

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**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

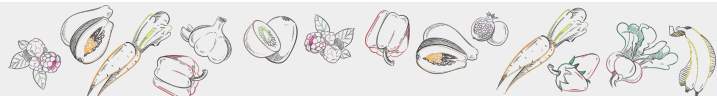
w/Chipotle Lime Chicken, Spring Mix, Roasted Corn, Grilled Red Onion & Chipotle Ranch Dressing (E,M,S)

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)

***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