

Lunch Catering Menu
SALT & CHARM



To order: Contact Lora Plauche (615) 517-1231 or Lora@saltandcharm.co (not com)
702 S. 17th Street, Wilmington, NC 28401 eat.saltandcharm.co

Sandwich, Wrap or Salad Lunch Box - \$12/box
Add a Cookie - \$2/box
Add Salad Protein: Chicken \$2, Shrimp/Salmon/Steak \$3
Lunch Suppers - \$15/meal

SANDWICHES

Served with Chips

Tarragon Chicken Salad

On a Croissant with Arugula

Turkey & Cheddar

On Hoagie Roll with Lettuce, Tomato, Pesto Mayo

Ham & Swiss

On Ciabatta with Lettuce, Tomato, Dijon Mayo

Roast Beef

On Rosemary Focaccia with Horseradish Sauce, Caramelized Onions, Arugula

WRAPS

Served with Chips

Veggie Wrap

Grilled Portobello Mushroom, Roasted Red Pepper, Cucumber, Mixed Greens, Tomato, Hummus, Balsamic Glaze in Sun-dried Tomato Tortilla

Chickpea "Chicken" Salad

Chickpeas, Celery, Green Onion, Dill Pickle, Hummus, Mixed Greens, Cucumber in Sun-dried Tomato Tortilla

Turkey BLT

Turkey, Bacon, Lettuce, Tomato, Mayo in Flour Tortilla

Chicken Caesar

Grilled Chicken, Romaine, Parmesan, Caesar Dressing in Flour Tortilla

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SALADS

Served with Chips

Garden Salad

Romaine, Tomato, Radish, Cucumber, Sweet Pepper, Carrot, Lemon Vinaigrette

Cobb Salad

Romaine, Hard-boiled Egg, Bacon, Feta, Tomato, Cucumber, Green Goddess Dressing

Caesar Salad

Romaine, Parmesan, Croutons, Caesar Dressing

Italian Chopped Salad

Romaine, Marinated Chickpeas, Artichoke Hearts, Olives, Sun-dried Tomatoes, Parmesan, Italian Vinaigrette

Spinach & Strawberry Salad

Spinach, Strawberry, Pickled Red Onion, Candied Pecans, Feta, Balsamic Vinaigrette

Chicken Salad Scoop

One Scoop Chicken Salad, Romaine, Tomato, Cucumber

LUNCH SUPPERS

Served Hot or Cold-for-reheat

Minimum Order: 6 per item

❖ **Ancho Chicken Taco Bowl**

❖ **Chili Lime Shrimp Taco Bowl**

❖ **Spiced Sweet Potato & Chickpeas Taco Bowl**

Taco Bowls Served with 4 oz Protein, Mexican Rice, Flour Tortillas, Cheese, Lettuce, Sour Cream and Homemade Salsa

❖ **Lemon Herb Chicken + Orzo**

❖ **Seared Shrimp + Orzo**

❖ **Roasted Salmon + Orzo**

❖ **Seasonal Veggies + Orzo**

4 oz Protein over Roasted Veggie Orzo with Eggplant, Bell Pepper, Red Onion and Feta

❖ **BBQ Chicken Bowl**

❖ **Teriyaki Chicken Bowl**

❖ **Marinated Portobello Mushroom Bowl**

4 oz Chicken or Mushroom, Rice Pilaf and Broccoli

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Drinks - \$1.25 each

Bottled Water

Canned Coke or Diet Coke

Bottled Lipton Half & Half Tea & Lemonade

Cookies - \$2 each

Fruity Pebbles Sugar

Browned Butter Chocolate Chip

Snickerdoodle

Gluten Free/Vegan Cookies - \$3 each

Chocolate Chili

Theodore Graham

Chocolate Chip
