

LUNCH MENU

CHEF SPECIALS

MONDAY

Alfredo w/Chicken

w/Bow Tie Pasta, Roasted Vegetable Medley, Garlic Bread & Parmesan Cheese (E,G,M,W)

Vegetarian Option: Bow-tie w/Alfredo (sauce only) (G,M,S)

TUESDAY

Tacos w/ Chicken or Steak

w/Black Beans, Shredded Cabbage, Cilantro, Onion, Sour Cream & Salsa (G,M)

Vegetarian Option: Black Bean Tacos (G,M,S)

WEDNESDAY

Pot Pie w/ Turkey

w/ Sauteed Green Beans & Puff Pastry (E,G,M,W)

Vegetarian Option: Pot Pie w/Butternut Squash (E,G,W)

THURSDAY

Torta w/Chicken Milanese or Chorizo

w/Black Beans, Tomatoes, Cheese, Onions, Guacamole Spread & Guajillo Salsa (G,M,W)

Vegetarian Option: Plant-Based Sausage (G,M,W)

FRIDAY

Loaded Chili w/Beef

w/Cheese, Green Onion, Avocado, Egg, Cabbage, Sour Cream & Tortilla Chips (E,G,M)

Vegetarian Option: Plant-Based Sausage (G,M,W)

SOUP

Soup option rotates weekly

Tomato Basil Cream

w/Fresh Tomato, Cream & Basil (M)

Chicken Noodle Soup

w/Shredded Chicken, Celery, Onion & Carrot

AVAILABLE DAILY (M-F)

MARKET GREENS SALAD

Mixed Greens, Mighty Vine Tomatoes, Shaved Carrots, Cucumbers & Herb Vinaigrette w/Chicken or Tofu (S)

CHEESE PIZZA

Shredded Mozzarella Cheese, Housemade Tomato Basil Sauce, & Roasted Broccoli on the side (G,M,W)

SANDWICHES

Meal includes: Quinoa Salad (Contains Corn, Chickpeas), Chips & Whole Fruit.

Ham, Bacon & Pear Panini

w/Tavern Ham, Bacon, Pear, Blue Cheese, Lettuce & Honey Mustard (G,M,P,W)

Grilled Veggie Wrap

w/Hummus, Grilled Bell Peppers, Grilled Zucchini, Onions & Mixed Greens (G,W - Contains Chickpeas)

Chicken Caprese Sandwich

w/Grilled Chicken, Fresh Mozzarella, Basil, Tomato, Pesto Sauce & Balsamic Glaze (G,M,W - Contains Pepita Seeds)

PIZZA

Pizza option rotates Daily

Roasted Vegetable

w/Assorted Bell Peppers, Onion, Spinach, Mushroom, Marinara & Mozzarella (G,M,W)

Meat Lover's

w/Sausage, Pepperoni, Parmesan, Marinara & Oregano (G,M,W)

Spring Harvest

w/Grape Tomatoes, Grilled Asparagus, Artichokes, Feta Cheese & Extra Virgin Olive Oil. (G,M,W)



***Allergen Labeling Key:**

Egg, Gluten, Milk, Pork, Soy, Sesame, Wheat

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

*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 related to ingredient information or nutritional content?

Email: nutrition@handcutfoods.com