

KID FRIENDLY BOXED LUNCH - \$15 EACH

Includes: kettle chips (v), apple (v), chocolate chip cookie (m, e, w), and a bottle of water. All are available as gluten-free.

Peanut Butter & Jelly
(w, p, v)

Turkey & Cheddar Cheese
(m, w)

Ham & American Cheese
(m, w)

SANDWICH BOXED LUNCH - \$18 EACH

Includes: apple (v), chocolate chip cookie (m, e, w), choice of pasta or green side salad, and a bottle of water. All are available as gluten-free.

Grilled Chicken
Havarti, tomato, basil
aioli rosemary bread
(m, e, w, tn, so)

Roasted Turkey & Provolone
Baby arugula, plum
tomato, sundried tomato
aioli, brioche (m, e, w, so)

Caprese
Beefsteak tomato, fresh
mozzarella, basil pesto
aioli, ciabatta (e, w)

Virginia Ham & Brie
Grain mustard, honey
wheat bread (m, w, so)

BENTO BOX LUNCH - \$24 EACH

Includes: chocolate chip cookie (m, e, w) and a bottle of water

Asian Grilled Chicken
Sesame noodles, spinach
orange salad with poppy
seed dressing (w, se, so)

BBQ Chicken
Lemon bowtie pasta
salad, carrot raisin slaw
(w, e, se, so)

Honey Grilled Chicken
Quinoa salad, jicama
mango cucumber slaw (so)

Grilled Tofu
Eggplant salad, soba
noodle salad (e, w, se, so)

POWER SALAD BOWLS

Minimum of three bowls per selection and individually priced.

Includes: chocolate chip cookie (m, e, w) and a bottle of water.

Chicken Teriyaki - \$22
Cauliflower, quinoa, carrots, red
onion, edamame, cilantro, sweet &
tangy sauce (se, so)

Tuna Poke - \$22
Chili garlic tuna, quinoa & red rice,
pineapple, cucumber, carrots, red
cabbage, yum yum sauce (e, f, so)

Kale & Red Quinoa - \$19
Roasted sweet potato, red onion,
glazed beets, goat cheese, lemon
tahini dressing (m, se)

Hickory BBQ Salmon - \$21
Baby spinach & kale, broccoli,
butternut squash, farro, citrus
dressing (w, f, so)

Mediterranean Cauliflower - \$19
Cauliflower rice, chickpeas, pickled
red onion, haricots verts, olives,
arugula, cilantro yogurt sauce (m)

Vegan Grilled Tofu - \$20
Roasted eggplant, tomato,
garbanzo beans, fava, radish,
sesame ginger dressing (se, so, v)

*m = contains milk
e = contains egg*

*w = contains wheat
tn = contains tree nuts*

*p = contains peanuts
se = contains sesame*

*f = contains fish
sf = contains shellfish*

*so = contains soy
v = vegan*