

## Grab & Go Menu

BBQ chicken with corn salsa | *Gluten Free*

Roasted potato salad with sauteed fennel + herbs | *Gluten Free* | *Vegan*

Haricot vert, radish + toasted sunflower seeds | *Gluten Free* | *Vegan*

---

BBQ tofu with corn salsa | *Vegan*

Roasted potato salad with sauteed fennel + herbs | *Gluten Free* | *Vegan*

Haricot vert, radish + toasted sunflower seeds | *Gluten Free* | *Vegan*

---

Cobb salad: chicken, bacon, avocado, blue cheese + tomato with sherry vinaigrette | *Gluten Free* | *Contains Dairy*

---

Steak salad: grilled steak, black beans, grilled corn, tomato + cheddar with cilantro vinaigrette | *Gluten Free* | *Contains Dairy*

---

Kale salad: grilled tofu, carrots, grapefruit, crispy noodles + kale with miso tahini dressing | *Gluten Free* | *Vegan*

---

Fried chicken breasts with honey mustard, Old fashioned macaroni salad | *Vegetarian*  
Cilantro + vegetable slaw | *Vegan* | *Gluten Free*

---

Hummus, cucumber + tomato wrap with baby arugula | *Vegan*

Old fashioned macaroni salad | *Vegetarian*, Cilantro + vegetable slaw | *Vegan* | *Gluten Free*

---

French chicken salad with roasted potatoes, haricot vert + mustard vinaigrette, wild + brown rice with red grapes, shiitake mushrooms + dried cranberries, Gluten-Free chocolate walnut cookie | *Gluten Free* | *Contains Dairy* | *Contains Nuts*

---

Roast turkey BLT on sourdough bread with tarragon mayo, barley with seasonal vegetables + basil, chocolate chip cookie | *Contains Dairy*

---