

Licious Living delivers delicious healthy meals to your office for meetings, daily lunch or dinner employee programs, and larger events. Encourage your employees to make healthy lifestyle choices by bringing nutritious meals to the office!



## Step 1 – Choose your order type.

**Single Order:** How many meals? Date and Time of Delivery?

**Ongoing Daily Delivery:** How many meals per day? How many days per week?

**Custom Order:** **Special menus**, breakfast options and snacks are available on request.



## Step 2 – Choose your meals.

The meals are prepared fresh daily and served in individually portioned containers.

All salads are entrée sized and the sandwiches/wraps are served with a side garden-style salad.

Each order requires a min of 6 meals per order and 2 of each type selected (i.e. 2 antipasto salads, 2 chicken penne.)

See Menu on Next Page. Pricing varies based on volumes.



## Step 3 – Choose your delivery timing.

- Overnight delivery between 9pm and 6am, no extra charge. Access to security guard, concierge or safe location is required
- Daytime delivery to be quoted.



## Step 4 – Place your order.

**Call:** Customer Service at 1.877.770.3663 and ask for Marina or Tamara.

**Email:** [customerservice@liciousliving.com](mailto:customerservice@liciousliving.com)

**Fax:** 416.487.9894





# CORPORATE DELIVERY MENU - Toronto

energizing meals for a healthy workplace

## Healthy Salads, Wraps & Gourmet Sandwiches – SAMPLE MENU (meals vary daily)

**Beef Teriyaki Mandarin Salad:** *Sliced teriyaki beef tenderloin with cucumber, bean sprouts, mushrooms and mixed greens with orange and a ginger lemon dressing*

**Roast Turkey & Cheddar Sandwich:** *Roasted turkey breast with tomatoes and cheddar cheese. Served with a side salad of mixed greens and balsamic dressing.*

**Greek Salad with Grilled Chicken & Oregano Dressing:** *Romaine, artichoke hearts, cucumber, chickpeas, feta cheese, tomato, red onion, tofu, red wine vinaigrette. Vegetarian option also available.*

**California Chicken Salad:** *Grilled Chicken, chickpeas, celery, cherry tomatoes, peppers, mushrooms and ham on watercress and mixed greens served with a creamy dill dressing. Vegetarian option also available.*

**Herbed Seafood Salad:** *Fresh scallops, shrimp and vegetable medley served over a bed of mixed greens with herb dressing. Vegetarian option also available.*

**Roast Beef Wrap with Horseradish-Mustard:** *Roast Beef with creamy horseradish-mustard dressing, cucumber, tomatoes, and lettuce in a whole wheat tortilla. Served with a side of fresh fruit.*

## Hot Entrees (served in individual microwavable containers)

**Penne with Tomatoes, Feta & Pine nuts:** *Whole wheat pasta with feta, veggies & pine nuts in a fresh tomato sauce.*

**Spiced Pepper Steak:** *Beef Tenderloin with red peppers, mushrooms, tomatoes and roasted potatoes.*

**Pecan Crusted Chicken with Wild Rice:** *Served with cauliflower, cherry tomatoes, and green beans.*

**Turkey Scaloppini with Herbed Tomatoes:** *Seasoned roast turkey spiced with chopped tomatoes, mushrooms, snow peas and red peppers prepared with a white balsamic dressing.*

**Grilled Chicken Vegetable Towers:** *Tender Chicken breast layered with seasoned grilled vegetables and goat cheese, and sprinkled with black beans.*

**Ginger Pork Tenderloin and Sautéed Vegetables:** *Medallions of Pork Tenderloin with sautéed red peppers, baby corn and beans sprouts, served over a bed of brown rice.*

**Broccoli, Cheese and Chicken Casserole:** *Chicken breast baked with broccoli and mushrooms, egg noodles and cheddar cheese sauce.*

**Maple Glazed Salmon:** *Grilled Salmon with a red wine vinegar and maple glaze, served with couscous, red peppers and snow peas.*