TOBEN

DROP OFF SAMPLE LUNCH MENU

SAMPLE MENU 1: POWER BOWLS

*Individually Packaged in Eco Disposable Bowls

CHICKEN

GOCHUJANG-HONEY
GLAZED CHICKEN BREAST
Smashed Cucumber Salad, Brown Rice, Soy
Grilled Eggplant, Roasted Broccoli, Pickled
Carrots, Red Radish, Sesame Seeds, Miso
Vinaigrette (*Dairy Free)

VEGETARIAN

MISO GLAZED TOFU
Soy Grilled Eggplant, Shaved Vegetable
Slaw-Radish, Cucumber, Buckwheat Soba
Noodles, Edamame, Sesame seeds, Living
Shoots, Tamari-Sesame Vinaigrette

FALAFEL
Quinoa Taboulé, Za'atar Roasted Cauliflower,
Pickled Onions, Pickled Carrot, Pickled Red Beets,
Shredded Kale, House Hummus, Tahini Vinaigrette,
Crispy Chickpeas (*Vegan/Gluten Free)

FISH

CITRUS-MUSTARD GLAZED SALMON
Lemon Dressed Quinoa, Arugula, Red
Cabbage, Celery Hearts, Red Radish, Scallions,
Cucumber, Carrots, Furikake, Soy Nuts,
Miso-Mustard Vinaigrette (*Dairy Free)

SEARED AHI TUNA
Edamame, White Cabbage, Cucumber,
Furikake, Watermelon Radish, Pickled Ginger,
Mango, Wakame Salad, Crispy Puffed Wild Rice,
Tamari-Ponzu Sauce, Spicy Mayo, Toasted
Sesame Seeds (*Gluten Free/Dairy Free)

BEEF

CHIMICHURRI FLANK STEAK
Braised White Beans, Roasted Butternut Squash,
Grilled Corn, Cherry Tomatoes, Hearts of Romaine,
Shredded Kale, Feta Cheese, Romesco Sauce,
Sherry-Grainy Mustard Vinaigrette (*Gluten Free)



SAMPLE MENU 2: SALADS & SANDWICHES

*Available Individually Boxed or Buffet Style

SALADS

KALE CAESAR SALAD
Kale, Radicchio, Romaine Hearts, Heirloom Cherry Tomato Confit, Grana Padano, House Sourdough Croutons, Roasted Garlic-Caesar Dressing, Parmesan Tuile

FARMER'S MARKET GREENS
Kale, Arugula, Radicchio, Frisee, Heirloom Tomatoes, Cucumber, Pickled Carrot, Radish, White Wine-Honey Vinaigrette (*Gluten Free/Dairy Free)

CABERNET POACHED PEAR SALAD
Kale, Arugula, Endive, Radicchio, Fennel, Celery Heart, Radish, Candied Walnuts, Goat Cheese, Cider-Grainy Mustard Vinaigrette (*Gluten Free/Contains Nuts)

GOURMET SANDWICHES

MEAT

TUSCAN CHICKEN SANDWICH
Herb Roasted Chicken Breast, Cherry Tomato-Charred Pepper Conserva, Goat Cheese, Arugula, Basil Pesto, Brioche Bun

HERB GRILLED STEAK SANDWICH
Grilled Flank Steak, Sautéed Mushrooms, Caramelized Onions, Pecorino Cheese, House Mustard, Roasted Garlic Aioli, Baby Arugula, Brioche Bun

ARTISANAL B.L.T SANDWICH
In-House Thick Cut Bacon, Aged Cheddar, Tomato, Arugula, Sriracha Mayo, House Sourdough

FISH

TUNA CONSERVA NICOISE SANDWICH
Celery Hearts, Black Olives, Chives, Sliced Egg, Arugula, Tomato, Cucumber, House Mustard, Mayo, House Sourdough Bread

VEGETARIAN

CRISPY FALAFEL
Tomato-Cucumber Tabbouleh, Pickled Turnip, Shredded Lettuce, Pickled Red Onion, House Hummus, Garlic Aioli, Flour Tortilla Wrap

HERB GRILLED VEGETABLES
Zucchini, Caramelized Onions, Cherry Tomato-Charred Pepper Conserva, Fresh Basil, Baby Arugula, Whipped Goat Cheese, Rosemary Focaccia

SAMPLE MENU 3: HOT LUNCH BUFFET

MEDITERRANEAN

*Can be Enjoyed Room Temperature or Hot

HOMEMADE BREADS & FLATBREADS

Sourdough, Rosemary Flatbreads, Whipped Butter & Maldon Salt

SALADS

BELUGA LENTIL-BARLEY PILAF
Caramelized Cauliflower, Wax Beans, Heirloom Carrots

FATTOUSH
Heirloom Cherry Tomatoes, Cucumber, Caramelized Cauliflower, Pickled Red Onion, Radishes, Mint, Parsley, Green Goddess Dressing, Crispy Pita, Sumac (*Vegan)

MAINS

HARISSA-HONEY GRILLED CHICKEN BREAST
Served with Yogurt Labneh (*Gluten Free)

CHERMOULA GRILLED BRANZINO
With Green Goddess (*Gluten Free/Dairy Free)

*VEGAN ALTERNATIVE: FARINATA
Chickpea Flour, Salt, Onions, Herbs, Pepper (*Gluten Free/Dairy Free)

STARCH SIDE

ROASTED BABY POTATOES
Smoked Paprika, Rosemary, Flat-Leaf
Parsley (*Gluten Free/Vegan)

VEGETABLE SIDE

ROASTED RAINBOW HEIRLOOM CARROTS
Dill, Preserved Citrus Vinaigrette
(*Gluten Free/Dairy Free/Vegan)

FRUIT & MINI DESSERT

SEASONAL FRESH FRUIT PLATTER
Assorted Melon, Citrus, Pineapple & Berries
(*Gluten Free)
&
Chef’s Selection of Miniature Desserts

TOBEN
tobenfoodbydesign.com | 647-344-8323
For a full or custom quote please contact: info@tobenfoodbydesign.com

