

## COLD 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**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)

**\*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)