

Lunch time!

DELI MENU

Fresh & Natural™

FOODS

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

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

SOUP and HALF SANDWICHES

\$7.49

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

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

Toppings

Carrots
Cucumber
Red & Green Bell Peppers
Lettuce
Onion
Sprouts
Tomatoes

Bread (select one)

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

Sauce

Basil Pesto
Canola Mayo
Dijon Mustard
Honey Mustard
Hummus

Check out our Facebook page Monday-Friday for our HOT LUNCH menu and SOUP selection!

www.freshandnaturalfoods.com



HUDSON
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Clean feels good