

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!

DAILY PIZZA

(Available M-F)

Pepperoni Pizza

Pepperoni, Shredded Mozzarella Cheese,
Housemade Tomato-Basil Sauce & Roasted
Broccoli on the side (G,M,P,W)

Cheese Pizza

Shredded Mozzarella Cheese, Housemade
Tomato Basil Sauce, & Roasted Broccoli on the
side (G,M,W)

DAILY PASTA

Pasta option rotates daily

MONDAY**Chicken Sausage & Peppers**

w/Penne Marinara (G,W)

Vegetarian Option: Plant-Based Sausage (G,S,W)

TUESDAY**Cavatappi Pasta w/ Beef Ragù**

w/Roasted Green Beans & Parmesan
Cheese on the side (G,M,W)

Vegetarian Option: Plant-Based Ragù (G,M,S,W)

WEDNESDAY**Pasta Primavera w/Roasted Chicken** (G,W)

Vegetarian Option: Roasted Tofu (G,S,W)

THURSDAY**Baked Mac & Cheese**

w/ Bacon Panko Crisp & Edamame
(G,M,P,S,W)

Vegetarian Option: Baked Mac & Cheese
w/ Edamame (G,M,S,W)

FRIDAY**Spaghetti w/ Beef Bolognese**

w/Roasted Broccoli & Parmesan Cheese
on the side (G,M,W)

Vegetarian Option: Spaghetti w/Marinara (G,M,W)

***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

LUNCH MENU

AVAILABLE EVERYDAY**SANDWICHES**

*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)

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