Best Box Lunches Dietary Restriction Guide

Diet	Entrée	Side	Dessert	Extra
Dairy Free (No milk)	Hickory Turkey (or any meat) on Wheat Bread (No Cheese)	Kettle Chips	Fresh Fruit	No mint
Vegan #1 (No animal products)	The Vegetarian (No cheese) Extra Veggies	Kettle Chips or Veggie cup w/ bell peppers (No ranch)	Fresh Fruit	Side of stone ground mustard. No Mint.
Vegan #2 (No animal products)	Chef Salad w/ Italian Only Veggies Add peppers (No croutons)	NA	Fresh Fruit	No mint
Nut Free (No nuts or tree nuts)	Hickory Turkey (or any meat) & Gouda, on Wheat Bread	Kettle Chips, Potato Salad, or Coleslaw	Fresh Fruit	
Gluten-Free #1 (No wheat)	2 scoops of Chicken Salad On Lettuce	Kettle Chips, Potato Salad, or Coleslaw	Fresh Fruit	
Gluten-Free #2 (No wheat)	Chef Salad w/ Ranch or Italian (No croutons)	NA	Fresh Fruit	
Shellfish Free	Anything on menu	Anything on menu	Anything on menu	
Low Carb/ Low sugar (High Protein)	2 Scoops of Chicken Salad On Lettuce	Mixed nuts	Fresh Fruit	No Mint
Raw (Not processed)	Chef salad (Only Veggies) With Vinegar & Oil on the side	Mixed nuts	Fresh Fruit	No Mint
Gluten & Dairy Free	Chef Salad w/ Italian No Cheese or Croutons	NA	Fresh Fruit	No Mint
Egg Allergy	Anything Sandwich on Wheat or Baguette bread	Kettle Chips	Fresh Fruit	
Soy Allergy	Turkey, Ham, or Roast Beef w/ any cheese on Baguette	Kettle Chips, Potato Salad or Coleslaw	Fresh Fruit	No Mint