

Your Boxed Meal or Bagged Lunch from the Lunchbox!!!!!!

Whether it's for a school or work, packing A LUNCH CAN BE A BIT CHORE....

TREAT YOURSELF FOR A BOXED LUNCH TODAY

PERFECT FOR SCHOOL, WORK, PICNIC, TRAVELLING AND COMPANY LUNCH PROGRAM

Our food is made fresh daily.

BREAKFAST BOX

Selections :

1. Pumpkin -flax Granola bar, Fresh fruit cup, Banana muffin and Tropicana Orange Juice \$12
2. Orange and Coconut Oats, Fresh fruit Cup, Oatmeal cookie and Tropicana Orange juice \$12
3. Breakfast wraps or Breakfast Burritos, Fresh fruit cups, Banana Muffin and Tropicana Orange Juice \$12

**Breakfast Box 1-3 : substitute Tropicana to Water \$11

BOX 1 (\$13.00)

Choice of a sandwich or wrap

Choice of a salad (house salad, spinach, greek, Caesar)

Choice of Cookie (Macadamia, choc. or oatmeal) or bag of chip (Doritos, Jalapeno or Lays Classic)

BOX 2 (\$14.00)

Choice of a sandwich or wraps

Choice of a side salad (Greek Pasta, Potato salad, Mango salad or Spicy thai , veggie and dip or Fruit Cup)

Choice of a cookie (Macadamia, oatmeal, chocolate or Bag of Chips (Doritos Jalapeno or Lays Classic)

Selection of sandwiches and wraps
Egg, Ham and Cheese, Oven roast turkey, Roastbeef, Grilled veggies with goat cheese and pesto, Grilled veggies with hummus, Buffalo chicken with ranch or blue cheese, Grilled chicken with pesto and grilled peppers, Spicy thai chicken, Sweet chili chicken and Tuna.



BOX 3 (\$13.00)

Salad Meal (includes dinner roll and Butter and Cookie or Bag of Chips or greek yogurt)

Options for Salad :

House Salad with Chicken
Caesar Salad with chicken
COBB Salad with chicken

Chef Salad with Turkey and bacon
Tuna Nicoise salad
Greek Salad with chicken

Choices of Salad Meal

House Salad with Chicken (Mixed Greens, lettuce, tomatoes, carrots, cucumber, red onion, peppers)

Greek salad (Romaine and iceberg lettuce, black olives, peppers, onions, cucumbers; tomatoes and feta cheese)

Avocado- Mangoes salad with Chicken(Mixed greens,iceberg avocado, mangoes, cucumbers, peppers, onions and tomatoes

Salad Nicoise (lettuce,tuna, boiled eggs, potatoes, green beans, tomatoes, green olives, cucumber and onions

COBB salad (lettuce, chicken, bacon, eggs, avocado, onion, tomatoes and feta cheese

Chef Salad - (Mixed greens, Lettuce, Cucumber, Tomatoes, Radish , Celery, Boiled eggs and Deli turkey or Ham, Green onion and Cheese)

BOX 5 (\$17.00)

Something from the Philippines

1. **Pansit Bihon** – Sauteed rice noodles with meat and veggies

2 **Tapsilog** – Marinated beef with garlic fried rice, 2 eggs any style

3 **Tocilog** – Mainatedcured pork belly served with garlic fried rice and 2 eggs any style
+side salad (Garden,greek,spinach or Caesar)
+Dessert (cookie, dingdong chips or greek yogurt)

BOX 4 (\$18.00)

Choice of Hot Meals

(includes Side salad, cookie or bag of chips,orgreek yogurt)

Veggie Lasagna or Meat lasagna

Veggie Cannelloni or Meat Cannelloni

Sheppards Pie

Chicken Parmesan served with PASTA IN TOMATO SAUCE

+Dinner rolls and butter
+Side salad (Garden, caesar, greek or spinach)
+Dessert (cookie,bag of chips or greek yogurt)

