



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