

# GRAB N GO 2024-2025 MENUS

August 28<sup>th</sup> & 29<sup>th</sup>, October 23<sup>rd</sup> & 24<sup>th</sup>,  
January 22<sup>nd</sup> & 23<sup>rd</sup>, March 26<sup>th</sup> & 27<sup>th</sup>

## Soup

- Tom Kha (GF)  
*Chicken, coconut milk, ginger, lemongrass, Kaffir lime leaves, chilies.*  
*Garnished with limes & cilantro*

## Salad

- Garden Salad (Vegetarian, GF)  
*Seasonal greens and vegetables, house vinaigrette*

## Cold Sandwich

- New Orleans Muffuletta  
*Salami, mortadella, capicola, provolone, olive salad, hoagie roll*

## Protein Bowl

- Shrimp Poke Bowl (GF)  
*Poached shrimp, edamame, cucumbers, carrot, avocado, green onion,*  
*fried onion, sriracha aioli, forbidden rice*

## Hot Sandwich

- Havartichoke Panini (Vegetarian)  
*Marinated artichokes, Havarti cheese, whole wheat bread*

## Hot Entrée

- Smoked Brisket Mac n' Cheese  
*Hickory smoked brisket, sharp cheddar mac n' cheese*

## Savory Baked Item

- Black Bean Empanadas

## Side Salad

- Chickpea Salad (Vegetarian, GF)  
*Chickpeas, Mediterranean vegetables, lemon vinaigrette*

## Desserts

- Chocolate Chip Cookie
- Blondie Bar
- Fresh Fruit Tart
- Vanilla Bean Cheesecake
- Blueberry Muffins

# GRAB N GO 2024-2025 MENUS

September 4<sup>th</sup> & 5<sup>th</sup>, October 30<sup>th</sup> & 31<sup>st</sup>,  
January 29<sup>th</sup> & 30<sup>th</sup>, April 2<sup>nd</sup> & 3<sup>rd</sup>

## Soup

- Broccoli Cheddar Soup (Vegetarian)

## Salad

- Butter Lettuce Salad (Vegetarian, GF)  
*Soft lettuces, avocado, oven roasted tomatoes, radish, cucumber, Dijon dressing*

## Cold Sandwich

- Banh Mi  
*Marinated roasted pork loin, pickled vegetables, cilantro, red chili aioli, French baguette*

## Protein Bowl

- Buddha Bowl (Vegetarian, GF)  
*Roasted sweet potatoes, spiced chickpeas, red onion, broccoli, kale, pickled red cabbage, wild rice, tahini dressing*

## Hot Sandwich

- Italian Sausage Roll  
*House made Italian chicken sausage, sauteed bell peppers and onion, Italian roll*

## Savory Baked Item

- Spinach & Feta Quiche

## Side Salad

- Pasta Salad (Vegetarian)  
*Pasta, roasted bell peppers, olives, pickled vegetables, fresh mozzarella, artichoke vinaigrette*

## Desserts

- Snickerdoodle Cookie
- Oatmeal Cranberry Butterscotch Cookie
- Morning Glory Muffins
- Chocolate Glazed Donuts
- Chocolate Flourless Cake

# GRAB N GO 2024-2025 MENUS

September 11<sup>th</sup> & 12<sup>th</sup>, November 6<sup>th</sup> & 7<sup>th</sup>,  
February 5<sup>th</sup> & 6<sup>th</sup>, April 9<sup>th</sup> & 10<sup>th</sup>

## **Soup**

- Cuban Black Bean  
*House made Andouille sausage, black beans, onions, bell peppers*

## **Salad**

- Grilled Caesar Salad  
*Grilled romaine lettuce, croutons, shaved Parmesan cheese, authentic Caesar Cardini dressing*

## **Cold Sandwich**

- Pan Bagnat  
*Tuna, soft boiled eggs, olives, sliced tomatoes, cucumber, pickled shallots, radish, Bibb lettuce, fresh basil, ciabatta*

## **Protein Bowl**

- Romesco Cauliflower Bowl (Vegetarian)  
*Charred cauliflower, oven roasted tomatoes, shaved carrots, arugula, farro, Romesco sauce*

## **Hot Sandwich**

- Nashville Hot Chicken Sandwich  
*Hand-breaded chicken breast, dill pickles, coleslaw, hot sauce, brioche bun*

## **Savory Baked Item**

- Everything Bagel Stuffed Bites

## **Side Salad**

- Potato Salad (Vegetarian, GF)  
*Yukon gold potatoes, soft boiled eggs, celery, dill, parsley, garlic aioli*

## **Desserts**

- Sugar Cookie
- Chocolate Chip Cookie
- Oatmeal & Almond Lemon Bars
- Chocolate Raspberry Torte
- Carrot Cake

# GRAB N GO 2024-2025 MENUS

September 18<sup>th</sup> & 19<sup>th</sup>, November 13<sup>th</sup> & 14<sup>th</sup>,

February 12<sup>th</sup> & 13<sup>th</sup>, April 16<sup>th</sup> & 17<sup>th</sup>

## Soup

- Roasted Corn Chowder (Vegetarian)  
*Fire roasted corn, bell peppers, poblano chiles, red potatoes, milk*

## Salad

- "Bacon" Spinach Salad (Vegetarian, GF)  
*Spinach, smoked olive oil toasted chickpeas, blue cheese crumbles, roasted mushrooms, soft boiled eggs, sherry Dijon vinaigrette*

## Cold Item

- Charcuterie Board  
*Assortment of house cured meats, selection of cheeses, dried fruits, nuts, fresh pretzel, seasonal mostarda & jams*

## Protein Bowl

- Mediterranean Bowl (Vegetarian, GF)  
*Beluga lentils & quinoa, tepary bean hummus, cucumbers, cherry tomatoes, pickled red onion, kalamata olives, dolmades, tzatziki, lemon oregano vinaigrette*

## Hot Entrée

- Pasta Bolognese  
*House pasta, traditional Bolognese, wine, tomato sauce, cream, fresh Parmesan*

## Savory Baked Item

- Ham & Cheese Croissant

## Side Salad

- Farro Salad (Vegetarian)  
*Farro, arugula, Fuji apples, Medjool dates, toasted walnuts, Parmesan cheese, parsley, apple cider dressing*

## Desserts

- Chocolate Chip Cookie
- Checkerboard Cookie
- PB&J Cookie
- Bavarian Pretzels
- "The Bear" Chocolate Cake

# GRAB N GO 2024-2025 MENUS

September 25<sup>th</sup> & 26<sup>th</sup>, November 20<sup>th</sup> & 21<sup>st</sup>, February 19<sup>th</sup> & 20<sup>th</sup>, April 23<sup>rd</sup> & 24<sup>th</sup>

## **Soup**

- Beef Chili with Cheddar Cheese, Sour Cream & Chives

## **Salad**

- Panzanella Salad (Vegetarian)  
*Heirloom tomatoes, red onions, cucumbers, fresh mozzarella, basil, toasted ciabatta bread, sherry vinaigrette*

## **Cold Sandwich**

- Chicken Salad Sandwich  
*Poached chicken breast, toasted pecans, celery, dried cranberries, shallots, Bibb lettuce, fresh baked croissant*

## **Protein Bowl**

- Stetson Bowl  
*Israeli couscous, house smoked salmon, cherry tomatoes, grilled corn, arugula, Asiago cheese, currants, toasted pepitas, creamy basil dressing*

## **Hot Sandwich**

- Gyro Wrap  
*Seasoned lamb gyro, tomatoes, red onion, lettuce, tzatziki, pita bread*

## **Savory Baked Item**

- Savory Galette du Jour

## **Side Salad**

- Fruit Salad (Vegetarian, GF)  
*Seasonal fruits, fresh mint dressing*

## **Desserts**

- Chocolate Chip Cookie
- Lemon Crinkle Cookie
- Brownie with White Chocolate Ganache
- Strawberry Lemon Cake
- Vegan Chocolate Cupcake

# GRAB N GO 2024-2025 MENUS

October 2<sup>nd</sup> & 3<sup>rd</sup>, December 4<sup>th</sup> & 5<sup>th</sup>,  
February 26<sup>th</sup> & 27<sup>th</sup>, Mat 2<sup>nd</sup> & 3<sup>rd</sup>

## Soup

- Mushroom Bisque (Vegetarian)  
*Mushrooms, cream, onion, brandy, vegetable stock*

## Salad

- Caprese Salad (Vegetarian, GF)  
*House made fresh mozzarella, heirloom tomatoes, fresh basil, balsamic glaze, extra virgin olive oil, cracked black pepper & flaked sea salt*

## Cold Sandwich

- Deviled Egg Salad Sandwich  
*Soft boiled eggs, shallots, celery, Dijon mustard, horseradish aioli, butter lettuce, whole wheat roll*

## Protein Bowl

- Chipotle Lentil Burrito Bowl (Vegetarian, GF)  
*Smoky chipotle lentils, cilantro lime rice, grilled red peppers, corn and black bean salsa, citrus pickled onions, avocado crema*

## Hot Sandwich

- Buffalo Chicken Wrap  
*Hand breaded chicken tenders, shredded lettuce, blue cheese dressing, Buffalo sauce, tortilla*

## Side Salad

- Memphis Style Coleslaw (Vegetarian, GF)  
*Shredded red & green cabbage, julienne carrots, apple cider vinegar dressing*

## Desserts

- Chocolate Chip Cookie
- Chocolate Biscotti
- Lemon Poppyseed Muffin
- Fruit Scones with Berry Jam
- Liege Waffles
- Seasonal Madeline Cookies