

Adult Box Lunch Menu

\$12/each

*Lunches are individually packaged with side and a brownie.
All sandwiches include lettuce and tomato.*

*Condiments on side when applicable.
Bottled Water \$2 each*

- Honey-baked turkey w/Swiss cheese on wheat bread
- Sweet Virginia ham w/ Cheddar cheese on white bread
- Chicken Salad on white bread
- Tuna Salad on wheat bread
- Pimiento Cheese on white bread (does not include lettuce & tomato)
- **Vegetarian Wrap** – House made Hummus, Greek olives, cucumber, matchstick carrots, diced tomato, red onion and lettuce in a tortilla wrap
- **Vegan Wrap** – Same as the Vegetarian wrap, but served with an apple instead of a brownie
- Garden salad with tomatoes, cucumbers, carrots, and shredded cheese; crackers; ranch; brownie (no side)
Vegetarian- contains dairy
- Garden salad with tomatoes, cucumbers, and carrots; red wine vinaigrette; apple (no side)
Gluten Free, Lactose Free, Vegan
- Chef Salad with tomatoes, cucumbers, carrots, shredded cheese, turkey, and ham; crackers; red wine vinaigrette; apple
- **Please choose one side per sandwich flavor:**
 - Red Bliss Potato Salad **GF**
 - Spinach Orzo Pasta Salad
 - Marinated Carrot Salad **GF, V**
 - Potato Chips **GF, V**
 - Apple **GF, V**
- Sandwiches can be made with gluten free roll for an additional \$1/ea

Box lunches are assembled in a facility that processes nuts; no lunches contain nut products. Brownie contains soy, an apple can be substituted to accommodate soy allergies.

How to order!

1. Select sandwich flavors, sides and amounts.
2. Decide if you want waters.
3. Decide if you need delivery or pickup at which locations, delivery fees applicable.
4. Call 757-229-0957 for questions and orders.
5. Enjoy your Carrot Tree box lunches!