vyta

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vyta



Cajun Chicken Mac & Cheese



Butternut Squash Soup



Simply Roasted Chicken Quarter

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

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.

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.

Simply Roasted Garlic & Herb Chicken Breast

Simply marinated chicken breast, oven roasted until tender and served with roasted potatoes and steamed broccoli.

DF GF

Simply Roasted Chicken Quarter

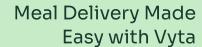
Simply roasted chicken leg and thigh served with roasted potatoes and steamed green beans.

DF GF

Italian Chicken Cutlet & Penne Pomodoro

Think cut and breaded chicken breast, pan fried and served with penne in tomato sauce with seasonal veg.

DF



vyta



Beef Shepherd's Pie



Simply Lemon & Herb Tilapia



Blackened Salmon & Roasted Potatoes

Beef Entrées

Beef Chili

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

DF GF

Italian Meatballs & **Spaghetti**

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

DF

Beef Lasagna

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

BBQ Beef Meatballs & Potato

Lean ground beef meatballs coated in a house BBQ sauce and served with mashed potatoes and seasonal veg.

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

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

Simply Lemon & Herb **Tilapia**

Lemon and herb marinated tilapia served with steamed basmati rice and green beans

DF GF

Simply Baked Salmon

Garlic and herb rubbed salmon fillet served with roasted potatoes and steamed broccoli.

DF GF

Sweet & Sour Shrimp, Rice & Broccoli

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

DF GF

Meal Delivery Made Easy with Vyta



Dal Makhani



Vegetarian Pizza



Cookies & Cream Cheesecake Cup

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



Mac & Cheese

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

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Creamy Mushroom Lasagna

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

Sweet & Sour Tofu

rice and broccoli.

DF GF V



Dal Makhani

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

GF V

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

Italian Eggplant Sandwich

Eggplant coated in breadcrumbs, pan fried and baked in tomato sauce served with bell peppers and mushrooms on a french baguette.

DF V

Vegetarian Pizza

Individual house made pizza with tomato base and a mix of bell peppers, mushrooms, onion, cherry tomatoes, and mozzarella.

DF V



Vegetable Pasta **Primavera**

Penne in tomato sauce tossed with seasonal roasted veg.

DF V

Desserts

Cookies and Cream Cheesecake Cup

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



Red Velvet Cheesecake Cup

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

GF SF

Chocolate Peanut Butter Protein Balls

Oats blended with cocoa powder, peanut butter, coconut oil, chia seeds, and protein powder for the perfect pick me

DF