

## EXPRESS

## LUNCH

V - vegan | VEG - vegetarian | GF - gluten free | PES - pescatarian

## SANDWICHES &amp; WRAPS

*Our take on local favorites.*

## TOWSON ROAST TURKEY

Multi-Grain, Turkey, Dijonaise, Romaine, Pepper Jack  
Gluten Free Option as Well

## BLACK FOREST HAM

White Bread, Black Forest Ham, Sriracha Honey Mustard, Romaine, Swiss

## LITTLE ITALY COLD CUT

Italian Roll, Hot &amp; Sweet Peppers, Romaine, Genoa Salami, Mortadella, Provolone

## CAMDEN CURRIED CHICKEN

Whole Wheat Wrap, Chicken, Romaine, Grapes, Cilantro, Celery

## PATTERSON PARK PBJ V

White Bread, Triple Decker, Grape Jam, Creamy Peanut Butter

## GREENMOUNT VEGGIE V

Whole Wheat Wrap, Romaine, Red Pepper Hummus, Black Bean, Corn, Tomato, Edamame, Quinoa

## THAMES STREET TUNA PES

Whole Wheat Wrap, Tuna, Romaine, Red Onion, Celery, Lemon, Old Bay, Mayonnaise

## HAMPDEN ROASTED VEGGIE VEG

Multi-Grain, Romaine, Squash, Zucchini, Grilled Eggplant, Roasted Red Pepper, Provolone, Basil Aioli

## KALE CAESAR WRAP

Whole Wheat Wrap, Kale, Grilled Chicken, Shaved Parmesan, Creamy Caesar

\$11 per sandwich or wrap

## SALADS

*Our unique twist on the classics.*

## MOUNT VERNON VEGGIE V | GF

Kale, Carrot, Tomato, Red Onion, Cucumber, Radish, Edamame, White Zinfandel Vinaigrette

## SOUTHWEST CHICKEN GF

Romaine, Grilled Chicken, Black Beans, Corn, Hot &amp; Sweet Pepper, Tomato, Cilantro Cajun Ranch

## BROADWAY CHICKEN CAESAR

Romaine, Grilled Chicken, Shaved Parmesan, Crouton, Grape Tomato, Creamy Caesar

## CITY SEEDS COBB VEG

Romaine, Blue Cheese, Tomato, Corn, Egg, Radish, Crouton, Bacon, Smoked Blue Cheese

## KOREAN BBQ TOFU V

Romaine, Radish, Carrot, Wasabi Pea, Edamame, Sesame BBQ Tofu, Sriracha Soy Dressing

## FLEET STREET ITALIAN GF

Romaine, Mortadella, Genoa Salami, Provolone, Hot &amp; Sweet Peppers, White Zinfandel Vinaigrette

\$11 per person

## BOX LUNCH

Includes sandwich or wrap, side salad, potato chips and cookie.

\$17 per person

## BUFFET 10 PERSON MIN

Assortment of wraps, sandwiches, and one of our salads.

\$175 small (serves 10) | \$300 large (serves 20)

## SIDES

*Save room for our unique side dishes.*

## PESTO PASTA VEG

Orecchiette, Basil, Pine Nuts, Parmesan, Mozzarella, Cherry Tomato, Olive Oil

## HON'HUMMUS V | GF

Chickpeas, Tahini, Garlic, Lemon, Olive Oil, Carrot, Celery, Cucumber

## CURRY COUSCOUS V

Israeli Couscous, Maple, Golden Raisin, Toasted Almond, Orange, Parsley

## POTATO SALAD VEG | GF

Idaho Potato, Celery, Red Onion, Egg, Old Bay, Mayonnaise, Cider Vinegar

## COLE SLAW VEG

Cabbage, Carrot, Mayonnaise, Cider Vinegar, Sugar, Celery Seed, Dijon

## MCHENRY MACARONI VEG

Carrot, Celery, Relish, Mayonnaise, Cider Vinegar, Sugar, Mustard

\$6.50 per person

Contact us at [CATERING@CITYSEEDS.ORG](mailto:CATERING@CITYSEEDS.ORG) or 410.563.5533