

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**Tuscan Bowl**

w/White Bean, Kale, Zucchini, Red Pepper, & Pesto (on the side) (Contains: Pepita Seeds)

WRAPS & SANDWICHES

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

Thai Beef Wrap

w/ Beef Bulgogi, Spring Mix, Cucumber & Carrots on a Flour Tortilla w/Sunbutter Ginger Dressing
(G,S,W - Contains: Sunflower Seeds)

Vegan BBQ Tofu Wrap

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

Egg Salad Sandwich

w/Egg Salad & Spring Mix on Whole Wheat Bread (E)

SALADS

Salad meals include Chips & Whole Fruit

Chicken Caesar Salad

w/ Roasted Chicken, Romaine, Cherry Tomatoes, Parmesan Cheese & Caesar Dressing (E,M,S)

Chickpea Caesar Salad

w/ Chickpeas, Romaine, Cherry Tomatoes, Parmesan Cheese & Caesar Dressing
(E,M,S - Contains: Chickpeas)

Crispy Tofu & Broccoli Salad

w/Crispy Tofu, Spring Mix, Edamame, Broccoli Florets, Carrots, Red Bell Peppers, Pepita Seeds & Red Onion
w/Sunbutter Dressing

(S - Contains: Sunflower Seeds and 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