

LUNCH MENU

CHEF SPECIALS

MONDAY

Chicken Tikka Masala,

w/Roasted Cauliflower & Jasmine Rice (M)

Vegetarian Option: Chana Masala

(Contains: Chickpeas)

TUESDAY

Ropa Vieja

w/Ropa Vieja Beef, Braised Black Beans, Steamed Brown Rice & Roasted Red Peppers

Vegetarian Option: Plant-Based Ropa Vieja

WEDNESDAY

Grilled Chicken Souvlaki

w/Roasted Potato Wedges & Greek Roasted Vegetables

Vegetarian Option: Grilled Tofu Souvlaki (S)

THURSDAY

Beef Bulgogi

w/Seasonal Stir Fried Veggies & Jasmine Rice (S)

Vegetarian Option: Tofu Bulgogi (S)

FRIDAY

Nachos w/Ground Turkey

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 - Goopy Ooey Butter Cake (E,G,M,S,W)

FRIDAY - Vegan Banana Bread (G,S,W)

*Whole fruit and allergen-alternative dessert available daily!

WEEKLY ROTATING OPTIONS

GLUTEN-FREE & VEGAN GRAIN BOWL

Greek Bowl

w/ Lentils, Brown Rice, Roasted Red Peppers, Pickled Beets, Tofu & Lemon Oregano Vinaigrette (on the side) (S)

WRAPS & SANDWICHES

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

Chicken Ranch Wrap

w/ Roasted Chicken, Chopped Romaine & Ranch Cream Cheese Spread (G,M,S,W)

Ham & Swiss Sandwich

w/Smoked Ham, Swiss Cheese, Spring Mix, Pickles & Honey Mustard Glaze on a Kaiser Roll (G,M,P,W)

Vegan Southwest Wrap

w/Black Beans, Mixed Greens, Red Bell Pepper, Red Onion & Roasted Corn on a Flour Tortilla w/Cilantro Lime Vinaigrette (G,S,W)

SALADS

Salad meals include Chips & Whole Fruit

Southwest Chicken Salad

w/Chipotle Lime Chicken, Spring Mix, Roasted Corn, Grilled Red Onion & Chipotle Ranch Dressing (E,M,S)

Veggie Southwest Salad

w/Black Beans, Spring Mix, Roasted Corn, Grilled Red Onion & Chipotle Ranch Dressing (E,M,S)

Vegan Cobb Salad

w/Spring Mix, Crispy Chickpeas, Cherry Tomatoes, Radish, Red Onion & Roasted Corn w/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