



# **& Appalachian Trail Adventures**

## **Hiker's Lunch Entrées**

**Please circle your entrée and condiments:** All bag lunches include side selection and make sure to grab fresh fruit at breakfast. Sandwich ingredients might vary slightly due to availability of ingredients.

The "Turkey Gobbler" with turkey salad, sundried cranberries, stuffing and cranberry mayo on whole grain bread or a wrap

London Broil roast beef, provolone, peppers, roasted red peppers, onions and pepper-house gormaise on a toasted ciabatta or a wrap

Grilled Chicken wrap with mozzarella, roasted red peppers, pesto mayo & spinach

Turkey ciabatta or a wrap with Vermont Cheddar cheese, bacon, lettuce, red onion and pesto

Peanut butter sandwich on whole wheat bread with sliced strawberries

Smoked, Caribbean or Asian flavor tofu or smoky tempeh strips on a wrap or your choice from the selection below. Comes with assorted veggies and choice of Cheddar, Swiss or Pepper Jack cheese. Choice of BBQ, Hot Sauce, Horseradish, Pepper-House Gormaise, Chipotle Gormaise, Cajun Mayo, Raspberry Mayo, Honey Mustard, Dijon Mustard or pesto

Fresh Albacore Tuna salad or egg salad with melted Vermont Cheddar, smoked gouda, tomato, onions and banana pepper rings on toasted rye bread or your choice from the selection below

Hummus wrap or your bread choice from the selection below with assorted veggies and choice of Cheddar, Swiss or Pepper Jack cheese

Ham, Turkey or Roast Beef sandwich with your bread choice from the selection below with lettuce, tomato, Cheddar, Swiss or American cheese and mayo, raspberry mayonnaise, yellow or Dijon

**Please circle your selection if necessary:**

Multi-Grain Wheat Bread • White Bread • Honey Wheat Wrap • Cheddar Jalapeno Wrap  
Bulky Roll • Ciabatta • Gluten-Free Roll • Rye

**Please circle one side selection and a second backup selection:**

Pesto Tortellini Salad • Potato Salad • Red Potato Salad  
Coleslaw • Assorted Raw Veggies • Egg Salad

**Dietary Restrictions or special request:**

Name: \_\_\_\_\_ Room #: \_\_\_\_\_ Today's Date: \_\_\_\_\_