



SAMPLE BOXED

MONDAY

BREAKFAST

Scrambled Farm Eggs

(gf, df, nf)

Served with smoked bacon & rosemary dusted roasted potatoes.

- OR -

California-Style Burrito

(v, vg, df, nf)

Grilled tofu, spinach, shaved carrot, pickled beets and avocado. Comes with mixed greens & a side of vegan chipotle aioli sauce.

ALL MEALS COME WITH

Chia Porridge with Organic Berries

(v, vg, gf, df, nf)

Organic Fruit

(v, vg, gf, df, nf)

Avocado Tartine with Pickled Chilis

(v, vg, df, nf)

LUNCH

Chicken Katsu

(gf, df, nf)

Served on a bed of baby greens with watermelon radishes, daikon and cherry tomato. Comes with a side of tonkatsu sauce & lemon vinaigrette dressing.

- OR -

Tofu Katsu

(v, vg, gf, df, nf)

Served on a bed of baby greens with watermelon radishes, daikon and cherry tomato. Comes with a side of tonkatsu sauce & lemon vinaigrette dressing.

ALL MEALS COME WITH

Homemade Focaccia

(v, vg, df, nf)

DESSERT

Dessert of the Day

(vg, gf, nf)

website: www.lemonsandolives.com

DIETARY KEY: Vegan (v) – Vegetarian (vg) – Gluten free (gf) – Dairy Free (df) – Nut Free (nf)

TUESDAY

BREAKFAST

Breakfast Sandwich

(nf)

Egg, pancetta, pesto, & Swiss cheese served on a brioche bun. Comes with a side of mixed greens and lemon vinaigrette.

- OR -

Vegetable & Tofu Scramble

(v, vg, df, nf)

Served with sourdough toast, mixed greens & lemon vinaigrette.

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ALL MEALS COME WITH

Organic Greek Yogurt with Nut

Free Granola

(vg, gf)

Organic Fruit

(v, vg, gf, df, nf)

Avocado Tartine with Cherry

Tomatoes

(v, vg, df, nf)

LUNCH

Grilled Bavette Steak

(gf, df, nf)

Served on a bed of brown rice & mushrooms with haricot verts. Comes with a side of salsa verde.

- OR -

Vegan Meatballs

(v, vg, gf, df, nf)

Served on a bed of brown rice & mushrooms with haricot verts. Comes with a side of salsa verde.

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ALL MEALS COME WITH

Homemade Focaccia

(v, vg, df, nf)

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DESSERT

Dessert of the Day

(vg, nf)

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WEDNESDAY

BREAKFAST

Farm Eggs Goat Cheese and Tomato Frittata

(vg, gf, nf)

Served with vegan sausage. Comes with a side of mixed greens and lemon vinaigrette.

- OR -

Vegan Buckwheat Pancakes

(v, vg, gf, df, nf)

Served with fruit compote, dried cranberries & maple syrup. Comes with a side of Impossible sausage.

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ALL MEALS COME WITH

Overnight Matcha Vanilla Oats

With Pomegranate

(v, vg, gf, df, nf)

Organic Fruit

(v, vg, gf, df, nf)

Avocado Tartine with Shaved Radish

(v, vg, df, nf)

LUNCH

Atlantic Salmon Cakes

(gf, df, nf)

Served on a bed of white quinoa, parsley, tomatoes and cucumbers with blanched asparagus with mint and lemon zest. Comes with a creamy lemon sauce.

- OR -

Impossible Burger

(v, vg, gf, df, nf)

Served on a bed of white quinoa, parsley, tomatoes and cucumbers with blanched asparagus with mint and lemon zest. Comes with salsa verde.

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ALL MEALS COME WITH

Homemade Focaccia

(v, vg, df, nf)

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DESSERT

Dessert of the Day

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THURSDAY

BREAKFAST

Smoked Salmon Tartine

(*nf*)

Dill mascarpone, pickled onions & capers on sourdough served with mixed greens & lemon vinaigrette.

- OR -

Vegan California-Style Burrito

(*v, vg, df, nf*)

Grilled tofu, spinach, shaved carrot, pickled beets, hummus & avocado. Comes with mixed greens & a side of vegan chipotle aioli sauce.

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ALL MEALS COME WITH

Vegan Energy Balls

(*v, vg, gf, df, nf*)

Organic Fruit

(*v, vg, gf, df, nf*)

Avocado Tartine with Sprouts

(*v, vg, df, nf*)

LUNCH

Herb Marinated Chicken Breast

(*gf, df, nf*)

Served with Italian potato salad with green peas and shaved cabbage salad. Comes with a side of vegan green goddess.

- OR -

Middle Eastern Spiced Tofu

(*v, vg, gf, df, nf*)

Served Italian potato salad with green peas and shaved cabbage salad. Comes with a side of vegan green goddess.

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ALL MEALS COME WITH

Homemade Focaccia

(*v, vg, df, nf*)

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DESSERT

Dessert of the Day

(*vg, nf*)

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DIETARY KEY: Vegan (*v*) – Vegetarian (*vg*) – Gluten free (*gf*) – Dairy Free (*df*) – Nut Free (*nf*)

FRIDAY

BREAKFAST

Scrambled Farm Eggs

(gf, df, nf)

Served with smoked bacon & rosemary dusted roasted potatoes.

- OR -

California-Style Burrito

(v, vg, df, nf)

Grilled tofu, spinach, shaved carrot, pickled beets and avocado. Comes with mixed greens & a side of vegan chipotle aioli sauce.

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ALL MEALS COME WITH

Chocolate Chia Porridge with Strawberries

(v, vg, df, gf, nf)

Organic Fruit

(v, vg, gf, df, nf)

Avocado Tartine with Cherry Tomatoes

(v, vg, df, nf)

LUNCH

Beef Barbacoa Tacos

(gf, df, nf)

- OR -

Roasted Vegetable Tacos

(v, vg, gf, df, nf)

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ALL MEALS COME WITH

Corn Tortillas (v, vg, gf, df, nf)

Mexican Rice (v, vg, gf, df, nf)

Pico de Gallo Salsa (v, vg, gf, df, nf)

Salsa Verde (v, vg, gf, df, nf)

Guacamole & Chips (v, vg, gf, df, nf)

Black Beans Poblano Style (v, vg, gf, df, nf)

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