

LUNCH MENU

CHEF SPECIALS

MONDAY

Peruvian Roasted Chicken

w/Root Veggie Hash & Steamed Brown Rice

Vegetarian Option: Peruvian Roasted Tofu (S)

TUESDAY

Turkey Tacos

w/ Roasted Corn "Esquites style", Shredded Cheese & Salsa Roja (on the side) on Flour Tortillas with Roasted Zucchini & Rice (G,M,S,W)

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

WEDNESDAY

Cajun Pulled Pork

w/ Creamy Grits & Steamed Green Beans (M,P)

Vegetarian Option: Cajun Seasoned Tofu (M,S)

THURSDAY

Sweet & Sour Chicken

w/Jasmine Rice & Seasonal Veggie Stir Fry (S)

Vegetarian Option: Sweet & Sour Tofu (S)

FRIDAY

Beef Sloppy Joe on Classic Bun

w/Mashed Potatoes & Vegetables (G,M,W)

Vegetarian Option: Lentil & Quinoa Sloppy Joe (G,M,W - Contains: Mushroom)

***Gluten-Free Bun Available**

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

DAILY DESSERT

MONDAY - Chocolate Banana Cake (E,G,M,W)

TUESDAY - Snickerdoodle Bar (E,G,M,W)

WEDNESDAY - Chocolate Zucchini Cake (E,G,S,W)

THURSDAY - Seasonal Fruit Jam Bar (G,M,W - Contains: Oats)

FRIDAY - Gluten-Free Vegan Apple Cake (S)

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



***Allergen Labeling Key:**

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

Contains: Chickpeas, Pepita Seeds, & Sunflower Seeds.

WEEKLY ROTATING OPTIONS

GLUTEN-FREE & VEGAN GRAIN BOWL

Italian Grain Bowl

w/Quinoa, Eggplant, Roasted Cauliflower, Roasted Cherry Tomatoes, Green Onion & Red Wine Vinaigrette (on the side)

WRAPS & SANDWICHES

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

BBQ Chicken Wrap

w/Grilled Chicken, Cheddar Cheese, Spring Mix & BBQ Sauce on a Flour Tortilla (G,M,W)

Vegan BBQ Tofu Wrap

w/BBQ Tofu & Spring Mix on a Flour Tortilla w/extra BBQ Sauce on the side (G,S,W)

Bahn Mi Chicken Sandwich

w/Grilled Banh Mi Chicken, Cucumber, Bell Pepper, Cilantro, Green Onions & Pickled Carrots w/Spicy Aioli on the side (E,G,S,W)

SALADS

Salad meals include Chips & Whole Fruit

Greek Salad w/Chicken

w/Grilled Chicken, Romaine, Feta Crumbles, Cucumber, Tomatoes, Chopped Kalamata Olives & Red Wine Vinaigrette (M)

Greek Salad w/Chickpeas

w/Chickpeas, Romaine, Feta Crumbles, Cucumber, Tomatoes, Chopped Kalamata Olives & Red Wine Vinaigrette (M - Contains: Chickpeas)

Crispy Tofu & Broccoli Salad

w/Crispy Tofu, Spring Mix, Edamame, Broccoli Florets, Carrots, Red Bell Peppers, Red Onion & Pepita Seeds w/ Sunbutter Dressing (S - Contains: Sunflower Seeds & Pepita Seeds)

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)

*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