Lunch for everyone at the table.

Dietary ordering guide | Updated November 8, 2026

Choose your meal using the options below. Enter the dietary restriction and listed changes in your order notes, including bread, side, dessert, sauces and mint. Sandwich lunches include a side and dessert; Chef Salads include dessert with no separate side.

Food allergy or celiac disease? Include any specific food allergy in your order notes. Ingredient information does not guarantee protection from cross-contact or an allergen-free meal.

Vegetarian

Choose The Vegetarian with Swiss and smoked Gouda, or a Best Chef Salad with vegetables and cheese but no meat.

Choose any vegetarian side. Mayonnaise contains egg. Sandwich lunches include a side and dessert; Chef Salads include dessert with no separate side.

Vegan

Choose The Vegetarian on wheat bread with no cheese, mayonnaise or mint. Mustard or Italian dressing can be served on the side. Or choose a vegetables-only Chef Salad with no cheese, croutons or mint.

Choose kettle chips, fresh fruit or plain vegetables without ranch for a sandwich side. Select Fresh Fruit for dessert. Croissants and hoagies are not vegan options.

Gluten-free requests

Choose chicken salad on lettuce, or a Best Chef Salad without croutons. All current breads, hoagies, croissants and tortillas contain wheat and gluten.

Chicken salad, Italian dressing, ranch, wrap sauce, beef sauce and stone-ground mustard have no gluten ingredients. Kettle chips, potato salad and coleslaw are gluten-free ingredient choices. Select Fresh Fruit for dessert.

Dairy-free requests

Choose turkey, ham or roast beef without cheese on wheat bread, a hoagie or tomato basil tortilla. Or choose a Best Chef Salad without cheese or croutons.

Italian dressing, wrap sauce, beef sauce, mayonnaise and mustard have no milk ingredients. Kettle chips, potato salad, coleslaw and plain vegetables without ranch are dairy-free sides. Select Fresh Fruit and omit the mint. Chicken salad, croissants, ranch, cheese, croutons and baked desserts contain milk.

Gluten- and dairy-free requests

Choose a turkey-and-ham Best Chef Salad with no cheese or croutons. Italian dressing, wrap sauce, beef sauce, mayonnaise or mustard may be served on the side.

Select Fresh Fruit for dessert and omit the mint. Do not include bread or tortillas. Chicken salad contains yogurt, and ranch contains milk. Chef Salads have no separate side.

Peanut and tree-nut requests

Choose wheat bread or tomato basil tortilla, or a lettuce salad. Our menu fillings, cheeses, sides, sauces, mint and croutons have been approved for these ingredient filters.

Avoid croissants and hoagies because the bakery cannot guarantee them for nut allergies. Avoid all baked desserts because they are made on shared equipment with nuts. The Chocolate Chip Pecan Wedge also contains pecans and walnuts. Select Fresh Fruit for dessert.

Egg-free requests

Choose turkey, ham or roast beef with wheat bread, a hoagie or tomato basil tortilla. Swiss, Gouda and Colby do not list egg ingredients. Choose mustard or Italian dressing instead of mayonnaise-based sauces.

Choose kettle chips, fresh fruit or plain vegetables without ranch for a sandwich side, and Fresh Fruit for dessert. Avoid croissants, chicken salad, potato salad, coleslaw, ranch, mayonnaise, wrap sauce, beef sauce and baked desserts.

Soy-avoidance requests

Choose a turkey-and-ham Best Chef Salad with no croutons or mint. Swiss, smoked Gouda and Colby have no soy ingredients. Choose mustard or leave off dressing.

Roast beef contains isolated soy protein. This guide also excludes products with soybean oil for soy avoidance, including current breads, tortillas, mayonnaise-based sauces, Italian dressing, potato salad and coleslaw. Select Fresh Fruit for dessert.

Lower-carb preferences

Choose a Best Chef Salad without croutons, or chicken salad on lettuce. Leave off bread, chips and baked desserts to reduce carbohydrates.

These are customized meal suggestions, not a low-carb or low-sugar certification. The 2024 nutrition table lists individual servings and does not analyze these customized meals.

What is in your lunch?

Ingredient and dietary notes. Use these ingredient notes to choose every part of your lunch. Include your dietary restriction and substitutions in the order notes.

Plain fruit and vegetables	Vegan, vegetarian, gluten-free and dairy-free ingredient choices when plain. Salad vegetables include lettuce, tomatoes, cucumbers and onions.
Wheat bread	Vegan and dairy-free. Contains wheat, gluten, sesame and soybean oil. Approved for peanut and tree-nut ingredient filters.
Croissants and hoagies	Contain wheat and gluten; soy-derived oil is listed or may be used. Croissants also contain milk and egg. Neither is vegan. Exclude both for peanut and tree-nut allergies.
Tomato basil tortilla	Contains wheat and gluten; soybean oil may be used. No milk, egg or sesame ingredients listed. Approved for peanut and tree-nut ingredient filters.
Turkey and ham	No milk, egg, soy, wheat, gluten or sesame ingredients listed. Used together in Best Box Combo and Best Chef Salad.
Roast beef	Contains isolated soy protein and soy lecithin. Package states gluten-free. No milk, egg or sesame ingredients listed. Also included with ham in Country Colby Wrap.
Swiss, smoked Gouda and Colby	Vegetarian-friendly. All contain milk. No egg, soy, wheat, gluten or sesame ingredients listed. Swiss and Gouda are used together in Best Box Combo, The Vegetarian and Best Chef Salad.
Homemade chicken salad	Chicken, celery, mayonnaise, plain yogurt, garlic powder, pepper and salt. Contains egg, milk and soy-derived oil. No wheat, gluten or sesame ingredients. Not vegetarian, vegan or dairy-free.
Kettle chips	Vegan, gluten-free and dairy-free. Reviewed sea-salt chip ingredients do not list soy or sesame. Approved for peanut and tree-nut ingredient filters.
Potato salad and coleslaw	Contain egg and soybean oil. No milk, wheat, gluten or sesame ingredients. Vegetarian, but not vegan.
Dressings and sauces	Italian dressing, ranch, wrap sauce, beef sauce, mayonnaise and mustard have no wheat or gluten ingredients. Italian dressing is vegan and dairy-free but contains soybean oil. Ranch contains egg and milk. Wrap sauce and beef sauce contain egg and soy-derived oil, with no milk ingredients. Mustard has no egg, milk or soy ingredients. All are served on the side.
Baked desserts	Brownie, Chocolate Chip Pecan Wedge and lemon bar contain wheat, gluten, egg, milk and soy. The wedge contains pecans and walnuts. No sesame ingredients listed. Exclude all three for peanut and tree-nut allergies because of shared nut equipment. Fresh Fruit is a dessert choice.
Mint and croutons	Buttermint contains milk and soy. Croutons contain wheat, gluten, milk and soy-derived oil. No egg or sesame ingredients listed. Omit mint for vegan or dairy-free requests; omit croutons for gluten-free, dairy-free or vegan requests.
Fish and shellfish	No current menu item has fish or shellfish ingredients. Tuna is the only fish product kept in the kitchen and is not on the menu. No shellfish is kept in the kitchen. Ingredient matching does not assess cross-contact.

Customize every part of the box

Choose the meal and apply the listed changes to the entree, bread, side, dessert, sauce and mint. Enter the restriction and changes in Special requests; enter the guest name in the separate name field. Sauces are always on the side; request that unsuitable extras be left out of the box.

Order online at bestboxlunches.com

The separate 2024 nutrition guide is an earlier reference, not a new analysis of current products or customized lunches.