



The Lunchbox

Monthly Menu – January 2019

The Lunchbox is Knoxville's go-to destination for convenient, affordable homestyle meals. Perfect for the working professional, our meals will keep you going on your busy schedule!

Visit Us at Our Two Market Locations:

607 Market Street, Downtown Knoxville
(865) 409-4211
10 AM – 3 PM

1225 E. Weisgarber Rd, Ste. #170, at The Atrium
(865) 602-2232
8 AM – 3 PM

SANDWICHES & WRAPS

- Walnut Chicken Salad Pita 6.75
 - Salad Sandwiches (Chicken, Tuna, Egg, Pimento Cheese, Cream Cheese and Cucumber, Light Chicken) 4.99
 - Sandwich Special: NEW Holiday Turkey Sandwich 6.95**
 - Chicken Salad BLT on a Croissant 7.25
 - Italian Sub Sandwich 6.99
 - Roasted Chicken and Red Pepper on Ciabatta 7.25
 - Box Lunch w/ Chicken Salad Sandwich 8.25
 - Fruit and Scoop w/ Chicken Salad or Tuna Salad 8.25
 - Wrap Special: NEW Buffalo Chicken Wrap 7.28**
 - Market Wrap 7.25
 - Turkey Club Wrap 7.25
 - Southwest Wrap 6.25
- Sandwich fillings: 5.25/half pint, 9.99/pint, 19.50/quart**

SOUPS & CHILI

- Two daily-featured soups:
2.99 cup, 4.75 bowl, 8.75 quart
- Red Chili – Available Every Day -
3.25 cup, 4.99 bowl, 9.25 quart
- SEE OUR JANUARY SOUP SCHEDULE ON THE BACK FOR A COMPLETE LIST OF SOUP OPTIONS THIS MONTH.**



SPECIALTY SALADS

- Taco Salad (includes Fritos, cup of red chili, salsa & sour cream) 8.25
- Cobb Salad 8.25
- Chef Salad 8.25
- Chicken Caesar Salad 8.25
- Tossed Salad 3.50
- Fajita Chicken Salad 7.99
- Cranberry Apple kale Salad w/ Grilled Chicken 7.50
- Salad Special: NEW Chopped Greek Salad w/ Handmade Greek Dressing 7.86**



AVAILABLE AT MARKET STREET

Premium Salad Bar - \$6.99/pound
Includes: Romaine, Spring Mix, Spinach, Kale Salad, Grape Tomatoes, Carrots, Cucumbers, Artichoke Hearts, Broccoli, Onion, Black Olives, Mushrooms, Black Bean and Corn Relish, Strawberries, Pasta Salad, Bell Peppers, Turkey, Ham, Boiled Eggs, Assorted Dressings and More

ENTREES

- **Packaged Chilled to Be Warmed in our Markets or Taken To-Go****
- Spaghetti w/ Meat Sauce 5.99
 - Chicken Tetrizzini 5.99
 - Garlic Basil Grilled Chicken 7.25
 - Chicken Enchiladas w/ Spanish Rice 6.99
 - Spinach Enchiladas w/ Spanish Rice 6.99



SIDES

- Twice Baked Potato 3.75
- Pasta Salad 2.75
- Fresh Fruit Salad 3.50
- Mustard Potato Salad 2.75

DESSERTS AND BEVERAGES

- Pumpkin Muffins 1.25/ea, 7.25/half doz.
- 20oz bottles 2.00, Bottled water 2.00
- Freshly Brewed Coffee: 1.75
- Fountain drinks, Brewed iced tea, 1.85
- By-the-Slice pies and cakes 3.55
- Cookies 1.95/pack, 11.50/doz.
- Brownie 1.95/ea, 23.00/doz.
- Chocolate Cream Cheese Cupcakes 1.85/ea, 22.00/dozen
- Tennessee Dirt Pudding or Banana Pudding 2.15

