# vyta

# Your choice for flexible, healthy, and delicious dining.



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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**

Chicken thighs marinated in a house Peri Peri sauce with grilled bell peppers, onions, lemon and spices, oven roasted and served with garlicky mashed potatoes and 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**

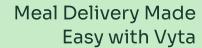
Simply roasted chicken leg and thigh served with roasted potatoes and steamed green beans.

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







Beef Shepherd's Pie



Beef Chilli



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

### **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

### BBQ Beef Meatballs & Potato

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

### 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 Baked Salmon

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

DF GF

### Honey Garlic Shrimp & Rice

Shrimp seasoned and glazed with a house honey garlic sauce served with rice and seasonal vegetables.

# vvta



Baked Pasta Al Forno



Vegetarian Pizza



Lentil Loaf

### 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

#### **Sweet & Sour Tofu**

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

DF GF V

### Creamy Mushroom Lasagna

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

### **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

#### Mac & Cheese

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

### **Baked Pasta** Al Forno

Penne baked with roasted vegetables, tomato sauce, and cheese until golden.

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

#### **Lentil Loaf**

A vegetarian lentil loaf made with lentils, eggs, breadcrumbs, herbs and spices.

DF

### **Featured Desserts**

Please ask us about our featured desserts — they rotate regularly and are always delicious!