



# DINING EXPRESS

**Only available pre-show**

-----

**City Seeds** is a Humanim culinary social enterprise committed to providing quality food and good jobs, while growing Baltimore's local food economy.

## WRAPS & SANDWICHES

### **Roasted Veggie Wrap \$9**

*Grilled whole wheat wrap, roasted marinated vegetables, goat cheese boursin cheese, baby spinach, sun dried tomato pesto. **Vegan***

### **Holiday Turkey Sandwich \$9**

*Roasted turkey, dried cranberry relish, smoked gouda, romaine lettuce, multi-grain ciabatta.*

## SALADS

### **Roasted Cauliflower Salad \$10**

*Roasted cauliflower, chickpeas, cucumber, grape tomatoes, mixed greens, candied pecans, creamy coconut curry dressing. **Vegan, Gluten Free***

### **Fall Grilled Chicken Salad \$10**

*Grilled chicken breast, roasted beets, grape tomatoes, red onion, mixed greens, goat cheese, lemon chive vinaigrette. **Gluten Free***

## POWER BOWLS

### **Quinoa Power Bowl \$13**

*Greens, almonds, cucumber, herbed feta, blueberries, chickpeas, hard boiled egg, quinoa, citrus honey dressing.*

### **Tomato Power Bowl \$11**

*Greens, almonds, cucumber, herbed feta, blueberries, chickpeas, hard boiled egg, grape tomatoes, citrus honey dressing.*