



**AMGD**  
**CATERING PERSONALISED**  
*Feel Good After Food*

EVERYONE HAS A CHOICE





## Healthy

No MSG

No Preservatives

No Fried Foods

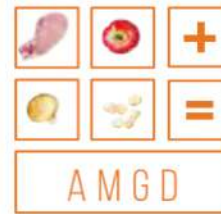


## Delicious

Ever Expanding Menu

Signature Proteins

Unique Sauces



## Calories

Calories Indicator

Intake Suggestion

Fit Your Daily Needs



## Convenient

Made Fresh Daily

Zero Wastage

From Kitchen to Table



## AMGD COMPLETE EXPERIENCE

Our wide selection of delicious, healthy food sets us apart. We focus on creating original delicious, healthy food from bentos, bowls, sandwiches, desserts and even drinks! Our nutritionists ensure they contain adequate calories and balanced macronutrients and we do it with masterful diligence and attention to detail.

We plan a menu that's precisely to your liking. We go above and beyond for every order and will top your experience with excellent customer service and timely delivery. AMGD takes your catering experience to a whole new level so that you can focus on taking care of your health while our team of experts takes care of you.



# Catering Bundles

## Start from \$15/pax

*#everydayfoodforeveryone*

# AMGD CATERING BUNDLES

*\$17/bento for 1 to 10 pax. Price reduced to \$15/pax for 11 pax and above*

## AHHMAHGAWD

1 Bento

Price: \$15/pax

## AHHMAHZING BUNDLE

1 Bento  
1 Fruit Cup  
1 Honey Lemon or 1 Apple Cider

★★★  
MOST POPULAR

Price: \$22/pax

## AHHSOME BUNDLE

1 Bento  
1 Healthier Snack  
1 Honey Lemon or 1 Apple Cider

★★★  
MOST POPULAR

Price: \$22/pax

## AHHLURING BUNDLE

1 CZ Breakies  
1 Healthier Snack  
1 Honey Lemon or 1 Apple Cider

Price: \$18/pax

## BRAVO BUNDLE

1 Bento  
1 Fruit Cup

🔥 HOT SELLER!

Price: \$18/pax

## BEDAZZLE BUNDLE

1 Bento  
1 Honey Lemon or 1 Apple Cider

🔥 HOT SELLER!

Price: \$18/pax

## CHARMING BUNDLE

1 Sandwich  
1 Fruit Cup  
1 Honey Lemon or 1 Apple Cider

Price: \$18/pax

## CALMING BUNDLE

1 Sandwich  
1 Healthier Snack  
1 Honey Lemon or 1 Apple Cider

Price: \$18/pax

## DARING BUNDLE

1 Poke Bowl  
1 Fruit Cup  
1 Honey Lemon or 1 Apple Cider

Price: \$18/pax

## DASHING BUNDLE

1 Poke Bowl  
1 Healthier Snack  
1 Honey Lemon or 1 Apple Cider

Price: \$18/pax

*\*MOQ below 10: \$17/bento*

*\*MOQ 11 and above: This corporate deck applies*

*\*\*Choose Healthier Snack from Slide 10*

*\*\*\*Top up \$2 to \$3 on any bundle for other drinks and cold brew selections*

*\*\*\*Delivery, cutlery and 7%GST charged separately*



# MEET OUR BEST-SELLING BENTOS

Freshly made daily, these meals redefine healthy with our extensive selection so that everyone has a choice.



515  
kcal

## TENDER HEART



Grilled salmon fillet, Sautéed rice, Power veggie mix, Red radish, Green apple, Pineapple, Rock melon, Strawberries, Raisins, Walnuts

Dressing: Teriyaki



455  
kcal

## ZEXY LEG



Black pepper honey glazed chicken leg, Sundried pesto fusilli, Power veggie mix, Sautéed cherry tomatoes, Half moon corn cob

Dressing: Garlic Mayo



380  
kcal

## SPELLBOUND



Teriyaki salmon, Brown rice, Onsen tamago egg, Sesame seeds, Tobiko, Edamame, Mesclun, Almond flakes, Onion, Tomato, Nori seaweed, Strawberries

Dressing: Teriyaki



337  
kcal

## I MISSYOU 2.0



Sautéed shimeji mushrooms, Brown rice, Romaine lettuce, Hard-boiled egg, Parmesan cheese, Strawberries, Purple grapes, Grapefruits, Blanched carrots, Almonds

Dressing: Fresh Mint



643  
kcal

## MEMORY + C CARBS



Teriyaki grilled salmon, Brown rice, Mixed greens, Cherry tomatoes, Peaches / Nectarines, Rockmelon, Cashew nuts

Dressing: Honey Mustard



381  
kcal

## COLOUR MY LIFE



Cajun chicken, Paprika, Sundried tomatoes, Pesto pasta, Blueberries, Kale, Mesclun, Cranberries, Diced capsicums, Almond flakes

Dressing: Mushroom Black Pepper



530  
kcal

## SO MUCH MUSCLE



Roast beef slices, Spicy fusili aglio olio pasta, Tamago egg omelette, Tobiko egg, Grilled onion, Avocado, Dragonfruit, Almonds, Mesclun

Dressing: Mushroom Black Pepper



530  
kcal

## CHICKEN WALK



Boneless grilled chicken with Pasta, Mixed greens, Shimeji mushrooms, Roasted cherry tomatoes, Cucumber, Grapes, Blueberries, Almonds / Cashews, Parmesan cheese

Dressing: Honey Mustard



453  
kcal

## ONE STORY



Vegetarian maki with avocado, Cucumber, Mango, Tobiko egg, Mesclun, Red radish, Cashews, Almonds, Grilled mango, Diced tricolor capsicum

Dressing: Creamy Dates



429  
kcal

## HOTSPOT



Yakitori chicken, Brown rice, Roasted potatoes, Lotus root, Power veggie mix (kale, red, green, yellow bell peppers, eggplant), Cherry tomatoes, Pickled beetroot, Sesame seeds

Dressing: Teriyaki



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# MEET OUR BEST-SELLING BENTOS

Freshly made daily, these meals redefine healthy with our extensive selection so that everyone has a choice.



560  
kcal

## UNIKA



Grilled Salmon with tomato salsa, Spaghetti, Blanched kale, Tomato, Sauteed shimeji mushrooms, Grilled green apple, Corn, Walnuts, Coriander, Apricots, Sesame seeds

Dressing: Roasted Sesame



409  
kcal

## CTPS



Chicken breast, Mixed salad, Cauliflower rice, Blanched kale, Avocado, Blanched carrots, Red grapes, Cherry tomatoes

Dressing: Ginger Pineapple



606  
kcal

## FISHERMAN BROWN



Salmon, Cabbage, Cherry tomatoes, Mushrooms, Carrots, Zucchini, Avocado, Diced capsicum, Sunflower seeds

Dressing: Sundried Tomato Paste



381  
kcal

## 6/1



Honey glazed tofu, Mixed salad, Red rice, Shimeji mushroom, Strawberries, Diced tricolour capsicum, Egg strips, Crushed cashew nuts

Dressing: Teriyaki



437  
kcal

## RASA SAYANG



Teriyaki beef, Wholegrain kway teow, Lotus root, Broccoli, Cauliflower, Carrot, Cherry tomato, Red cabbage, Almonds, Garnish

Dressing: Cili Padi & Mushroom Black Pepper



418  
kcal

## BIRDS OF PARADISE



Chicken, Steamed salmon, Baked potato, Mesclun, Tamago egg, Egg omelette, Onion, Cucumber with sushi vinegar, Sesame seeds, Shallots, Dried cranberries, Strawberries, Nori seaweed, Sunflower seeds

Dressing: Garlic Mayo



616  
kcal

## FUNKY CRAZY BEEF



Mixed salad, Beef slices, Beef bacon bits, Cherry tomatoes, Parmesan cheese, Cashews, Walnuts, Egg

Dressing: Ginger Teriyaki



351  
kcal

## PODDIES



Honey glazed tofu, Soba noodles/spaghetti, Shimeji mushroom, Cherry tomato, Red cabbage, Broccoli, Sesame seeds, Walnuts

Dressing: Soba Sauce



398  
kcal

## REVITALISE



Dry curry minced beef, Tomato pesto fusilli, Romaine lettuce, Mesclun mix, Red cabbage, Eggplant, Diced tricolour capsicum, Corn kernels, Strawberries, Sunflower seeds, Blueberries, Almonds

Dressing: Sundried Tomato Paste



596  
kcal

## TOFU-TASTIC



Soy-glazed tofu, Avocado, Toasted cashew nuts, Fattoush salad, Walnuts, Spring onion

Dressing: Roasted Sesame



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# MEET OUR PREMIUM HEALTHY SANDWICHES

Beat the food coma with our colourful and balanced sandwiches to fuel up and fill yourself up comfortably without the excess calories.



343  
kcal

## SUMMER LEAP



Multigrain Bread, Sliced Beef, Red Onion, Tomato, Romaine Lettuce, White Button Mushroom, Red Cabbage, White Cabbage, Carrot, Teriyaki Sauce, Olive Oil, Light Mayonnaise, Blueberries, Sugar, Mint, Salt, Pepper



391  
kcal

## DAYBREAK



Wholemeal bread, Chicken Breast, Cucumber, Lettuce, Grilled pineapples, Avocado, Roasted Peanuts, Baby Radish, Char Siu Sauce, Olive Oil, Butter, Sugar



322  
kcal

## WALK IN NATURE



Multigrain Bread, Tofu, Zucchini, Eggplant, Avocado, Tomato, Mesclun Mix, Dried Apricot, Teriyaki Sauce, Mixed Sesame Seeds, Olive Oil, Dried Oregano, Salt, Black Pepper



367  
kcal

## PLAY OUR SONG



Rye bread spread with butter, Mesclun mix, Sauteed Kimchi, Kimchi chicken, Tomato, Cucumber, Almonds, Caramelised pineapple



394  
kcal

## NOW OR NEVER



Rye Bread spread with Butter, Falafel (Chickpea Patties), Mesclun Mix, Guacamole, Tomato, Cucumber, Sesame Seeds, Caramelised Apple, Sundried Tomato Paste



343  
kcal

## SERENE



Wholemeal Bread, Salmon Patty, Tomato, Mesclun Mix, Avocado, Carrot, Leek, Mango, Parsley, Lemon Juice, Sunflower Seeds, Extra Virgin Olive Oil, Butter, Salt, Pepper



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# MEET OUR POKE BOWLS

If you've always fancied our signature bento creations but have a small appetite, our poke bowls still packs a punch and would be perfect for you.



## DILIGENCE



Prawns, Mesclun mix, Tricolour fusilli, Longan, Mixed capsicum, Rock melon, Baby radish, Spring onion, Extra virgin olive oil



## COMMITMENT



Chicken thigh, Mesclun mix, Red rice, Carrot, Corn, Cucumber, Red capsicum, Nori sheet, Sesame seeds, Teriyaki sauce



## OFF THE HOOK



Salmon, Mixed greens, Couscous salad, Roasted Chickpeas, Corn kernels, Strawberry, Red cabbage, Lemon

Dressing: Hummus



## PERSEVERANCE



Salmon, Mesclun mix, Mixed quinoa, Blanched, kale, Mango, Cucumber, Red capsicum, Lemon juice



## PUMPED UP



Chicken breast, Mixed greens, Cauliflower rice, Blanched kale, Avocado, Blanched carrots, Red, Grapes, Cherry tomato, Walnuts

Dressing: Ginger Pineapple



## LOVE BEATS



Bulgogi chicken, Red rice, Carrots, Cucumbers, Shimeji, Mushrooms, Corn, Omelette, Grapes, Dragonfruit, Cashew nuts, Spring onion

Dressing: Bimbimbap Sauce



## CHICKEN WALK



Boneless grilled chicken, Pasta, Mixed greens, Shimeji mushrooms, Roasted cherry tomatoes, Cucumber, Grapes, Blueberries, Almonds / Cashews, Parmesan cheese

Dressing: Honey Mustard



## SPRING BACK



Spicy prawns, Mixed greens, Quinoa, Cucumber, Blueberry, Corn kernels, Almonds

Dressing: Spicy Plum



## CRAZY RICH CHICKEN



Black pepper baked chicken, Mixed salad, Cherry tomatoes, Parmesan, Sunflower seeds, Almonds



## TOFU HUSTLE



Tofu, Mixed greens, Red rice, Diced tricolour capsicum, Strawberries, Shimeji mushrooms, Egg, Crushed cashew nuts

Dressing: Teriyaki



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# MEET OUR HEALTHIER SNACKS

Satisfy your sweet tooth cravings with our healthier selection of treats that has just the right amount of sweetness and nutty goodness for the indulgence without the guilt.



CRANBERRY  
COOKIE POUCH



BUTTERSCOTCH  
COOKIE POUCH



CAPPUCCINO  
COOKIE POUCH



DARK CHOCOLATE  
COOKIE POUCH



DARK CHOCOLATE CHUNKS  
GRANOLA POUCH



MIDNIGHT GRANOLA POUCH



ALMOND  
GRANOLA POUCH



CASHEW  
GRANOLA POUCH

*\*Choose any for bundles with healthier snacks option*



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# MEET OUR ZERO-SUGAR BAKES

Satisfy your sweet tooth cravings with our healthier selection of zero-sugar bakes that has just the right amount of sweetness and nutty goodness for the indulgence without the guilt.



SIGNATURE SEA SALT  
BLACKOUT BROWNIE  
\$4.50



WALNUT  
BLACKOUT BROWNIE  
\$4.50



NUTTY  
BLACKOUT BROWNIE  
\$4.50



PEANUT BUTTER  
BLACKOUT BROWNIE  
\$4.50



ZERO SUGAR BLACKOUT  
BROWNIE LOVER  
\$25



ZERO SUGAR ASSORTED BLACKOUT BROWNIE  
\$30

*\*Purchase Zero-Sugar Bakes as an Add On*



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# MEET OUR BUNDLE BASICS

Immerse your taste buds in our unique drinks made with the natural flavours of fruit and the crunchy chewy bites of basil seeds and more.



HONEY LEMON DRINK



APPLE CIDER LEMONADE



FRUIT CUP



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# TOP UP REFRESHMENTS FOR BUNDLES

Immerse your taste buds in our unique drinks made with the natural flavours of fruit and the crunchy chewy bites of basil seeds and more.

TOP UP \$2/PAX



APPLE 'PIE' CIDER



GINGER SPICE APPLE CIDER



HONEY LEMON GINGER



HONEY LEMON YUZU JELLY

TOP UP \$3/PAX



BABY CHOCOLATE  
COLD BREW



NUTTY BUTTERY  
COLD BREW



MILD SPRING  
COLD BREW



RICH AROMA DARK  
CHOCOLATE COLD BREW



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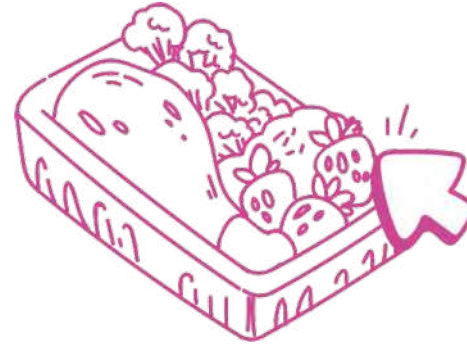


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# FREQUENTLY ASKED QUESTIONS

## HOW TO ORDER

- Click here for the **Order Form**:  
<https://bit.ly/AMGDOOrderForm>
- Drop us an email to [hello@amgd.sg](mailto:hello@amgd.sg)  
Need to speak to an account manager?  
Find our chatbot at the bottom right corner of our website
- Orders must be confirmed 2 days before the delivery date



## DELIVERY FEES AND CHARGES

- \*\*All payment has to be made before delivery
- \*\*Delivery and cutleries charged separately
- \*\*Prices exclude 7% GST Charge

Delivery:

Single Drop: \$12 per drop

Multiple Drops: \$12 for the first drop  
\$6/subsequent drop

Cutleries: \$0.30/cutlery set

## PAYMENT

- Credit Card or Bank Transfer
- PayNow:



UEN: 201538564Z  
Company Name: Li Da Foods Pte Ltd

# FREQUENTLY ASKED QUESTIONS

## OTHER DELIVERY CHARGES & PRICING

- For deliveries to addresses in Jurong Industrial Area/Tuas, Changi/Loyang, Ocean Drive (Sentosa) and Seletar, a **delivery fee of \$15 applies**.
- **\$15 surcharge** applies for deliveries on public holidays
- **Weekend** orders to be made 3 days in advance
- **Cutleries** charged at \$0.30 per set

## CHANGES TO ORDERS/CANCELLATIONS?

Any **changes to orders** must be informed **before 48 hours** of the scheduled delivery time.

**Cancellations** made **less than 48 hours before delivery** will be subject to a 50% cancellation fee. There will be no refunds if cancellations are made on the day of delivery.