



BOXED LUNCH

\$10.99 Choose 1 option:

- 1 Sandwich + 1 Side
- 1 Salad + 1 Side (+\$1.00)
- 1 Meal + 1 Side
- You-Pick-2 + 1 Side (+\$2.00)

Our meats are **ORGANIC** or **FREE RANGE**, **ANTIBIOTIC FREE** and never contain artificial preservatives. Our bread is made from scratch with no preservatives and baked fresh every day. The produce and cheese we use comes from **SUSTAINABLE** local farms when the season is right and our greens are always **ORGANIC**. We search out the highest **QUALITY** ingredients from the best **LOCAL** producers in our lovely state of **MINNESOTA** to create **DELICIOUS** food you are sure to love!

Sandwiches

Turkey Avocado Cheddar

Shaved Smoked Turkey, Cheddar Cheese, Lettuce, Tomato, Avocado Sauce and Mayo on Naturally Leavened Multigrain Bread

Egg Salad VT

Hard-Boiled Eggs, Mayo, Dijon Mustard, Mixed Greens, Salt, Black Pepper, Dill on Naturally Leavened Multigrain Bread

Banh Mi VG Available!

Choice of Roasted Sliced Chicken or Roasted Cauliflower (vegan), Pickled Carrot, Cucumber, Lettuce, Jalapeno, Cilantro, Vegan Sriracha Mayo on a Baguette

*Please specify if you would like cauliflower in notes

Caprese VT

Fresh Mozzarella, Tomato, Basil, Kale Pesto and Balsamic Vinegar on a Baguette

Chicken Pepperjack

Roasted Sliced Chicken, Pepperjack Cheese, Lettuce, Tomato, Kale Pesto and Mayo on Naturally Leavened Multigrain Bread

GF *Gluten free bread for additional \$2 per sandwich. Please specify when ordering.

Salads

Spinach, Feta & Beet VT GF

Romaine, Spinach, Kale, Almonds, Walnuts, Quinoa, Roasted Beets, Feta Cheese, Apples, Dried Cranberries, Maple Vinaigrette Dressing

Sixth Street VG GF

Romaine, Spinach, Kale, Apples, Quinoa, Roasted Cauliflower, Roasted Beets, Dried Cranberries, Sunflower Seeds, Walnuts, Maple Vinaigrette Dressing

Chef VT GF

Romaine, Spinach, Kale, Hard Boiled Egg, Cucumber, Cherry Tomato, Cheddar Cheese, Roasted Sweet Potatoes, Carrots, Sunflower Seeds, Vegan Ranch Dressing

Superfood Meals

Cilantro Lime Chicken or Tofu VG GF

Choice of Roasted Chicken or Sauteed Tofu, Seasoned Sweet Potatoes, Roasted Veggies & Tangy Cilantro Lime Sauce

*Please specify chicken or tofu in notes on order form

Parmesan Herb Chicken GF

Seasoned Roasted Chicken, Sweet Potato Mash, Roasted Veggies with Parmesan Cream Sauce

You Pick 2! (+\$2.00)

Half Sandwich

Turkey Avocado Cheddar

Egg Salad VT

Banh Mi VG (specify cauliflower in notes)

Caprese VT

Chicken Pepperjack

Simple Salad

Nicollet VG GF

Romaine, Spinach, Kale, Quinoa, Roasted Cauliflower, Dried Cranberries, Sunflower Seeds, Maple Vinaigrette Dressing

Garden VG GF

Romaine, Spinach, Kale, Cherry Tomatoes, Carrots, Cucumbers, Roasted Sweet Potatoes, Sunflower Seeds, Green Onions, Vegan Ranch Dressing

Soup Bowl (+1.00)

Seasonal Soup of the Day! VT VG GF

*Please specify meat, vegetarian or vegan on order form if desired
*All soups are gluten free

Sides (Included)

Chips VG GF

Potato, Multigrain, Blue Corn, Bean, -- we'll send the flavor of the day!

Organic Apple VG GF

Variety will depend on the season

Salad Proteins (+3.00)

Larry Schultz Organic Roasted Chicken GF

100% Hormone and Antibiotic Free Organic Chicken, Salt, Pepper

Organic Sauteed Tofu VG GF

Sauteed Organic Tofu, Salt, Pepper

Dessert (+2.00)

Cookie VT

Made-From-Scratch Chocolate Chip Cookie

Organic Chocolate Truffles VG GF

Two Organic, Fair-Trade Alter Eco Truffles

Drinks

Kombucha - \$4.00

Sparkling Water - \$2.00

Bottled Water - \$2.00

Blue Sky Soda - \$2.00
(request in notes)

You can add a drink, dessert, or protein to your lunch if you'd like!

GF = Gluten Free **VT** = Vegetarian **VG** = Vegan

