



## Fit To Eat Boxed Lunch Menus

*Served Room Temperature, Ready to Enjoy! Minimum may apply. Prices are subject to change.*

**A maximum of 2 salads and 2 sandwiches choices per 10 guests**

### The Fit Lunch Box - \$10.95

**Vegetables & Hummus + Fruit Salad OR Cookie + Choice of Sandwich**

#### Sandwich Choices

- Buffalo chicken salad sandwich, carrots, celery, buffalo sauce
- Grilled vegetable sandwich, sundried tomatoes, hummus
- Egg salad sandwich, celery, mayonnaise (optional: add curry)
- Chickpea tuna salad sandwich
- Black forest ham and cheddar cheese sandwich

### The Energy Lunch Box - \$13.95

**Choice of Sandwich + Choice of Salad + Fruit Salad or Cookie + Bottled Water**

#### Sandwich Choices

- Basil pesto chicken salad sandwich (contains pine nuts)
- California turkey club sandwich, avocado, mayonnaise
- Mild jerk chicken sandwich, coleslaw, fruit chutney
- Brie and cranberry sandwich with cucumber and sprouts
- Green Goddess, cucumbers, avocado, spinach, sprouts, vegan lemon aioli
- Smashed Buffalo Chickpea, vegan mayo, carrots, celery
- Smoked salmon sandwich, cucumber, alfalfa sprouts, cream cheese
- Black forest ham and cheddar cheese sandwich

#### Salad Choices

- Caesar Salad, yogurt-garlic dressing
- House Salad, balsamic dressing
- Kale and Apple, maple-cider vinaigrette
- Corn and Cucumber, cider vinaigrette
- Pommery Potato Salad
- Tomato and Cucumber, oregano, red wine vinaigrette
- Mediterranean Orzo, feta, olives, Greek dressing
- Thai Noodle, sesame seed, soy-rice wine vinaigrette

**\* DOUBLE SIDED \***



## Fit To Eat Boxed Lunch Menus

*Served Room Temperature, Ready to Enjoy! Minimum may apply. Prices are subject to change.*

**A maximum of 2 salads and 2 sandwiches choices per 10 guests**

### The Power Lunch Box - \$14.95

**Choice of Sandwich + Choice of Salad + Choice of Dessert + Bottled Water**

#### Sandwich Choices

- Chicken Caesar, mozzarella, bacon, Caesar dressing
- Classic Chicken Salad, carrots, celery, mayonnaise
- Mild Jerk Chicken, coleslaw, fruit chutney
- Roasted Turkey, goat cheese, roasted red pepper, mayonnaise
- Tex Mex Quinoa, guacamole, corn, black beans, edamame, tomato salsa
- Caprese sandwich, basil pesto and mozzarella (contains pine nuts)
- Roast Beef, swiss cheese, horseradish mayo
- Black forest ham and cheddar cheese sandwich

#### Salad Choices

- Greek Salad, lemon-oregano vinaigrette
- Kale and Apple, maple-cider vinaigrette
- Roasted Root Vegetable, maple-balsamic glaze, rosemary
- Tomato and Cucumber, oregano, red wine vinaigrette
- Bowtie Pasta Primavera, basil pesto dressing (contains pine nuts)
- Lentil Edamame, cilantro, buttermilk dressing
- Quinoa Tabouleh, parsley, lemon, olive oil
- Thai Noodle, sesame seed, soy-rice wine vinaigrette
- White Bean and Cherry Tomato

#### Dessert Choices

**(1 choice per group)**

- Two-Bite Brownie (1) | Chunky Fruit Salad
- Chocolate Chip Cookie (1) | Chocolate-Coconut-Cashew-Date Truffle
- Rice Krispie Squares | Whole Fruit

**PLUS**

**Check out our Fit To Eat Power Bowls**

online starting @ \$8.95 each!

*ADD Tofu, hardboiled Eggs, Chicken, Salmon or Beef!*

**\* DOUBLE SIDED \***