



BOXED LUNCH MENU

Served individually wrapped.
Choice of wrap served with Sun Chips, cookie and water.
All wraps will be served in kraft paper.

WRAPS

OUR #1 SELLER

CHICKEN WALDORF

with cranberries, celery,
scallions & honey aioli

BASIL PESTO CHICKEN SALAD

with fresh white meat
chicken & basil pesto aioli

TURKEY RANCH
turkey, bacon, tomato & lettuce,
served with ranch packet

BUFFALO CHICKEN
with scallions, celery & carrots
tossed in buffalo aioli

CURRY CHICKEN SALAD
with cranberries, celery
& scallions

HAM & SWISS
served with mustard
& mayo on the side

SOUTHWESTERN CHICKEN
with black beans, corn,
cheddar cheese & salsa

CHICKEN PARMESAN
breaded chicken with fresh
marinara & mozzarella cheese

VEGAN BUFFALO TOFU **VG**
with carrots, celery, scallions
& buffalo sauce

DILL CHICKEN SALAD
with cranberries, celery
& scallions

BBQ CHICKEN
chicken tossed with bbq sauce,
red onion & cheddar cheese

SOUTHWESTERN VEGGIE **V**
with black beans, corn,
tomatoes, cheddar cheese & salsa

CHICKEN CAESAR
with bacon, asiago cheese
& Caesar dressing

JERK CHICKEN
chicken and peppers,
tossed in jerk sauce

SALADS

Gluten Free | Add chicken or tofu to any salad!

SOUTHWESTERN
spring mix, grilled chicken
& fiesta corn & black bean
salsa

*Vegan
GARDEN
Cucumber, tomato,
romaine, spring mix,
balsamic dressing

*Vegetarian
APPLE CRANBERRY
Apples, cranberries,
sunflower seeds tossed in our
house apple cider vinaigrette



Ways to order lunch

PACKAGES

All packages include two sides, cookies, bottled water.

SMALL

Serves 8

MEDIUM

Serves 14

LARGE

Serves 18

Add an additional wrap for \$7.99.

All wraps are individually wrapped in kraft paper.

Need to feed a certain amount of people? No problem!

Let us know and we will create a custom package for you!

WRAPS

OUR #1 SELLER

CHICKEN WALDORF

with cranberries, celery,
scallions & honey aioli

BASIL PESTO CHICKEN SALAD

with fresh white meat
chicken & basil pesto aioli

TURKEY RANCH

turkey, bacon, tomato & lettuce,
served with ranch packet

BUFFALO CHICKEN

with scallions, celery & carrots
tossed in buffalo aioli

CURRY CHICKEN SALAD

with cranberries, celery
& scallions

HAM & SWISS

served with mustard
& mayo on the side

SOUTHWESTERN CHICKEN

with black beans, corn,
cheddar cheese & salsa

CHICKEN PARMESAN

breaded chicken with fresh
marinara & mozzarella cheese

VEGAN BUFFALO TOFU **VG**

with carrots, celery, scallions
& buffalo sauce

DILL CHICKEN SALAD

with cranberries, celery
& scallions

BBQ CHICKEN

chicken tossed with bbq sauce,
red onion & cheddar cheese

SOUTHWESTERN VEGGIE **V**

with black beans, corn,
tomatoes, cheddar cheese & salsa

CHICKEN CAESAR

with bacon, asiago cheese
& Caesar dressing

JERK CHICKEN

chicken and peppers,
tossed in jerk sauce



Add chicken or
tofu for \$3.99
per person.

SIDES

All salads are vegetarian. Vegan are marked VG.

SMALL

Serves 8-11

MEDIUM

Serves 12-17

LARGE

Serves 18-25

APPLE & CRANBERRY

with romaine, spring mix, apples,
cranberries, sliced almonds & sunflower
seeds, served with apple cider vinaigrette

CAESAR

romaine tossed with bacon,
Parmesan & croutons,
served with caesar dressing

HOUSE

with romaine, spring mix, roasted
red peppers, artichokes, feta cheese
& choice of balsamic or pesto

GREEK

with romaine, spring mix, feta,
cucumber, tomato & red onion,
served with greek dressing

SUNFLOWER CAESAR

with romaine, croutons, asiago cheese,
sunflower seeds & tomatoes,
served with Caesar dressing

CLASSIC ITALIAN **VG**

with romaine, spring mix, chick peas,
tomato, cucumber, carrots & croutons,
served with italian dressing

GARDEN **VG**

with romaine, spring mix, croutons,
tomatoes, cucumbers & matchsticks,
served with choice of ranch
or balsamic dressing

TACO

with romaine, red onion, tomatoes,
corn, black beans & cheddar cheese,
served with salsa

GREEK PASTA SALAD

with roasted red peppers,
artichokes, Greek dressing & feta

MACARONI SALAD

with celery, red onion,
carrots & mayo

SUN CHIPS