



# BOX LUNCH MENU

for  
**Seattle | Portland | Los Angeles**

Executive Sandwich Box Lunches come with choice of entrée, chips, cookie, fresh cut fruit and water.

Value Sandwich Box Lunches come with choice of Sandwich entrée, chips, cookie, and water.

Visit Us Online at [www.ingallina.com](http://www.ingallina.com)

## Sandwich Box Lunches

(Choose From Value or Executive)

Value | Exec

### Turkey & Havarti

Smoked turkey on ciabatta with Havarti cheese, pesto balsamic-aioli, mixed greens, and tomato.

### Roast Turkey Sandwich

Roast turkey, cranberry-apple cream cheese and gourmet greens on whole wheat. Served with whole-berry cranberry sauce.

### Turkey and Avocado

Roast turkey breast and avocado on whole wheat ciabatta with Jalapeno Cream Cheese, leaf lettuce, tomato and red onion.

### Chipotle Chicken Sandwich

Chicken breast, avocado and pepper jack cheese on a baguette with chipotle mayonnaise, red & yellow peppers, lettuce and onion.

### Fully Loaded Sub

Italian salami, pepperoni, ham, pepper jack, Cheddar, olives, tomato and pepperoncini on a baguette with Italian Vinaigrette on the side.

### Chicken Club

Chicken breast on ciabatta with avocado, Cheddar, bacon, lettuce and tomato.

### Tomato, Mozzarella and Avocado

On whole wheat ciabatta with pesto-balsamic aioli and lettuce.

### Roasted Portobello Sandwich

On ciabatta with spinach, mozzarella, roasted peppers and pesto mayo.

### Albacore & Dill Pickle

Fancy white albacore tossed with dill pickle, celery and mayonnaise on whole wheat with cheddar cheese, and leaf lettuce.

### Ham & Swiss

Served on marbled rye with cucumber, leaf lettuce and tomato.

### Roast Beef with Cheddar

Served on sourdough with leaf lettuce and tomatoes.

### Rustic Turkey & Salami

Delicious roasted turkey breast and thin sliced salami on freshly baked ciabatta with pesto cream cheese, lettuce, roasted peppers and tomato.

### Turkey Chipotle Wrap

Roasted turkey breast, shredded cheddar cheese, diced tomato, mixed greens and Chipotle mayonnaise wrapped in a spinach tortilla.

### Thai Chicken Wrap

Asian marinated chicken with our Asian Vegetable Slaw and peanut Sauce all wrapped up in a spinach tortilla.

### Mediterranean Wrap (Available Vegan)

Hummus, mixed greens, eggplant, tomato, cucumber, olives and feta cheese on a roma tortilla.

### Caesar Chicken Wrap

Lemon chicken breast with mixed greens, Parmesan, tomato, Kalamata olives and Caesar dressing wrapped in a garlic tortilla.

### #1 Special of the Month

Please see our website for description and price of current specials.

## Salad Executive Box Lunches

(Comes with roll instead of chips)

### Classic Cobb Salad

Lemon & herb chicken breast, avocado, bleu cheese, bacon, tomato, scallions and hard-boiled egg on mixed greens with vinaigrette dressing.

### Asian Noodle with Chicken

Vermicelli pasta tossed in soy sauce with snow peas, cilantro, green onion, marinated chicken breast and cashews, with Asian Vinaigrette dressing.

### Pear & Blue Cheese Salad

Ripe pears on a bed of gourmet greens, bleu cheese, dried cranberries, walnuts and fresh strawberry. Served with walnut vinaigrette.

### Greek Salad (Available Vegan)

Mixed greens with tomato, cucumber, avocado, feta, artichoke hearts, Kalamata olives and pepperoncini. Served with Italian vinaigrette.

### Lemon Chicken Caesar

Lemon & herb chicken breast, romaine, tomatoes, black olives, lemon, Parmesan and garlic croutons. Served with Caesar dressing.

### Smoked Turkey Salad

Gourmet greens topped with smoked turkey, mandarin oranges, avocado, red onion and pumpkin seeds. Served with an orange vinaigrette dressing.

### Oriental Chicken Salad

Marinated chicken breast tossed with cabbage, carrot, green onion, ramen noodle, sesame seeds, almonds, and mandarin oranges with our house Oriental Dressing.

### BBQ Chicken Salad

Mixed greens with black beans, corn, cilantro, crispy tortilla strips, scallions, tomatoes, pepper jack and BBQ chicken breast with ranch dressing.

### Asparagus Chicken Salad

Asparagus and lemon chicken on gourmet greens with Parmesan and cherry tomatoes. Served with a vinaigrette dressing.

### Cilantro Lime Chicken Salad

Cilantro-lime marinated chicken on a bed of gourmet greens with fresh red pepper, mango, and carrots. Served with a honey lime dressing.

### #2 Special of the Month

Please see our website for description and price of current specials.

## \* Gluten Free Box Lunches

(Comes with Tim's chips, bottled water and dessert)

\* We can not guarantee 100% gluten free. (see below)

### Smoked Turkey & Havarti

With pesto-balsamic aioli, mixed greens, and tomato.

### Tomato, Mozzarella and Avocado

With pesto-balsamic aioli, and leaf lettuce.

### Chicken Mozzarella Salad

Gourmet greens topped with mozzarella balls, tomatoes, olives, cucumber and roasted chicken breast. Served with balsamic vinaigrette.

### Cilantro Lime Chicken Salad

Cilantro-lime marinated chicken on a bed of gourmet greens with fresh red pepper, mango, and carrots. Served with a honey lime dressing.

### Mango Cucumber Salad (Vegan)

Served with rice, quinoa, almond slices, jalapeno (mild), green onion, mango, cucumber, and honey lime dressing. Comes with cranberry trail mix.

\_\_\_\_ TOTAL EXECUTIVE LUNCHES

\_\_\_\_ TOTAL VALUE LUNCHES

\_\_\_\_ Name of Person Placing Order

\_\_\_\_ Business Name

\_\_\_\_ Billing/Mailing Address (address, city, state, zip)

\_\_\_\_ Phone

\_\_\_\_ Fax

\_\_\_\_ Email

\_\_\_\_ Delivery Address (address)

\_\_\_\_ (city, state, zip)

\_\_\_\_ Delivery Date

\_\_\_\_ Delivery Time

Payment:  COD  Bill  Visa  MC

\_\_\_\_ Card#

\_\_\_\_ Exp Date

\_\_\_\_ CVV

\_\_\_\_ Name on Card

## FREE Local Delivery

We also ship gift baskets throughout the US. It is best to place your order the previous day. We do offer same day local delivery on orders placed before 9:30 am.

**Some items subject to availability.**

1. Call: **206-766-9400 (Seattle)**  
**503-233-9400 (Portland)**  
**213- 413-9400 (Los Angeles)**

2. Fax: **206-766-8725 (Seattle)**  
**503-233-9405 (Portland)**  
**213-413-9401 (Los Angeles)**

3. Online [www.ingallina.com](http://www.ingallina.com)



**BOX LUNCH MENU**  
for  
**Phoenix**

Executive Sandwich Box Lunches come with choice of entrée, chips, cookie, fresh cut fruit and water.

Value Sandwich Box Lunches come with choice of Sandwich entrée, chips, cookie, and water.

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**Sandwich Box Lunches**  
(Choose From Value or Executive)

\_\_\_\_\_ | \_\_\_\_\_ **Turkey & Havarti**  
Smoked turkey on ciabatta with Havarti cheese, pesto balsamic-aioli, mixed greens, and tomato.

\_\_\_\_\_ | \_\_\_\_\_ **Roast Turkey Sandwich**  
Roast turkey, cranberry-apple cream cheese and gourmet greens on whole wheat. Served with whole-berry cranberry sauce.

\_\_\_\_\_ | \_\_\_\_\_ **Turkey and Avocado**  
Roast turkey breast and avocado on whole wheat ciabatta with Jalapeno Cream Cheese, leaf lettuce, tomato and red onion.

\_\_\_\_\_ | \_\_\_\_\_ **Chipotle Chicken Sandwich**  
Chicken breast, avocado and pepper jack cheese on a baguette with chipotle mayonnaise, red & yellow peppers, lettuce and onion.

\_\_\_\_\_ | \_\_\_\_\_ **Fully Loaded Sub**  
Italian salami, pepperoni, ham, pepper jack, Cheddar, olives, tomato and pepperoncini on a baguette with Italian Vinaigrette on the side.

\_\_\_\_\_ | \_\_\_\_\_ **Chicken Club**  
Chicken breast on ciabatta with avocado, Cheddar, bacon, lettuce and tomato.

\_\_\_\_\_ | \_\_\_\_\_ **Tomato, Mozzarella and Avocado**  
On whole wheat ciabatta with pesto-balsamic aioli and lettuce.

\_\_\_\_\_ | \_\_\_\_\_ **Albacore & Dill Pickle**  
Fancy white albacore tossed with dill pickle, celery and mayonnaise on whole wheat with cheddar cheese, and leaf lettuce.

\_\_\_\_\_ | \_\_\_\_\_ **Ham & Swiss**  
Served on marbled rye with cucumber, leaf lettuce and tomato.

\_\_\_\_\_ | \_\_\_\_\_ **Roast Beef with Cheddar**  
Served on sourdough with leaf lettuce and tomatoes.

\_\_\_\_\_ | \_\_\_\_\_ **Thai Chicken Wrap**  
Asian marinated chicken with our Asian Vegetable Slaw and peanut Sauce all wrapped up in a spinach tortilla.

\_\_\_\_\_ | \_\_\_\_\_ **Mediterranean Wrap (Available Vegan)**  
Hummus, mixed greens, eggplant, tomato, cucumber, olives and feta cheese on a roma tortilla.

\_\_\_\_\_ | \_\_\_\_\_ **Caesar Chicken Wrap**  
Lemon chicken breast with mixed greens, Parmesan, tomato, Kalamata olives and Caesar dressing wrapped in a garlic tortilla.

\_\_\_\_\_ | \_\_\_\_\_ **#1 Special of the Month**  
Please see our website for description and price of current specials.

**Salad Executive Box Lunches**  
(Comes with roll instead of chips)

\_\_\_\_\_ **Classic Cobb Salad**  
Lemon & herb chicken breast, avocado, bleu cheese, bacon, tomato, scallions and hard-boiled egg on mixed greens with vinaigrette dressing.

\_\_\_\_\_ **Asian Noodle with Chicken**  
Vermicelli pasta tossed in soy sauce with snow peas, cilantro, green onion, marinated chicken breast and cashews, with Asian Vinaigrette dressing.

\_\_\_\_\_ **Pear & Blue Cheese Salad**  
Ripe pears on a bed of gourmet greens, bleu cheese, dried cranberries, walnuts and fresh strawberry. Served with walnut vinaigrette.

\_\_\_\_\_ **Greek Salad (Available Vegan)**  
Mixed greens with tomato, cucumber, avocado, feta, artichoke hearts, Kalamata olives and pepperoncini. Served with Italian vinaigrette.

\_\_\_\_\_ **Lemon Chicken Caesar**  
Lemon & herb chicken breast, romaine, tomatoes, black olives, lemon, Parmesan and garlic croutons. Served with Caesar dressing.

\_\_\_\_\_ **Oriental Chicken Salad**  
Marinated chicken breast tossed with cabbage, carrot, green onion, ramen noodle, sesame seeds, almonds, and mandarin oranges with our house Oriental Dressing.

\_\_\_\_\_ **#2 Special of the Month**  
Please see our website for description and price of current specials.

**\* Gluten Free Box Lunches**  
(Comes with Tim's chips, bottled water and dessert)  
*\* We can not guarantee 100% gluten free. (see below)*

\_\_\_\_\_ **Smoked Turkey & Havarti**  
With pesto-balsamic aioli, mixed greens, and tomato.

\_\_\_\_\_ **Tomato, Mozzarella and Avocado**  
With pesto-balsamic aioli, and leaf lettuce.

\_\_\_\_\_ **Chicken Mozzarella Salad**  
Gourmet greens topped with mozzarella balls, tomatoes, olives, cucumber and roasted chicken breast. Served with balsamic vinaigrette.

\_\_\_\_\_ **TOTAL EXECUTIVE LUNCHES**

\_\_\_\_\_ **TOTAL VALUE LUNCHES**

\_\_\_\_\_  
Name of Person Placing Order

\_\_\_\_\_  
Business Name

\_\_\_\_\_  
Billing/Mailing Address (address, city, state, zip)

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Fax

\_\_\_\_\_  
Email

\_\_\_\_\_  
Delivery Address (address)

\_\_\_\_\_  
(city, state, zip)

\_\_\_\_\_  
Delivery Date

\_\_\_\_\_  
Delivery Time

Payment:  COD  Bill  Visa  MC

Card#

\_\_\_\_\_  
Exp Date

\_\_\_\_\_  
Name on Card

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1. Call: **602-252-2024 (Phoenix)**

2. Fax: **602-254-2067 (Phoenix)**

3. Online [www.ingallina.com](http://www.ingallina.com)