

# BOPARC Bites – Ingredient & Menu Details

## General Notes

- Chicken is cooked in **Whirl (vegan soybean-based oil)**
  - Dressings available: Ranch, Italian, Lemon Vinaigrette
  - Dressings and cheeses are served on the side when applicable
  - Seasonal items may vary based on availability
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## Signature Salad

### Jennifer Aniston Grain Mix

*A fresh, protein-packed grain bowl*

- Farro, barley, quinoa
  - Blueberries
  - Cucumbers
  - Chickpeas
  - Feta (*served on the side*)
  - Lemon vinaigrette (*served on the side*)
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## Seasonal Salad

*Streamlined, fresh, and consistent*

- Base: Spinach or spring mix
  - Cucumbers
  - Onion
  - Tomatoes
  - Cheese & dressing (*served on the side*)
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## Grab & Graze Boxes

### Classic

- Pepperoni, ham, turkey
- Swiss & cheddar cheeses

- Pretzels
- Honey mustard dipping sauce

## Fresh

- Seasonal fruit (*varies weekly*)
- Cream cheese raspberry fruit dip
- Pita chips

## Garden

- Carrots
- Cucumbers
- Peppers
- Original hummus
- Roasted red pepper hummus
- Pretzels

## Sweet

*A rotating dessert-focused graze box*

- **6 mini cookies (2 flavors, 3 of each)**
  - Rotating flavors: Chocolate Chip, Ginger, Chocolate Rye
- **Dips (rotating to complement flavors):**
  - Vanilla (*standard*)
  - Chocolate
  - Strawberry

**All cookies contain:** gluten, eggs, and sugar

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## Handhelds

### Buffalo Chicken Wrap

- Flour tortilla
- Spring mix
- Buffalo tossed chicken
- Cheddar cheese
- Tomatoes
- Ranch (*on the side*)
- Chips (*on the side*)

## Club Wrap

- Flour tortilla
  - Ham, turkey, bacon
  - Swiss cheese
  - Spring mix
  - Tomatoes
  - Mayo (*on the side*)
  - Chips (*on the side*)
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## Grab & Go Items

### Pepperoni Roll

- Dough (*wheat flour, yeast, water, sugar*)
- Pepperoni
- Mozzarella cheese
- Italian seasoning

### Chocolate Chip Cookie

- All-purpose flour
- Chocolate chips
- Eggs
- Brown sugar & granulated sugar
- Butter

### Pasta Salad

- Pasta
- Fresh vegetables (*tomato, cucumber, green onion, olives*)
- Italian dressing
- Extra dressing (*on the side*)
- No meat or cheese

### Yogurt Parfait

- Vanilla Greek yogurt
- Seasonal berries
- Honey drizzle

### Fruit Cup

- Seasonal fruit (*varies weekly*)