Better Life Food

Kitchen Notes

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When Was the Last Time You Had A REALLY GREAT Corporate Lunch?

If your answer isn't immediately, "Why, that would be the last time we got lunch from Better Life Food!" then you probably never had one.

We're not bragging - we're just really confident that our fresh lunches can fill everyone's hard-working belly *and* treat their taste buds to a mid-day vacation. From paleos to vegans to gluten/wheat/dairy/nut-free, we can make sure that everyone in the office has something they find yummy, delivered all at once with stylish and sustainable paper goods.

Go to: **http://www.betterlifefood.com/corporate.html** to check it out and download the full menu as a PDF because there are that many options and if you need more, just ask.

Winter Menu Ideas

Polenta Squares
baked polenta topped with slow roasted tomatoes and mozzarella

Strombolli Bocconcini
"little bites" of Italian cold cuts baked in puff pastry

BBQ Beef Flat Breads
with roasted red onions and cheddar

Chicken Masala Salad Cups*
with lemon-yogurt

Green Onion & Macadamia* Risotto Cakes
with plum sauce

*go to our "Recipe" page on our website, www.betterlifefood.com to get the full recipe

Sweets for Your Sweet!

Valentine's Day will be here before you know it and we've got the only stuff sweeter than your honey!

Box of Love $35
Raspberry Linzer Cookies ($2.95 per cookie)
Snowballs $12
Red Velvet Whoopie Pies $15
Valentine's Cookie Tray $22

Available through Saturday February 14th but order early to guarantee we'll have what you're looking for. You can personalize with a little note or ship them to someone special if you order by Tuesday February 10th.

www.betterlifefood.com/bakedgoods.html

Community Events

Newton Nomadic Theater presents "The Turn of the Screw"

This eerie, mysterious ghost story will open on Friday the 13th of February and run for five weekends at seven different and interesting venues in and around Newton. What better way to spend a cold, dark and dreary winter's night then with a chilling and powerful ghost story featuring two of Boston's finest actors? For additional information and tickets ($20) go to http://NewtonNomadicTheater.org

You know what else is scary? Planning a wedding or a Mitzva and not having the peace of mind that comes from having Better Life Food do the catering! Luckily, we can fix that for you: http://www.betterlifefood.com/weddings.html

DEPOT SPICE: You Won't Be Able to Cook Again Without It!

Go to **http://www.betterlifefood.com/depot-spice.html** to check out our wonderful and always appropriate Depot Spice, the perfect seasoning for everything savory. Really. Everyone says so.

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