

LUNCH MENU

CHEF SPECIALS**MONDAY****BBQ Pulled Pork Sandwich on Classic Bun****Available without bun*

w/Roasted Corn & Baked Beans (G,P,W)

Vegetarian Option: BBQ Jackfruit (G,W)**TUESDAY****Cheese Quesadilla w/Chicken Tinga**

w/Mexican Style Rice, Roasted Peppers & Onions (G,M,S,W)

Vegetarian Option: Cheese Quesadilla w/Refried Beans (G,M,S,W)**WEDNESDAY****Baked Beef & Cheese Penne**

w/Garlic Roasted Green Beans (G,M,W)

Vegetarian Option: Baked Cheese Penne (G,M,W)**THURSDAY****Chicken Teriyaki**

w/Jasmine Rice & Roasted Broccoli (S)

Vegetarian Option: Tofu Teriyaki (S)**FRIDAY****Nachos w/Ground Beef**

w/Corn Tortilla Chips, Cheese Sauce & Roasted Zucchini (M)

Vegetarian Option: Nachos w/Braised Pinto Beans (M)**DAILY DESSERT****MONDAY - Brown Sugar Coffee Cake** (E,G,M,W)**TUESDAY - Brownie** (E,G,M,S,W)**WEDNESDAY - Orange Cake** (E,G,M,W)**THURSDAY - Goey Ooey Butter Cake** (E,G,M,S,W)**FRIDAY - Vegan Banana Bread** (G,S,W)***Whole fruit and allergen-alternative dessert available daily!****DAILY PIZZA**

(Available M-F)

Pepperoni Pizza

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

Cheese Pizza

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

DAILY PASTA

Pasta option rotates daily

MONDAY**Chicken Sausage & Peppers**

w/Penne Marinara (G,W)

Vegetarian Option: Plant-Based Sausage (G,S,W)**TUESDAY****Cavatappi Pasta w/ Beef Ragu**

w/Roasted Green Beans & Parmesan Cheese on the side (G,M,W)

Vegetarian Option: Plant-Based Ragu (G,M,S,W)**WEDNESDAY****Pasta Primavera w/Roasted Chicken** (G,W)**Vegetarian Option:** Roasted Tofu (G,S,W)**THURSDAY****Baked Mac & Cheese**

w/ Bacon Panko Crisp & Edamame (G,M,P,S,W)

Vegetarian Option: Baked Mac & Cheese w/ Edamame (G,M,S,W)**FRIDAY****Spaghetti w/ Beef Bolognese**

w/Roasted Broccoli & Parmesan Cheese on the side (G,M,W)

Vegetarian Option: Spaghetti w/Marinara (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

LUNCH MENU

AVAILABLE EVERYDAYSANDWICHES

*Gluten-free sandwich options always contain egg (E)

Turkey or Cheese or Turkey & Cheese Sandwich on Whole Wheat Baguette

w/ Chips, Quinoa Side Salad & Whole Fruit
(G,M,W - Side Salad Contains: Corn, Chickpeas)

*Sandwich includes Mayo (E) and Mustard
Packets

*Gluten-Free Bread Available

Sunbutter & Jelly Kit on Whole Wheat Baguette

w/ Chips, Quinoa Side Salad & Whole Fruit
(G,W - Contains: Sunflower Seeds,

Side Salad Contains: Corn, Chickpeas)

*Gluten-Free Bread Available

MARKET GREENS SALAD

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

WEEKLY ROTATING OPTIONS

Menu items rotate on a Weekly Basis

GLUTEN-FREE & VEGAN GRAIN BOWL**Southwest Grain Bowl**

w/ Brown Rice, Black Beans, Jicama, Corn, Fresh Tomatoes, Wild Rice & Cilantro Lime Vinaigrette (on the side)

WRAPS & SANDWICHES

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

Southwest Chicken Wrap

w/Chipotle Lime Chicken, Black Beans, Spring Mix, Red Bell Pepper, Red Onion, Roasted Corn, Queso Fresco & Chipotle Ranch Dressing on a Flour Tortilla
(E,G,M,S,W - Contains: Chickpeas)

Vegan Southwest Wrap

w/Black Beans, Spring Mix, Red Bell Pepper, Red Onion, Roasted Corn & Cilantro Lime Vinaigrette on a Flour Tortilla (G,S,W - Contains: Chickpeas)

Caprese Sandwich

w/Ciabatta Bread, Fresh Mozzarella, Tomato, Dairy-Free Pesto & Balsamic Glaze
(G,M,W - Contains: Chickpeas & Pepita Seeds)

SALADS

Salad meals include Chips & Whole Fruit

Taco Salad

w/Ground Beef Taco Filling, Black Beans, Cherry Tomatoes, Spring Mix & Cilantro Lime Dressing.

Vegan Taco Salad

w/ Plant-Based Lentil & Pepita Seed Taco Filling, Black Beans, Cherry Tomatoes, Spring Mix, & Cilantro Lime Dressing (Contains: Pepita Seeds)

Vegan Cobb Salad

w/Crispy Chickpeas, Cherry Tomatoes, Spring Mix, Red Onion, Roasted Corn & Red Wine Vinaigrette (Contains: Chickpeas)

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