



Your choice for  
flexible, healthy, and  
delicious dining.



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bundles



Mixed Berry Granola Greek  
Yogurt Parfait



Butternut Squash Soup



Beef Shepherd's Pie

## Breakfasts

### Mixed Berry Granola Greek Yogurt Parfait

Unsweetened Greek yogurt topped with granola, hemp hearts and seasonal mixed berries.

V

### Blueberry Muffin

Gluten-free, dairy-free, and refined sugar-free muffins made from natural ingredients you don't have to feel bad about.

\*Contains Nuts\*

DF GF V

### Sundried Tomato & Basil Egg Bites

Baked egg bites with sundried tomato, spinach, quinoa and spices for a protein-packed light breakfast.

DF GF V

## Soups

### Beef Shurpa Soup

Tender beef chuck cooked with potatoes, carrots, chickpeas and spices.

DF GF

### Butternut Squash Soup

Roasted spiced butternut blended with coconut milk for a creamy, satisfying vegetarian soup.

DF GF

### Chicken & Orzo Soup

Traditional chicken soup with pasta, celery, carrots, onions and spices.

DF

## Beef Entrées

### Beef Chili

Lean ground beef cooked with beans and spices. Served with steamed rice and seasonal vegetables.

DF GF

### Beef Lasagna

Lean ground beef cooked in an Italian tomato sauce and layered with pasta and mozzarella. Served with roasted seasonal vegetables.

### Beef Shepherd's Pie

Lean ground beef cooked in tomato paste and spices, topped with smooth mashed potatoes. Served with roasted carrots, green beans and zucchini.

GF

### Italian Meatballs & Spaghetti

Lean ground beef meatballs cooked in an Italian tomato sauce. Served with spaghetti, grilled bell peppers, onions and zucchini.

DF



Cajun Chicken Mac & Cheese



Sweet & Sour Tofu



Dal Makhani

## Chicken Entrées

### Butter Chicken Thighs with Rice & Green Peas

Chicken thighs marinated in Indian Tandoori seasoning and cooked in a creamy butter masala sauce. Served with steamed Basmati rice and green peas.

GF

### Chili Honey Garlic Chicken & Sweet Potatoes

Chicken thighs marinated and glazed with a house spicy honey garlic sauce. Served with roasted spiced sweet potatoes and seasonal vegetables.

DF GF

### Peri Peri Chicken Thighs & Mashed Potatoes

Oven-roasted chicken thighs marinated in a house Peri Peri sauce with grilled bell peppers, onions, lemon and spices. Served with garlic mashed potatoes and your choice of steamed broccoli.

GF

### Greek Chicken Breast & Roast Potatoes

Grilled chicken breast marinated in a house Greek dressing with garlic, herbs, lemon and olive oil. Served with roasted spiced potatoes and seasonal vegetables.

DF GF

### Cajun Chicken Mac & Cheese

Chicken thighs dusted in a house made Cajun seasoning, served with a baked creamy mac & cheese & seasonal vegetables.

## Vegetarian Entrées

### Butter Paneer

Paneer marinated in Indian Tandoori seasoning and cooked in a creamy butter masala sauce. Served with steamed Basmati rice and green peas.

GF V

### Creamy Mushroom Lasagna

Sauteed spinach and cremini mushrooms. Served in between layers of pasta and bechamel sauce served with roasted seasonal vegetables.

V

### Dal Makhani

Indian style creamy lentil curry. Served with steamed Basmati rice and seasonal vegetables.

GF V

### Mac & Cheese

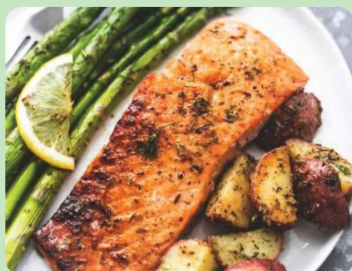
Macaroni blended with a light house-made mozzarella and cheddar cheese sauce and baked. Served with roasted vegetables.

V

### Sweet & Sour Tofu

Diced firm tofu coated in a house-made sweet and sour sauce. Served with steamed rice and broccoli.

DF GF V



Blackened Salmon & Roasted Potatoes



Josie's Carrot Date Energy Balls



Cookies & Cream Cheesecake Cup

## Seafood Entrées

### Blackened Salmon & Roasted Potatoes

Oven-baked salmon dusted with a house-made blackened seasoning. Served with roasted potatoes and seasonal vegetables.

DF GF

### Maple Glazed Salmon & Mashed Potatoes

Oven-baked salmon glazed with maple syrup, dijon and spices. Served with garlic mashed potatoes and steamed broccoli.

GF

### Sweet & Sour Shrimp, Rice & Broccoli

Shrimp coated in a house-made sweet and sour sauce. Served with steamed rice and broccoli.

DF GF

## Desserts

### Chocolate Truffle Cake Slice

Gluten-free, dairy-free, and refined sugar-free (guilt-free) chocolate cake made from natural ingredients.

\*Contains Nuts\*

DF GF V

### Cookies and cream flavoured cheesecake cup.

Gluten-free and refined sugar-free (sweetened with monkfruit) cookies & cream flavoured cheesecake cup.

### Josie's Carrot Date Energy Balls

Freshly grated carrots blended with dates, shredded coconut, rolled oats, vanilla and maple syrup for a perfect energy bite.

DF V

### Red Velvet Cheesecake Cup

Gluten-free and refined sugar-free (sweetened with monkfruit) red velvet flavoured cheesecake cup.

GF SF V

## Let's Eat!

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