

GRAB

AND GO

ALLERGENS

EGG SALAD SANDWICH

ALLERGENS:

WHEAT (GLUTEN)

EGGS

WHEAT BREAD: GLUTEN

HARD COOKED EGGS: EGGS

MAYONNAISE: EGGS

GREEN LEAF LETTUCE

TUNA SALAD SANDWICH

ALLERGENS:

WHEAT (GLUTEN)

FISH

EGGS (MAYO)

WHEAT BREAD: GLUTEN

TUNA: FISH

MAYONNAISE: EGGS

GREEN LEAF LETTUCE

TURKEY & CHEESE

SANDWICH

ALLERGENS:

WHEAT (GLUTEN)

DAIRY

WHEAT BREAD: GLUTEN

CHEESE: DAIRY

GREEN LEAF LETTUCE

SLICED TURKEY

CHICKEN PESTO

ON CIABATTA

ALLERGENS:

WHEAT(GLUTEN)

DAIRY(PESTO)

EGGS(MAYO)

CIABATTA ROLL: GLUTEN

BASIL PESTO: DAIRY

MAYONNAISE: EGGS

ROMAINE LETTUCE

TOMATOES

DICED CHICKEN

ROAST BEEF & SWISS
WITH ARUGULA ON
A STADIUM ROLL

ALLERGENS:

STADIUM ROLL(GLUTEN)

DAIRY(CHEESE)

EGGS(MAYO)

STADIUM ROLL : GLUTEN

SWISS CHEESE: DAIRY

HORSERADISH SAUCE: EGGS

ROMAINE LETTUCE

ARUGULA

ROAST BEEF

BASIL PESTO

PEANUT BUTTER
& JELLY (GUAVA)
SANDWICH

ALLERGENS:

WHEAT(GLUTEN)
PEANUTS

GOLDEN PULLMAN BREAD: GLUTEN

PEANUT BUTTER: PEANUTS

GUAVA JELLY

CHICKEN CAESAR SALAD

ALLERGENS:

EGG, FISH, DAIRY

CAESAR DRESSING: EGG, FISH, MILK

PARMESAN CHEESE: DAIRY

CROUTONS: GLUTEN, DAIRY

LEMON

ROMAINE LETTUCE

GRILLED CHICKEN BREAST

SOMEN

SALAD

ALLERGENS:

GLUTEN

SOMEN NOODLES: GLUTEN

EGG: EGG

KAMABOKO: FISH

SESAME SEEDS: SESAME

DRESSING: SOY, SESAME

CUCUMBER

GREENS (Lettuce Mix)

CARROTS

HAM

SOBA SALAD

ALLERGENS:

GLUTEN

SOBA NOODLES: GLUTEN

EGG: EGG

OCEAN SALAD: SESAME

KAMABOKO: FISH

SESAME SEEDS: SESAME

DRESSING: SOY, SESAME

CUCUMBER

GREENS (Lettuce Mix)

CARROTS

PASTA SALAD

ALLERGENS:

GLUTEN

PASTA: GLUTEN

ROASTED VEGETABLES

MAI INCLUDE ONIONS, BELL PEPPERS,
BROCCOLI, ZUCCHINI,
SUN DRIED TOMATOES,
MIXED WITH OLICVE OIL,
HERBS & SALT & PEPPER

CHICKEN PESTO WRAP

ALLERGENS:

TORTILLAS (ALL): GLUTEN

BASIL PESTO: DAIRY

MAYONNAISE: EGGS

ALL TORTILLAS: GLUTEN

BASIL PESTO: DAIRY

MAYONNAISE: EGGS

LETTUCE

CARROTS

ZUCCHINI

DICED CHICKEN

HUMMUS WRAP

ALLERGENS:

TORTILLAS (ALL): GLUTEN

HUMMUS: SESAME

ALL TORTILLAS: GLUTEN

HUMMUS: SESAME

MAYONNAISE: EGGS

LETTUCE

CARROTS

ZUCCHINI

FRUIT CUPS

ALLERGENS:

**Does not contain declaration
obligatory allergens.**

PINEAPPLE

WATER MELON

CANTALOPE

HONEY DEW MELON

OCCASSIONALLY STRAWBERRIES,
BLUEBERRIES, OR GRAPES

HARD BOILED EGGS

ALLERGENS:

EGGS

FRUIT & YOGURT PARFAIT

ALLERGENS:

DAIRY

YOGURT: DAIRY

BERRIES/FRUIT: MAY INCLUDE
STRAWBERRIES, RASPBERRIES,
BLUEBERRIES, BLACKBERRIES,
OR MANGO

GRANOLA: NO ALLERGENS PER THE
COMPANY WEBSITE:

[https://www.cascadianfarm.com/
products/oats-honey-granola](https://www.cascadianfarm.com/products/oats-honey-granola)

NON DAIRY
FRUIT & YOGURT PARFAIT

ALLERGENS:

TREE NUTS

YOGURT: COCONUT MILK

BERRIES/FRUIT: MAY INCLUDE
STRAWBERRIES, RASPBERRIES,
BLUEBERRIES, BLACKBERRIES,
OR MANGO

GRANOLA: NO ALLERGENS PER THE
COMPANY WEBSITE:

[https://www.cascadianfarm.com/
products/oats-honey-granola](https://www.cascadianfarm.com/products/oats-honey-granola)

