

800 Calorie or Less Healthy Box Lunches

Business meals paid for with Mayo Diners Card should order from this menu.

Other box lunch selections are available at canadianhonker.com

Lunches are priced per lunch – tax not included



All Lunches served with breadsticks and a fruit/nut snack bar



Turkey or Ham Wrap

Low-fat turkey or smoked ham with mixed baby greens, tomatoes, cucumbers, and swiss cheese. Served with a side salad and fresh cranberry chutney

\$7.95 Calorie count 756



Garden Vegetable Pita

Filled with roasted grilled vegetables, cucumbers, mushrooms, peppers, and carrots, broccoli, tomatoes. Served with a side salad and peppercorn ranch dressing \$7.75 Calorie count 692



Deli Sliced Turkey or Choice Thin Sliced Roast Beef

Served on a freshly baked kaiser roll or 8-grain bread with cheddar cheese. Served with a side salad and a side of cranberry chutney \$7.95 Calorie count 597-790



Hummus Wrap

Chick pea hummus, cucumber, peppers, grilled mushrooms in a herb tortilla wrap. Served with a side salad and ranch dressing \$7.95 Calorie count 687



Chicken Ala Orange

Lightly orange glazed chicken breast served atop a bed of baby field greens, roma tomatoes, cucumbers, and carrots. Accompanied with an orange peppercorn dressing \$7.95 Calorie count 725



Honkers Country Salad

Fresh torn romaine topped with a grilled chicken breast and loaded with; walnuts, feta cheese, raisins. Served with a side of light dijon vinaigrette dressing. \$7.99 Calorie count 790



Grilled Tuna Salad

Sliced grilled tuna (med rare) atop a bed of fresh field greens, carrots, roma tomatoes, and served with a roasted sesame seed dressing. \$8.95 Calorie count 763



Fresh Sliced Fruit Plate and Dried Fruits

Seasonal Fruit (to include at least 4 of the following); cantaloupe, pineapple, honey dew, watermelon, grapes, strawberries. Accompanied with dried fruits of; pineapple, papaya, cranberries, bananas. Served with a berry yogurt dipping sauce. \$7.95 Calorie count 676

24 hour notice is recommended to ensure availability - \$5.00 delivery fee to downtown campus

Canadian Honker Restaurant and Catering / 1203 2nd Street SW Rochester, MN 55902 / 507-282-6572