



The Lunchbox

Monthly Menu – May 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!

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: - Italian Sub Sandwich 6.99**
- Chicken Salad BLT on a Croissant 7.25
- Sliced Turkey Sandwich 4.99
- Italian Sub Sandwich 6.99
- Box Lunch w/ Chicken Salad Sandwich 8.25
- Fruit and Scoop w/ Chicken Salad or Tuna Salad 8.25
- Wrap Special: - BBQ Pimento Cheese Wrap 7.50**
- 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**

ENTREES

- **Packaged Chilled to Be Warmed in our Markets or Taken To-Go****
- Spaghetti w/ Meat Sauce 5.99
 - Chicken Tetrazzini 5.99
 - 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



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 MAY SOUP SCHEDULE ON THE BACK FOR A COMPLETE LIST OF SOUP OPTIONS THIS MONTH.**



MARKET LOCATIONS

OPENING THIS MONTH!!

5005 Kingston Pike, Bearden

10AM – 3PM

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

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: Strawberry Spinach Salad 6.99**

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

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



May Soup Schedule 2019

Monday	Tuesday	Wednesday	Thursday	Friday
29) Red Chili Chicken Noodle Corn Chowder	30) Red Chili Loaded Potato Tomato Basil	1) Red Chili Vegetable Beef Broccoli Cheese	2) Red Chili Chicken Gumbo Lentil	3) Red Chili Chicken Tortilla Black Bean and Rice
6) Red Chili Chicken Vegetable Cheesy Tomato	7) Red Chili Red Bean and Rice Split Pea	8) Red Chili Chicken Florentine Veggie Chili	9) Red Chili Chicken Gumbo Cream of Mushroom	10) Red Chili Chicken Rice Mushroom Cream of Potato
13) Red Chili Loaded Potato Broccoli Cheese	14) Red Chili Chicken Noodle Tomato Basil	15) Red Chili Chicken Tortilla Corn Chowder	16) Red Chili Chicken Gumbo Black Bean and Rice	17) Red Chili Vegetable Beef Lentil
20) Red Chili Chicken Rice Mushroom Split Pea	21) Red Chili Chicken Vegetable Cream of Potato	22) Red Chili Chicken Florentine Cream of Mushroom	23) Red Chili Chicken Gumbo Cheesy Tomato	24) Red Chili Red Bean and Rice Veggie Chili
27) CLOSED FOR MEMORIAL DAY	28) Red Chili White Chicken Chili Broccoli Cheese	29) Red Chili Chicken Florentine Corn Chowder	30) Red Chili Chicken Gumbo Cream of Asparagus	31) Red Chili Chicken Noodle Tomato Basil