry Wontons.....	14.39
C5. Chicken (deli) Chow Mein, Fried Rice, Sweet & Sour Breaded Ribs, Egg Roll.....	14.99
C6. Chinese Greens, Fried Rice, BBQ Lean Pork, S & S Ribs, Dry Wontons.....	15.39
C7. Chinese Greens, Fried Rice, S & S Shrimps, Dry Breaded Ribs, Dry Wontons.....	15.69
C8. Chinese Greens, Fried Rice, S & S Ribs, Breaded Shrimps, Egg Roll.....	16.69
C9. Chinese Greens, Fried Rice, S & S Chicken Balls, Dry Breaded Pork, Dry Wontons.....	15.39
C10. Chinese Greens, Fried Rice, Dry Breaded Ribs, S & S Pork, Egg Roll.....	15.99

Dinner for 2 - 2 Egg Rolls, Dry Breaded Jumbo Shrimps, S & S Ribs, Chinese Greens, White Rice ..... 52.59  
 Dinner for 4 - 4 Egg Rolls, Lemon Chicken, S & S Chicken Balls, Dry Breaded Ribs, Veg. Lo Mein, Sliced Beef & Assorted Veg., White Rice ..... 82.09  
 Dinner for 6 - 6 Egg Rolls, 2 Dry Breaded Jumbo Shrimps, Cantonese Chow Mein, Deluxe Chop Suey, Sweet & Sour Breaded Pork, Lemon Chicken, Sliced Beef & Assorted Veg., White Rice ..... 124.3  
 Dinner for 8 - 8 Egg Rolls, 2 Dry Breaded Jumbo Shrimps, 2 Deluxe Stir Fried Veg. & Wontons, 2 S & S Ribs, 2 Dry Breaded Pork, 2 S & S Chicken Balls, White Rice ..... 174.99

QTY.	VEGETARIAN DISHES	TOTAL
	Vegetarian Hot & Sour Soup V87	14.39
	Tofu Black Bean Garlic V88	14.69
	Vegetarian Deluxe Fried Rice V89	13.99
	Assorted Mixed Vegetables V90	13.09
	Spicy Hot Vegetables V91	13.09
	Tofu with Mixed Vegetables V92	15.59
	Deluxe Veg. & Soft Noodles V93	15.29
	Veg. Lo Mein Chinese Style V94	14.29
	Veg. Chow Mein(Singapore Style) V95	15.59
	Kung Pao Veg. with Cashews V96	14.89
	Vegetarian Moo Shi & Crepes V97	15.29
	Kung Pao Tofu with Cashews V98	16.19
	Vegetarian Subgum Chow Mein V99	14.39
	Moo Shi Tofu & Crepes V100	16.49
<b>FRIED RICE</b>		
	Plain 101	12.09
	Lean Pork or Mushroom 102	13.39
	Chicken (deli) 103	13.39
	Beef or Shrimp 104	13.99
	Special Fried Rice 105	15.29
<b>CHICKEN</b>		
	Chicken Balls with Mushrooms 106	15.09
	Chicken Balls with S.S. Sauce 107	15.09
	Chicken Balls with Veg. 108	15.09
	Chicken Balls with Pineapple 109	15.69
	Soo Gai, Almond Sauce 110	17.59
	Chicken, Diced Veg. & Almond 111	14.89
	B.B.Q. Chicken Wing(Chinese Style) 112	16.39
	Honey Garlic Chicken Wing 113	17.59
	Chicken Nuggets 114	16.39
	Chicken & Chinese Greens 115	14.39
	Honey Garlic Chicken Balls 116	15.09
	Chicken & Black Bean & Garlic 117	16.39
	Sliced Chicken & Mushroom 118	16.39
	Lemon Chicken 119	17.59
	Sesame Chicken 120	16.39
<b>BUFFET SPECIAL</b>		
	Sweet & Sour Pork (Buffet Style) 121	16.99
	Spicy Breaded Pork 122	16.99
<b>MISCELLANEOUS</b>		
	Fortune Cookies 123	0.29
	Fried Won Ton (Dry) 124	5.49
	Sweet & Sour Won Ton 125	6.69
	Good Earth Spec. Egg Roll 126	2.19
	Plain Steamed Rice 127	3.19
	Good Earth Spec. Spring Roll 128	3.19
	Sweet & Sour Sauce 129	2.19
	Side Mushrooms with Gravy 130	4.49
	Garlic Sauce 131	2.89
	Honey Garlic Sauce 132	2.89
	Plum Sauce/Soya Sauce (package) 133	0.19
	Homemade Plum Sauce 134	2.19
	Homemade Mustard/Hot Sauce 135	1.59
	Moo Shi Crepe (package) 136	3.59
	Dry Noodles 137	2.59
	Black Bean Garlic Sauce 138	2.89
	Curry Sauce 139	2.89
	Soft Noodles 140	7.09
	Plate & Cutlery 141	0.59
	Canned Drinks 142	1.89
<b>SOUPS</b>		
	Won Ton Soup Lg. 1249 143	Sm9.59
	Deluxe Won Ton Soup 144	14.99
	Hot & Sour Soup 145	14.99
	Consomme Soup 146	2.19

<b>SUB TOTAL</b>
<b>DELIVERY</b>
<b>TOTAL</b>
<b>PST</b>
<b>GST</b>
<b>TOTAL</b>

Prices subject to change without notice

GST # 811155200

**We Accept:**



TakeOut & Delivery

**HOURS OF OPERATION**

☎ MONDAY	9:00AM - 5:00PM
☎ TUESDAY	9:00AM - 5:00PM
☎ WEDNESDAY	9:00AM - 5:00PM
☎ THURSDAY	9:00AM - 5:00PM
☎ FRIDAY	9:00AM - 5:00PM
☎ SATURDAY	CLOSED
☎ SUNDAY	CLOSED