

HANDCUT FOODS

LUNCH MENU

MAIN MENU

MONDAY

BBQ Pulled Pork or BBQ Jackfruit Sandwich on Classic Bun*
(G,W) w/Roasted Corn & Baked Beans
**Available to order without bun*

TUESDAY

Beef & Cheese Enchilada Bake (M) or Bean & Cheese
Enchilada Bake (M) w/Roasted Zucchini

WEDNESDAY

Cheddar Cheese Frittata (E,M) with Turkey Sausage or
Vegan Sausage (G,W,S) & Sweet Potato Hash

THURSDAY

Chicken Teriyaki (S) or Tofu Teriyaki (S) w/Steamed
Jasmine Rice & Roasted Broccoli

FRIDAY

Supreme Pizza (G,M,W, Contains Mushrooms) or Pepperoni
Pizza (G,M,P,W) or Cheese Pizza (G,M,W)
& Roasted Vegetable Medley

DAILY DESSERT

MONDAY Blueberry Coffee Cake (E,G,M,S,W)

TUESDAY Blondie (E,G,M,W,S)

WEDNESDAY Chocolate Banana Cake (E,G,M,S,W)

THURSDAY Lemon Cake Bar (E,G,M,S,W)

FRIDAY Buttermilk Pound Cake (E,G,M,S,W)

Dessert is included with each meal. Dessert swaps are available daily: whole fruit or enjoy life products (free from gluten, wheat, peanuts, tree nuts, dairy, casein, soy, egg, sesame, sulfites, lupin, mustard, fish, shellfish or crustaceans)

AVAILABLE EVERY DAY

All sandwich/salad meals include vegan quinoa side salad, chips, whole fruit & daily dessert.

Daily Pizza Meal: Pepperoni Pizza (G,M,P,W) or Cheese Pizza (G,M,W) with Roasted Broccoli

Vegan Entree Salad of the Week: Vegan Kale Quinoa Salad w/Herb Miso Dressing (S)

Sunbutter or Sunbutter & Jelly Sandwich Meal
on Whole Wheat Baguette (G,W,SF)

Turkey or Turkey & Cheese Sandwich Meal
on Whole Wheat Baguette (G/W,M)

ALTERNATIVES

*Sandwich, Pasta & Entree Salad options rotate daily based on a weekly menu. Gluten-free sandwich options available.
Gluten-free sandwich options always contain egg

MONDAY

Sandwich of the Day: Ham & Swiss Sandwich (G,M,P,W)

Salad of the Day: Southwest Chicken Salad w/Chipotle Lime Dressing (E,M,S)

Pasta of the Day: Chicken Sausage or Plant-Based Sausage (G,W,S) & Sweet Peppers w/Penne Marinara (G,W)

TUESDAY

Sandwich of the Day: Southwest Chicken Wrap (E,G,M,S,W)

Salad of the Day: Chopped Salad (G,M,P,W) w/Red Wine Vinaigrette

Pasta of the Day: Cavatappi Pasta (G,W) w/Beef or Plant-Based Ragu (G,W,S), Roasted Green Beans & Parmesan Cheese (M) (on the side)

WEDNESDAY

Sandwich of the Day: Roast Beef w/Cheddar Cheese (M), Pickled Red Onion, Horseradish Aioli (E,S) & Baby Arugula on a Kaiser Roll (G,W)

Salad of the Day: Cobb Salad (E,M) w/Red Wine Vinaigrette

Pasta of the Day: Cold Asian Noodle Salad w/Grilled Chicken or Roasted Tofu (S) Rice Noodles, Broccoli & Sunbutter Sauce (SF,S)

THURSDAY

Sandwich of the Day: Grilled Eggplant w/Sesame-Free Hummus (Contains Chickpeas), Feta (M) on Wheat Wrap (G,W)

Salad of the Day: Chicken Caesar Salad (G,M,W) Dressing (Contains: E,M,S)

Pasta of the Day: Baked Mac n' Cheese (G,M,W) w/Optional Bacon Panko Crisp Topping (G,P,W) & Edamame (S)

FRIDAY

Sandwich of the Day: Turkey w/ Cheddar Cheese (M) Green Leaf Lettuce, Red Onion & Pesto Mayo (E,S) on Flour Wrap (G,W)

Salad of the Day: Roasted Beet & Quinoa Salad w/Citrus Vinaigrette (M, SF)

Pasta of the Day: Pasta Primavera (G,W) w/Grilled Chicken or Roasted Tofu (S), Veggies, Garlic & Olive Oil

*Allergen Labeling Key: Egg, Gluten, Milk, Soy, SunFlower Seeds, Wheat

Our kitchen is nut-aware, which means we do not work with nuts or ingredients produced in facilities that use nuts. For other top 8 allergens and known community allergens, we follow best practices to avoid cross contamination during production. Kids' menus are free from fish, shellfish, pork and sesame.

Questions? Contact us at handcutfoods.com