

**The Houston Seminar: East End Rising**  
**Saturday, September 25, 2021**

Please email me your lunch choice to

[lynn.kelly@yahoo.com](mailto:lynn.kelly@yahoo.com)

Name & choice (ex. John Doe, Sand #1 Crunchy Chicken)

**Sandwiches (includes chips and cookie)**

**SAND #1 CRUNCHY CHICKEN** (contains nuts)

*OVEN ROASTED CHICKEN BREAST, NUT-SEED CRUMBLE, CRUSHED CHIPS, TOMATO, HOUSE PICKLES, PROVOLONE, BUTTERMILK RANCH, PRETZEL BUN*

**SAND #2 BANH MI**

*CHARRED FALCON LAKE FARMS PORK, PICKLED ONION, JALAPEÑO, CILANTRO, SAMBAL, AIOLI, CUCUMBER-CARROT SLAW, FRENCH BAGUETTE*

**SAND #3 GARDEN SAMMIE** (vegan)

*BRUSSEL SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS, CIABATTA*

**SALADS (includes cookie)**

**SALAD #1 ASIAN CHICKEN** (Contains nuts, gluten free)

*NAPA CABBAGE, ROMAINE, CURED CUCUMBER, BROCCOLI, SNOW PEAS, CASHEWS, BEAN SPROUTS, CRISPY GARLIC, CILANTRO, SESAME SEEDS, GINGER-SOY VINAIGRETTE, SAMBAL-PEANUT SAUCE*

**SALAD #2 CAESAR SALAD with Chicken** (Contains Nuts)

*ROMAINE, CURLY ENDIVE, HEARTS OF PALM, HOUSEMADE CROUTONS, WATERMELON, SEED GRANOLA, MISO-CASHEW CAESAR DRESSING*

**SALAD #3 GARDEN SAMMIE** (vegan)

*BRUSSEL SPROUTS, AVOCADO SPREAD, HUMMUS, PICKLED ONION, TOMATO, CURRIED CAULIFLOWER, SPROUTS*