

# Best Box Lunches Dietary Restriction Guide

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