

This is a sample of Licious Meals that will be available at the Bentall Retail Location.

Breakfast Sandwiches, Wraps & Baked Goods

West Coast Breakfast Parfait *Organic plain yogurt and protein powder blend, topped with homemade granola, and fresh seasonal fruits.*

A Daily Breakfast Sandwich

Free-range Turkey Bacon & Tomato Wrap *Scrambled egg (part whole and part egg white), free range turkey bacon, fresh tomato and light cheddar cheese rolled into a multigrain tortilla.*

Breakfast Burrito *Scrambled egg (part whole and part egg white), fresh tomatoes, bell peppers, homemade salsa and light Monterey Jack Cheese rolled into a multigrain tortilla.*

Whole Wheat Apple Pancakes *Homemade whole wheat and oat pancakes topped with fresh apple slices and our delicious maple spread.*

Licious Living Signature Smoothies

A selection of freshly made smoothies daily:

- **Licious Very Berry Smoothie**
- **Matcha Mango Madness**
- **Banana Berry Protein Smoothie**
- **Build your own smoothie** *Start with a yogurt or dairy-free base and add up to 3 fruits and any of the 'extras' you like including protein powder, Matcha, Omegas, Ginseng, Vitamin and fibre boosts.*

Healthy Entrée Salads

An average of 8 entrée salad options will be made available daily. In order to maintain variety, we will be rotating in new dishes on an ongoing basis. These are a sample:

California Chicken Salad *Slices of roast chicken breast, cherry tomatoes, celery, light feta cheese, yellow peppers, chickpeas & dried cranberries served over mixed greens with a light ranch-style dressing. Vegetarian also available.*

Mediterranean Grilled Shrimp Salad *Grilled shrimp, artichokes, sun-dried tomatoes, chickpeas, mixed greens served with a light lemon herb and olive oil dressing.*

Spicy Chicken Salad *Lightly seasoned chicken breast, cherry tomatoes, cucumbers, grapes and strawberries served over mixed greens with a chipotle dressing.*

Spa Salad with Roast Turkey *Slices of turkey breast, egg, tomatoes, cucumber, skim mozzarella, and almonds served over a bed of mixed greens with a basil herb dressing.*

Grilled Beef and Blue Cheese Salad *Grilled lean beef, blue cheese, dried cherries, and celery served over mixed greens with a light vinaigrette.*

Antipasto Salad *Romaine Lettuce with turkey breast, skim mozzarella cheese, cucumber, tomato, chickpeas and red pepper slices served with an Italian herb dressing. Vegetarian version also available.*



LICIOUS RETAIL EXPRESS MENU

Food that will make you healthier, more energetic and fit

Southwest Crab Cakes *Homemade crab cakes served with fresh cut vegetables and chipotle yogurt dressing with orange slices on the side.*

Stuffed Red Peppers *A mixture of chicken breast, celery, tomato basil, black beans and balsamic vinaigrette served in as a 'stuffed' red pepper (two full halves) over a bed of lettuce with grapes on the side.*

Wraps & Gourmet Sandwiches

Roasted Turkey & Cheddar Sandwich *Slices of roasted turkey, cheddar cheese, lettuce and tomato served on multigrain bread with a side salad of mixed greens, cucumber, cherry tomatoes & balsamic vinaigrette.*

Caribbean Jerk Chicken Sandwich *Slices of seasoned chicken breast, slices of red & yellow peppers, arugula, tomato, and light homemade mayo served on whole wheat bread.*

Roast Beef & Swiss Cheese Wrap *Slices of lean roast beef with Dijon mustard, Swiss cheese, lettuce and tomato served on multigrain tortilla with a side of mixed greens, cucumber, cherry tomatoes & balsamic vinaigrette.*

Roasted Vegetable Pesto Feta Wrap *Grilled vegetables, Bononcini cheese, pesto and tofu spread, tomatoes and lettuce served on a whole wheat tortilla with a side of mixed greens, cucumber, cherry tomatoes & balsamic vinaigrette.*

Hot Entrees (Ready to Heat and Eat)

Oriental Stir-Fry *Fresh grilled vegetables tossed in a light teriyaki sauce served over steamed brown rice with your **choice of** lean beef, chicken breast or tofu.*

Greek Souvlaki *Tender pieces of chicken breast served over steamed brown rice with Greek salad and Tzatziki. Lean beef version also available.*

Steamed Wild Salmon with Tomato Salsa *Seasoned wild salmon & cauliflower served on a bed of seven grain rice with fresh herb tomato salsa.*

Home-style Lasagna *Layers of spinach lasagna noodles, fresh grilled vegetables, ricotta, mozzarella cheese and tomato sauce (beef or vegetarian) served with a side Caesar salad.*

Broccoli Cheese and Chicken Casserole *Slices of chicken, broccoli, mushrooms and cheddar cheese baked together then served over egg noodles – a delicious healthy spin on an old traditional favourite. **Vegetarian** version available*

Grilled Chicken Penne with Sun-dried Tomatoes & Goat Cheese Sauce *Grilled chicken breast, mushrooms, sun-dried tomatoes and snow peas served over whole wheat penne with a delicious goat cheese sauce. Vegetarian version available*

Beverages

A selection of natural juices, Fully Loaded Teas (innovative, exceptional tea blends from fullyloadedtea.com) and bottled water

Homemade Snacks

Fruit, Cottage Cheese and Almonds, Fresh Fruit Bowls, Mini Snack Pack Combos, Mini Balanced salads, Chocolate Protein Power Yogurt, Banana Chocolate Muffins, Assorted Healthy Cheesecakes