



# GRAB N' GO Sandwich & Wrap Menu

SCAN TO ORDER



## THE ITALIAN Sandwich

Capicola, salami, ham, provolone, lettuce, pepperoncini & red onion on Focaccia served w/mayo, red wine vinegar & garlic oil



## SWEET HAM Sandwich

Ham, Swiss & lettuce on Challah w/cranberry sauce & basil aioli



## CLUB Sandwich

Turkey, ham, bacon, cheddar, Muenster, lettuce & tomato on Challah w/garlic aioli



## TUSCAN CHICKEN Wrap (N)

Chicken, provolone, mixed greens, kalamata olives & red onions on spinach wrap w/romesco sauce



## DELI TURKEY Sandwich

Turkey, cheddar, lettuce & tomato on whole grain wheat bread w/mayo & mustard



## CHICKPEA SHAWARMA Wrap (V)

Chipotle ranch chickpeas, romaine, feta, red onion & sundried tomatoes on wheat wrap w/Tzatziki sauce



## CHICKEN SALAD Sandwich (N)

Wired chicken salad, lettuce & radish on Challah



## CHIPOTLE CRUNCH Wrap (V)

Roasted sweet potatoes, shredded carrots, sliced jalapeños, corn, black beans, romaine, pepper jack & hummus on spinach wrap w/chipotle vinaigrette



# GRAB N' GO Salad Menu



## CHICKEN CAESAR Salad

Sliced chicken breast, parmesan cheese, romaine & garlic croutons w/Caesar dressing



## ASIAN CRUNCHY Salad (N)

Sliced chicken, romaine, spinach, carrots, bell peppers, cilantro, cucumber wonton crisps & almonds w/ponzu vinaigrette & teriyaki glaze



## CHOP CHOP Salad (N)

Turkey, bacon, romaine, celery, tomato, cucumber, corn & almonds w/chipotle vinaigrette



## ITALIAN CHOPPED Salad

Turkey, salami, provolone, romaine, tomato, red onion, cucumber & pepperoncini w/balsamic vinaigrette

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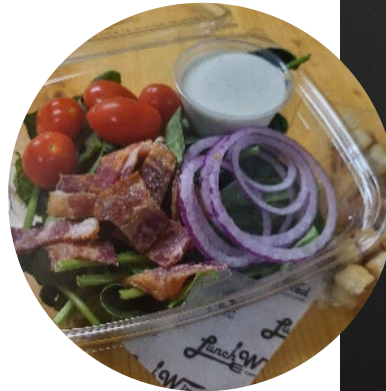
## VEGGIE NICOISE Salad (V)

Spinach, haricot vert, grape tomatoes, kalamata olives, hardboiled egg, radish & roasted potatoes w/balsamic vinaigrette



## EDAMAME CRUNCH Salad (V)

Romaine, edamame, red cabbage, green cabbage, carrots & seared tofu w/peanut dressing



## BLT Salad

Romaine, spinach, grape tomatoes, chopped bacon, red onion & garlic croutons w/ranch dressing



# GRAB N' GO Snack Boxes & Power Bowl Menu

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## FRUIT & CHEESE Snack Box

Strawberries, red grapes, sliced oranges, cheddar cheese & Swiss cheese



## PROTEIN Snack Box (N)

Hardboiled egg, roasted almonds, dried cranberries, cheddar cheese & pepper jack cheese



## CHICKEN SALAD Snack Box (N)

Wired chicken salad, red grapes, cheddar cheese, pepper jack cheese & gourmet crackers



## VEGGIE TACO Power Bowl (N)

Quinoa topped w/roasted sweet potatoes, red cabbage, roasted red onions, chipotle ranch chickpeas, corn, black beans, almonds, cilantro, & baby spinach w/chipotle vinaigrette



## CAPRESE Snack Box (N)

Sliced mozzarella, balsamic roasted tomatoes, Wired pesto & house made pita chips



## MEDITERRANEAN Power Bowl (V)

Quinoa topped w/tomatoes, parsley, cucumber, red bell peppers, red onion, feta, pepperoncini, baby spinach & toasted pita chips w/roasted onion hummus & Greek dressing



## VEGGIE & HUMMUS Snack Box (V)

Roasted onion hummus, carrots, grape tomatoes, celery & bell peppers



# GRAB N' GO Reheatable Entrée Menu

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## LINGUINI & *Meatballs*

Meatballs tossed w/linguini, vodka sauce & garnished w/parmesan & parsley



## CHICKEN & SAUSAGE *Jambalaya*

Seared Andouille sausage & chicken tossed w/rice, okra, onions & peppers in a spicy garlic tomato sauce



## ROTISSERIE *Chicken*

Rotisserie seasoned chicken medallions served w/wild rice & haricot vert



## HEARTY *Pot Roast*

Slow braised beef chuck w/golden potatoes, carrots, celery & onions



## SWEET & SOUR *Pork*

Seared pork tossed in sweet & sour sauce & pineapple served w/rice, steamed broccoli & peppers & onions



## BACON GREEN CHILI *Mac n' Cheese*

Smoke gouda mac n'cheese tossed w/green chili, chopped bacon & garnished w/cilantro & red onion



## MEDITERRANEAN *Chicken*

Souvlaki seared chicken thighs w/roasted garlic golden potatoes, Mediterranean chopped salad & Tzatziki sauce



## CHICKEN *Fried Rice*

Stir fried chicken tossed w/scrambled egg, peas, carrots, onions & rice seasoned w/garlic, ginger & soy sauce



# GRAB N' GO

## Reheatable Entrée Menu

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### CHICKEN *Pot Pie*

Diced chicken tossed w/peas, carrots, onions & celery in a creamy gravy & topped w/flaky pie crust



### TERIYAKI *Chicken*

Seared chicken thigh tossed in teriyaki sauce served w/rice, edamame, onions, green cabbage, carrots & broccoli



### ITALIAN SAUSAGE *Pasta Bake*

Italian sausage tossed w/peppers, onions, penne & marinara topped w/parmesan, provolone & mozzarella



### SOUTHWEST CHIPOTLE *Chicken*

Sweet & smokey chipotle marinated chicken thigh served w/roasted sweet potatoes, grilled zucchini & sautéed peppers



### SHEPHERD'S *Pie*

Seasoned ground beef sautéed w/peas, carrots, onions & corn topped w/creamy mashed potatoes w/cheddar



### BBQ PULLED PORK *Mac n' Cheese*

Smoked gouda mac n'cheese topped w/slow roasted pulled pork & sweet BBQ



### CHICKEN *Fajitas*

Spicy seared chicken thigh served w/peppers & onions, black beans, cilantro rice, sour cream & Pico de Gallo



### BEEF & LAMB *Gyro Plate*

Beef & lamb gyro served w/lemon herb rice, pita, red onion, sliced tomatoes, roasted onion hummus & Tzatziki sauce

# Lunch Wired®

## GRAB N' GO Reheatable Entrée Menu

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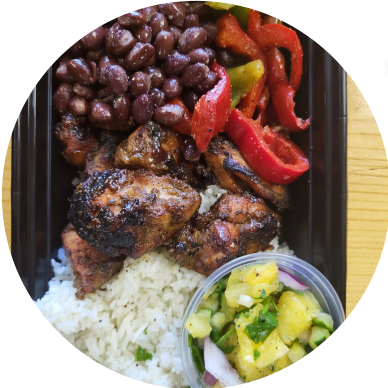
### CLASSIC *Meatloaf*

Classic meatloaf served w/creamy gold mashed potatoes, haricot vert, carrots & BBQ sauce



### BARBACOA *Bowl*

Barbacoa served w/cilantro lime rice, black beans, corn, shredded cheese & salsa



### JAMAICAN JERK *Chicken*

Jerk marinated chicken thigh served w/cilantro lime rice, seared bell peppers, black beans & pineapple chow chow



### HEARTY *Chili*

Stewed sausage, ground chuck, onions & beans topped w/green onions & cheddar cheese



### SWEET POTATO *Sausage Bake*

Seared Andouille sausage & Italian sausage served w/roasted sweet potatoes, sautéed onions & kale



### CHICKEN *Tikka Masala*

Chicken Tikka Masala served w/steamed rice, chickpea & potato curry w/pita



### CHICKEN *Alfredo*

Grilled Chicken served w/linguini tossed in alfredo & garnished w/parmesan & parsley



### CHICKEN *Piccata*

Breaded chicken served w/lemon caper sauce & linguini topped w/parsley & parmesan