



# Sample Boxed Lunch Menu

*minimum order of 30*

## Hot

Beef pie with mash potato, gravy, roast vegetable medley

Butter chicken pie with mash potato, gravy, roast vegetable medley

Chickpea, lentil and mushroom pie with mash potato, gravy, roast vegetable medley

Hearty green salad

Fruit Cup

Strawberry Shortcake

## Sandwiches

Smoked turkey & Swiss croissant

Roast beef & crispy onion, jalapeño, kaiser

Deviled egg salad tortilla wrap

Grilled vegetable & goats cheese ciabatta

Cured salmon bagel

Tuna salad sandwich

Crispy chicken club, avocado

Ham, tomato, smoked cheddar, baguette

Falafel, pickled red onion & minted yogurt wrap



## **Power Bowls**

### **Chicken Shawarma Bowl** (DF)

Tabbouleh, romaine lettuce, cucumber, pickle onion, grapes, crispy lavash, hummus, bulgur  
cookie & fruit cup

### **Miso Salmon Bowl** (GF/DF)

Sweet chili lime, guacamole, roasted corn, black bean, tomato salsa, coconut rice, chipotle  
crema, sherry dressing  
cookie & fruit cup

### **Thai Red Curry Tofu Bowl** (GF/DF)

Brown rice, snap peas, corn, sweet pepper, cucumber, goji berries, mint, honey-lime  
dressing  
cookie & fruit cup

### **Tuna Niçoise Bowl** (GF)

Olives, tomato, boiled egg, green beans, potatoes, greens, red wine dressing  
cookie & fruit cup

### **Hoisin Beef Bowl** (GF/DF)

Ginger, edamame beans, shredded carrot slaw  
cookie & fruit cup