

# Lunch time!

## DELI MENU



### VEGETARIAN DELIGHTS BOX LUNCHES

#### Classic PB & J

Grape Jelly, Peanut Butter, Bananas

#### Henny Penny

Egg Salad, Lettuce, Tomato

#### Lena's Beans

Garlic Hummus, Cucumbers, Red Onion, Sprouts, Red & Green Bell Peppers

#### Tempeh Supreme

Warm Tempeh, Dijon Mustard, Melted Gouda Cheese, Mayo, Red Onion, Lettuce

#### The Fresh and Natural

Red Pepper Pesto, Gouda, Sprouts, Red Onion, Cucumber

#### Three Cheese Melt

Sharp Cheddar, Provolone, Gouda

Boxes come with Fruit of the Day and choice of Potato Salad or Chips & Salsa

### SPECIALTY MEAT BOX LUNCHES

\$7.99

#### Country Turkey

Turkey, Dijon Mustard, Mayo, Tomato, Sprouts, Gouda Cheese

#### Ham and Swiss

Ham, Dijon Mustard, Swiss Cheese, Sprouts, Lettuce

#### Loonie Tunie

Tuna Salad, Sliced Egg, Red Onion, Lettuce

#### Midwest Marvel

Chicken Salad, Lettuce, Tomato

#### Northern Lite

Turkey, Honey Mustard, Sprouts, Cucumber, Red Onion, Carrots

#### The Logger

Roast Beef, Horseradish Sauce, Red & Green Bell Peppers, Red Onion, Cheddar Cheese

### BUILD YOUR OWN SANDWICHES

\$6.99

(additional meat is \$1.00; cheese is \$.50)

#### Meats *(select one)*

Ham  
Roast Beef  
Salami  
Turkey

#### Cheese *(select one)*

Cheddar  
Gouda  
Provolone  
Swiss

#### Bread *(select one)*

Ciabatta Roll  
Country White  
Focaccia  
French Bagette  
Gluten-Free  
Honey Sweet Wheat  
Whole Wheat  
Whole Wheat Tortilla

#### Sauce

Basil Pesto  
Canola Mayo  
Dijon Mustard  
Honey Mustard  
Hummus  
Red Pepper Pesto  
Sun Dried  
Tomato Pesto

#### Toppings

Carrots  
Cucumber  
Red & Green  
Bell Peppers  
Jalapenos  
Lettuce  
Onion  
Sprouts  
Tomatoes

### SOUP and HALF SANDWICHES

\$7.49

8 oz cup of our Soup of the Day and half Build Your Own Sandwich

Check out our Facebook page  
Monday-Friday for our HOT FOOD BAR  
menu & SOUP selection!

[www.freshandnaturalfoods.com](http://www.freshandnaturalfoods.com)



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Clean feels good