

# A Wonderful Lunch

Wonderful Life Foods is located on Main Street in downtown Crookston. We offer hot soup each day from 10 am - 2 pm. We also have a selection of great sandwiches, wraps and salads, which are prepared fresh in our kitchen so they are ready when you are. A downtown quick and healthy lunch option.

We are excited to introduce our new group lunch menu. Our wonderful boxed lunches are perfect for meetings, staff retreats, or just a special treat. Call ahead, and we'll have it ready for you to pick up.

## **Sandwiches**

- Ham .....\$3.99  
*Ham, Lettuce, Tomato. Mayo on the side*
- Chicken Salad .....\$4.49  
*Chicken, Mayo, Grapes, Celery, Parsley, S&P*
- Tuna .....\$4.49  
*Tuna, Lettuce, Mayo, Carrots, Celery, Onions, Parsley S&P*
- Roast Beef .....\$4.49  
*Roast Beef, Tomatos, Lettuce*

## **Wraps**

- Ham .....\$4.49  
*Ham, Salad Mix (Broccoli, Kale, Brussel sprouts, Cranberry, Pumpkin Seeds and Poppysseed Dressing)*
- Chicken Salad .....\$4.49  
*Chicken, Mayo, Grapes, Celery, Parsley, S&P*
- Tuna .....\$4.49  
*Tuna, Lettuce, Mayo, Carrots, Celery, Onions, Parsley S&P*
- Roast Beef .....\$4.49  
*Roast Beef, Coleslaw*

## **Chips**

- Sweet Potato, Salt & Vinegar, Sea Salt, or BBQ ..... \$1.19 each  
*Individual Sized Bags*

## **Soup**

- 8oz Cup \$2.99
- Call ahead to find out our soup of the day. Some of our favorites include Sausage & Kale, Chicken Taco, Sweet Potato Chili, Lemon Chicken, and Ham & Bean.

## **Baked Goods**

- Cupcakes, per 6 .....\$7.99  
*Carrot, Vanilla, Pumpkin, Lemon, or Chocolate*
- Cookies, per 6 .....\$2.99  
*Oatmeal Raisin, Snickerdoodle, or Monster*
- Muffins, per 6 .....\$5.99  
*Blueberry, Raspberry or Cranberry*
- Scones, per 4 .....\$3.99  
*Blueberry, Raspberry or Cranberry.*

*Call a day or two in advance for large groups and best selection.*

All of our lunches are naturally gluten free, please let us know if there are any other dietary concerns we need to consider for your group.

Wonderful  
Life Foods

Keeping Healthy Simple

218-281-1125

115 NORTH MAIN STREET • CROOKSTON, MN 56716

FIND US ON FACEBOOK

Monday - Friday, 7:00 am - 6:00 pm

Saturdays, 9:00 am - 2:00 pm