

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**Grilled Veggie Bowl**

w/Grilled Zucchini & Yellow Squash, Quinoa, Roasted Red Peppers, Asparagus & Lemon Garlic Sauce (on the side)

WRAPS & SANDWICHES

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

Greek Chicken Wrap

w/ Greek Grilled Chicken, Spring Mix, Seedless Cucumber, Feta Cheese & Kalamata Olives on a Flour Tortilla w/Red Wine Vinaigrette (G,M,S,W)

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)

Goat Cheese & Portobello Sandwich

w/Balsamic Grilled Portobello Mushroom, Spring Mix & Goat Cheese on a Kaiser Bun w/Pesto Mayo (E,G,M,S,W - Contains: Mushrooms and Pepita Seeds)

SALADS

Salad meals include Chips & Whole Fruit

Chicken Nicoise

w/Herb Roasted Chicken Breast, Spring Mix, Hard Boiled Egg, Green Beans, Cucumber, Red Potatoes, Kalamata Olives & Cherry Tomatoes w/Red Wine Vinaigrette (E)

Vegetarian Nicoise

w/Chickpeas, Spring Mix, Hard Boiled Egg, Green Beans, Cucumber, Red Potatoes, Kalamata Olives & Cherry Tomatoes w/Red Wine Vinaigrette (E - Contains: Chickpeas)

Vegan Taco Salad

w/ Plant-Based Lentil & Pepita Seed Taco Filling, Black Beans, Cherry Tomatoes, Spring Mix, & Cilantro Lime Dressing (Contains: Pepita Seeds)

***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