



About Us

It is our goal to get friends, family and loved ones back to the table around fresh, wholesome, well prepared food – and now our table includes you.

Most of our meat is locally sourced, hormone & antibiotic free. Our dried goods (beans, pasta, rice, flour, sugar) are organic. We source fresh produce from local growers & producers when in season. We cook all of our meals from scratch.

Dinner to your Door

Our Fresh Meal Service delivers dinners on Tuesdays, Wednesdays and Thursdays. Our menu changes every week and features wholesome & seasonal ingredients. Find out more online at redapron.ca, and sign up to receive the weekly menu.

Gourmet Shoppe

Our Gourmet Shoppe has a large selection of fresh & frozen prepared meals, soups, cakes & pies, baked goods, artisanal bread, house-made preserves, shelf goods, and much more. Drop in and stock up!

Breakfast

Breakfast from Open until 11am.

Start your morning off right with a choice of assorted sweet & savoury baked goods, house-made nut butters with toast, breakfast wraps, and much more.

Lunch

Lunch is available in our retail store Monday through Friday, between 11am & 3pm, and on Saturday between 10am & 3pm.

Our daily fresh menu includes: a vegetarian comfort bowl, hot lunch, a vegetarian soup of the day, an assortment of pressed sandwiches and much more.

Location

The Red Apron
564 Gladstone Ave.
Ottawa, Ontario K1R 5P3

Hours

Monday & Tuesday 9am-6pm
Wednesday & Thursday
9am-7pm
Friday 9am-6pm
Saturday 10am-4pm

Contact

613.695.0417
redapron.ca
info@redapron.ca

FOR MORE DETAILS ON OUR WEEKLY MENUS, A LIST OF WHAT'S IN-STORE, OR MORE INFORMATION ON 'HOW IT WORKS' PLEASE VISIT OUR WEBSITE.