

# ALLERGY INFORMATION

For April through June 2019 menu items

Contains: Tree nuts Peanuts Sesame Shellfish Fish Gluten Dairy Eggs Soy Soy oil/lecithin

## **EVERYDAY ENTREES (excluding sides, snacks, dips)**

Acai Cup	<b>NEW!</b>									
Sesame-Free Hummus Parfait	<b>NEW!</b>									
GF Bell & Evans Breaded Chicken Tenders								◆		◆
GF Cheese and Fruit Platter								◆		
Yogurt & Fruit Cup (half pint orders only)								◆		
Yogurt & Cheese Stick								◆		
Cereal & Cheese Stick								◆		
All Natural Breaded Chicken Tenders						◆				◆
s Bagel, Plain						◆				
2 Soy Butter & Jelly Sandwiches on Whole Wheat						◆			◆	◆
s Bagel w Butter						◆		◆		
s Bagel with Cream Cheese						◆		◆		
Ham and Cheese on a Round Roll						◆		◆		◆
Turkey and Cheese on a Round Roll						◆		◆		◆
Very Berry Yogurt Parfait with Nut-Free Granola						◆		◆		

s = Bagel is produced in a facility that uses sesame

## **SOUPS OF THE DAY:**

Vegan GF Lentil Soup									◆	◆
Cream of Broccoli Cheddar Soup								◆	◆	◆
Cage-Free Chicken Noodle Soup						◆				
Tomato Soup						◆				
Minestrone Soup	<b>NEW!</b>					◆		◆	◆	
New England Clam Chowder			◆	◆		◆		◆	◆	
Italian Wedding Soup						◆		◆	◆	◆

## **SALAD OF THE DAY: (includes salad dressing)**

Mediterranean Chop Salad with Grilled Chicken										◆
Mediterranean Chop Salad with Hard Boiled Egg									◆	◆
Cage-Free Turkey Taco Salad								◆		
GF Caprese Salad	<b>NEW!</b>							◆		◆
Cold Pasta Salad	<b>NEW!</b>					◆		◆		
Caprese Salad	<b>NEW!</b>					◆		◆		◆
Cage-Free Grilled Chicken Caesar Salad				◆		◆		◆		◆
Buffalo Chicken Salad						◆		◆	◆	◆

GF = gluten-free

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**COLD SANDWICHES/WRAPS/BOWLS/ROLLS OF THE DAY:**

GF Ham Sandwich									
GF Turkey Sandwich									
GF Ham and Cheese Sandwich						♦			
GF Turkey and Cheese Sandwich						♦			
GF Ham Wrap	NOW EGG-FREE!							♦	♦
GF Turkey Wrap	NOW EGG-FREE!							♦	♦
GF Grilled Chicken Wrap	NOW EGG-FREE!							♦	♦
GF Ham and Cheese Wrap	NOW EGG-FREE!					♦		♦	♦
GF Turkey and Cheese Wrap	NOW EGG-FREE!					♦		♦	♦
GF California Turkey Club Wrap	NOW EGG-FREE!							♦	♦
GF Tuna Salad Sandwich			♦					♦	♦
Breaded Chicken Wrap					♦			♦	♦
Cage-Free Grilled Chicken Wrap					♦			♦	♦
California Turkey Club Wrap					♦				♦
Buffalo Chicken Sandwich					♦				♦
Cheese Sandwich					♦		♦		♦
Cage-Free Ranch Chicken Wrap					♦		♦	♦	♦
Cage-Free Chicken Caesar Wrap			♦		♦		♦	♦	♦
Tuna Salad Sandwich			♦		♦			♦	♦
Spicy California Sushi Roll		♦	♦		♦			♦	♦
California Sushi Roll		♦	♦		♦			♦	♦
All Natural Breaded Chicken Cutlet on Whole Grain Round Roll					♦				♦
Cold Grilled Chicken Sandwich					♦				♦
Fresh Mozzarella and Tomato Sandwich					♦		♦		♦

**HOT ENTRÉE SPECIALS:**

GF Grass-Fed 5.3 oz. Burger (no bun)									
GF Applegate Farms Beef Hot Dog (no bun)									
GF Cage-Free Turkey and Bean Chili									
GF Cage-Free BBQ Chicken Drumsticks									
GF Grass-Fed BBQ Beef Brisket									
GF Grass-Fed 5.3 oz. Burger with Cheese (no bun)						♦			
GF Cheese Quesadillas						♦		♦	
Buffalo Wings							dip	dip	♦
Fully Loaded Vegetarian Baked Potato						♦			♦
Fully Loaded Baked Potato						♦			♦
GF Hard-Shell Cage-Free Turkey Tacos						♦			
GF Hard-Shell Vegetarian Bean Tacos						♦			
Homestyle French Toast					♦		♦	♦	♦

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French Toast made with Challah						◆	◆	◆		◆
Whole Grain Pancakes						◆	◆	◆		◆
Meatballs						◆	◆		◆	
7" Meatball Hero						◆	◆		◆	◆
BBQ Brisket Mac and Cheese						◆	◆		◆	◆
Mac n Cheese						◆	◆		◆	◆
French Bread Pizza						◆	◆			◆
All Natural Chicken Cutlet Parmesan						◆	◆			◆
All Natural Chicken Cutlet Parmesan Sandwich						◆	◆			◆
Grass-Fed 5.3 oz. Burgers with Cheese						◆	◆			◆
Veggie Burger <b>NOW DAIRY FREE!</b>						◆			◆	◆
Grilled Cheese Sandwich						◆	◆			◆
Grilled Cheese Sandwich with Turkey Bacon						◆	◆			◆
Soft Shell Cage-Free Turkey Tacos						◆	◆			◆
Soft Shell Vegetarian Bean Tacos						◆	◆			◆
Whole Grain Cheese Quesadillas						◆	◆			◆
Baked Pasta with Sauce						◆	◆			
6" Grass-Fed Philly Style Cheese Steak <b>NEW!</b>						◆	◆			◆
Applegate Farms Beef Hot Dog						◆				◆
Grass-Fed 5.3 oz. Burgers						◆				◆
7" Grass-Fed BBQ Beef Brisket Hero						◆				◆
Grass-Fed BBQ Beef Brisket Slider						◆				◆

*dip = Buffalo Wings sauce only contains soybean oil. However, the bleu cheese dip on the side contains dairy, egg, soybean oil.*

#### **ADDITIONAL ITEMS:**

Organic Fruit Snacks - Various Flavors										
Veggie Straws - Sea Salt Flavor										
Musselman's Organic Unsweetened Apple Sauce										
Skinny Pop Popcorn										
Organic Tropical Acai Smoothie										
Playa Bowl - Acai with Berries						◆				
Simply Organic Doritos White Cheddar Tortilla Chips							◆			
Veggie Straws - Zesty Ranch Flavor							◆			
Horizon Organic Lowfat Milk							◆			
Horizon Organic Lowfat Chocolate Milk							◆			
From Scratch Gluten-Free Brownie							◆	◆		◆
Abby's Shortbread Cookies (only with Complete Meals)						◆	◆	◆		
Abby's Chocolate Chip Cookies (only with Complete Meals)						◆	◆	◆		◆
From Scratch Brownie (only with Complete Meals) <b>NEW RECIPE, NOW WITHOUT DAIRY</b>						◆		◆		
Chocolate Chip Cookie (only with Complete Meals)						◆	◆	◆		◆

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**THEME DAYS:**

Salad Bar - All You Can Eat \*\*

Pasta Bar - with choice of sauce \*\*

Heroes:

Roaster with the Most'r

Turkey Monster

Sunday Cutlet Hero

Italian Stallion

Honey Ham Crunch

Organic Tofu Ramen Bowl

Cage-Free Chicken Ramen Bowl

◆	◆	◆		
◆	◆			
◆	◆			◆
◆	◆	◆		◆
◆	◆	◆		◆
◆	◆			◆
◆	◆	◆		◆
◆		◆	◆	
◆		◆	◆	

\*\* Salad Bar is self-serve, and may result in allergen cross-contact. Pasta sauces are served on-site and are also at risk of allergen cross-contact.

GF = gluten-free

*updated: May 17, 2019*