

# THREEFOLD café

## Nature Place Day Camp 2022 Cafe Lunch Program

**WHAT'S INVOLVED?** – Getting your kids out the door is no mean feat - let us take some of the work out of it by providing a fresh, filling and nutritionally balanced lunch each day. The **Threefold Café**, located on the NPDC campus, prepares delicious boxed lunches and delivers them to camp in time for lunch each day.

**TO GET STARTED** – Go to <https://threefoldcafe.h1.hotlunchonline.net> Register, add your camper(s) and their group info, and you are set to go. Order lunches and shazam! Delicious, nutritious lunches will be delivered to your camper(s).

**LEAVE NO TRACE** – As a partner with The Nature Place, we use only reusable stainless-steel lunch boxes for lunch packaging. To help make this possible, we have an initial seasonal setup fee of \$20 per camper. It's on the honor system, so please add that item to your cart with your first order.

**PAYMENTS & ORDERING** – Payments are made online and you may order daily, weekly, or for your entire camp stay. Please note orders must be placed **no less than 24 hours in advance**. (i.e. by noon the day before lunch is needed). Lunch may be ordered until 8am on day of but this incurs a \$3 fee

**CANCELLATIONS** – Change of plans? Use the ordering website to cancel any lunch in the event of illness or other absences. Your lunch account will be credited 100%, provided you cancel before 8 am on the day the lunch is scheduled for. Cancellations are not possible after 8 am.

**DIETARY CONSIDERATIONS** – All lunches are freshly made in house & most can be ordered gluten free. We do not use high fructose corn syrup, or GMO ingredients. Poultry is free of antibiotics and added hormone free.

**DAY HIKE LUNCHES** – The Café offers a limited menu of Brown Bagged lunches for early departing Day Hikes. Click on the "Hike Lunch" to order for next day. Main item will come with a whole organic apple and two GF choc chip cookies. *Lunches are prepared for the next camp day following order day (order Friday for Monday etc)*

### THE LUNCH BOXES:

<p><b>Organic PB &amp; J* \$8.50</b></p> <p>All organic multigrain PB &amp; J, organic carrot sticks &amp; fresh fruit <i>*Available GF</i></p>		<p><b>Turkey, Lettuce &amp; Mayo Sandwich \$10</b></p> <p>All-natural turkey, on organic multigrain, organic carrot sticks, &amp; fresh fruit. <i>Available GF</i></p>	
<p><b>Café's Organic Hummus Box \$9</b> <i>vegan</i></p> <p>Organic Hummus, organic carrots, cucumbers, pita. <i>Available GF (with GF Crackers)</i></p>		<p><b>Chicken Caesar Wrap \$11</b></p> <p>Café's great organic romaine Caesar with all-natural roasted chicken in a whole-wheat wrap. Served with fresh fruit &amp; org. carrots <i>Available GF &amp; without chicken</i></p>	
<p><b>Whole Wheat Bagel with cream cheese* \$8.50</b></p> <p>With organic carrot sticks &amp; fresh fruit. <i>Available vegan with vegan cream cheese or dairy free "butter"</i></p>		<p><b>Fried Chicken Sandwich \$11.00</b></p> <p>All-natural GF breaded Chicken breast, lettuce, &amp; café special sauce, on a café brioche bun, w/. fresh fruit &amp; carrots <i>Available GF &amp; with veggie nuggets</i></p>	
<p><b>BLT Wrap \$10</b></p> <p>Applewood Smoked Bacon, Lettuce, Tomato and Mayo on a whole wheat wrap with fresh fruit, and carrots <i>Available on GF toast</i></p>		<p><b>Camper's Pasta Salad \$10</b></p> <p>Rainbow pasta spirals, pumpkin seed pesto, roasted zucchini, sundried tomato &amp; Kalamata olives w/. fresh fruit <i>*Available without pesto, (sub olive oil) zucchini, sundried tomato and/or olives and gf</i></p>	