

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:

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IN HOUSE BAKED GOODS pg1

ALLERGENS in RED

BLUEBERRY FRUIT BREAD

EGGS, DAIRY, SOY, WHEAT

BANANA WALNUT FRUIT BREAD

EGGS, SOY, WHEAT, WALNUT

CHOCO-CAPPUCINO FRUIT BREAD

EGGS, DAIRY, SOY, WHEAT

CRANBERRY ORANGE FRUIT BREAD

EGGS, SOY, WHEAT

CHOCO-CHOCOLATE CHIP FRUIT BREAD

EGGS, DAIRY, SOY, WHEAT

MONSTER SUGAR COOKIE

EGGS, DAIRY, SOY, WHEAT

MONSTER CHOCOLATE CHIP COOKIE

EGGS, DAIRY, SOY, WHEAT

IN HOUSE BAKED GOODS pg2

ALLERGENS in RED

MONSTER

WHITE COCOLATE MAC NUT COOKIE

EGGS, DAIRY, SOY, WHEAT

CHOCOLATE MAC NUT CAKE

EGGS, DAIRY, SOY, WHEAT, TREE NUTS

HAUPIA CAKE

EGGS, DAIRY, SOY, WHEAT, TREE NUTS