

# LUNCH MENU

## CHEF SPECIALS

### MONDAY

#### Jerk Chicken Drumsticks

w/Brown Rice & Peas, Pineapple Salsa

**Vegetarian Option:** Jerk Tofu (S)

### TUESDAY

#### Steak Chimichurri

w/ Roasted Potatoes & Green Beans

w/Cherry Tomatoes

**Vegetarian Option:** Braised White Beans

w/Chimichurri

### WEDNESDAY

#### Beef Shepherd's Pie

w/ Mashed Potatoes, Peas & Carrots (M)

**Vegetarian Option:** Vegetarian Shepherd's Pie (G,M,S,W)

### THURSDAY

#### Chicken Fried Rice

w/Stir Fried Veggies (E,S)

**Vegetarian Option:** Edamame Fried Rice (E,S)

### FRIDAY

#### Beef Hot Dog on Classic Bun

*\*Option of two hotdogs per meal is available*

w/Roasted Potatoes & Vegetable Medley (G,W)

*Includes Ketchup & Mustard on the side*

**Vegetarian Option:** Plant-Based Hot Dog (G,S,W)

**\*Gluten-Free Bun Available ( contains egg (E) )**

## DAILY DESSERT

**MONDAY - Sunbutter Cake** (E,G,M,W - Contains: Sunflower Seeds)

**TUESDAY - Brookies** (E,G,M,S,W)

**WEDNESDAY - Strawberry Lemonade Blondie** (E,G,M,S,W)

**THURSDAY - Marble Squares** (E,G,M,S,W)

**FRIDAY - GF Granola Bar** (M,S - Contains: Pepita Seeds & May Contain: Gluten)

**\*Whole fruit and allergen-alternative dessert available daily!**

## WEEKLY ROTATING OPTIONS

### GLUTEN-FREE & VEGAN GRAIN BOWL

#### Seoul Bowl

w/Brown Rice, Tofu Bulgogi, Pickled Vegetables, Red Cabbage & Sunbutter Ginger Dressing (on the side) (S -

Contains: Sunflower Seeds)

### WRAPS & SANDWICHES

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

#### Grilled Eggplant & Hummus Wrap

w/Grilled Eggplant, Sesame-Free Hummus, Feta

Cheese & Mixed Greens on a Flour Tortilla

(G,M,S,W - Contains: Chickpeas)

#### Vegan Thai Tofu Wrap

w/ Tofu Bulgogi, Spring Mix, Cucumber, Carrots & Bell

Pepper on a Flour Tortilla w/Sunbutter Ginger Dressing

(G,S,W - Contains: Sunflower Seeds)

#### Italian Sub Sandwich

Genoa Salami, Capicola, Provolone, Romaine & Red Wine

Vinaigrette (on the side) on a Baguette (G,M,P,S,W -

Contains: Chickpeas)

### SALADS (Salad meals include Chips & Whole Fruit)

#### Cobb Salad

w/Smoked Turkey, Romaine, Cherry Tomatoes, Hard-Boiled Egg, Blue Cheese & Red Wine Vinaigrette (E,M)

#### Vegan Cobb Salad

w/Spring Mix, Cherry Tomatoes, Crispy Chickpeas, Radish,

Red Onion, Roasted Corn & Red Wine Vinaigrette

(Contains: Chickpeas)

## AVAILABLE EVERYDAY

### SANDWICHES

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

*(Side Salad Contains: Corn, Chickpeas)*

*\*Turkey/Cheese Sandwiches include Mayo (E) and Mustard Packets*

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

w/ Chips, Quinoa Side Salad & Whole Fruit (G,M,W)

#### Sunbutter & Jelly Kit on Whole Wheat Baguette

w/ Chips, Quinoa Side Salad & Whole Fruit

(G,W - Contains: Sunflower Seeds)

### MARKET GREENS SALAD

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



### \*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](mailto:nutrition@handcutfoods.com)