

MENU

TED^x ManhattanBeach

x = independently organized TED event

LUNCH

LUNCHES ARE PRE-MADE SO UNFORTUNATELY NO SUBSTITUTIONS CAN BE MADE

KALE SALAD

BY MANHATTAN BREAD & BAGEL

GF

V

Kale salad with quinoa, white beans, cucumber, bell peppers, red onion, and avocado.

Dressing on the Side: Olive oil, lemon juice, Dijon mustard, salt & pepper.

TUNA SALAD

BY MANHATTAN BREAD & BAGEL

GF

Albacore tuna, mayo, green onions served on a bed of fresh lettuce with cucumbers, tomatoes, and pumpkin seeds.

Dressing on the Side: Balsamic vinegar, garlic, Dijon mustard, salt, pepper & olive oil.

TURKEY SANDWICH

BY MANHATTAN BREAD & BAGEL

Turkey, Gouda, lettuce, tomato, cucumber, red onion on sourdough.

Dressing on the Side: Vinegar, mayo, mustard, sugar, onion, honey, olive oil, salt & pepper.

Served with a Side of Greek Pasta: pasta, feta cheese, bell peppers, kalamata olives, tomatoes, onions, mayo, basil, garlic, Tabasco, red wine vinegar, salt & pepper, yellow mustard.

GF

GLUTEN FREE

V

VEGAN