

Items Containing Seeds (Sesame, Poppy, Sunflower)

Note: Each of us must ultimately be responsible for what we choose to eat. We occasionally add new items and experience changes in some ingredients. Feel free to ask about the ingredients in any of our menu items.

* Attention: Indicates that cottonseed oil is the only seed present in this item.

^ Attention: Indicates that mustard seed is the only seed present in this item.

100% Whole Grain Wheat Bread	Beef & Pea Pods Stir Fry*	Cheeseburger Pizza^
Almond Cookies*	Beef Barley Soup*	Cheesecake (all varieties)*
Almond Toffee Bars*	Beef Bulgogi	Cheese Strata^
Anasazi Beef & Bean Soup*	Beef Burgundy*	Cherry Cobbler*
Apple Bread*	Beef Chili*	Cherry Pie*
Apple Cobbler*	Beef Gravy*	Cherry Strudel*
Apple Cornbread Dressing*	Beef Gumbo	Chicken & Andouille Gumbo*
Apple Cranberry Pie*	Beef Mushroom Casserole*	Chicken & Dumplings*
Apple Pecan Muffin*	Beef Mushroom Gravy*	Chicken Arroz con Pollo*
Apple Pie*	Beef Noodle Casserole*	Chicken Biryani^
Apple Strudel*	Beef Noodle Soup	Chicken Breast Dianne*^
Aromatic Shan Style Pork	Beef Pasty*	Chicken Broccoli Bake*^
Asian Chicken Breast w/ Bean Sauce	Beef Pot Pie*	Chicken Caesar Salad^
Asian Chicken Salad	Beef Roast Au Jus*	Chicken Caesar Wrap^
Asian Dipping Sauce^	Beef Stew*	Chicken Chipotle Wrap*
Asian Pork Dumplings	Beef Stock*	Chicken Stock*
Asian Rice Porridge*	Beef Stroganoff*	Chocolate Chip Cookies (all varieties)*
Assorted Bagels	Beef Vegetable Soup*	Chocolate Cream Pie*
Assorted French Rolls	Beef Vindaloo*	Chicken Dianne*^
Assorted Homemade Donuts*	Beef w/ Yu-Xiang Sauce	Chicken Dried Cherry Walnut Salad^
Assorted Scones	Black Bean & Sausage Soup*	Chicken Fried Rice w/ Plantains
Assorted Sushi Rolls	Black Bean Hummus Wrap	Chicken Gravy*
Au Jus Sauce*	Blue Cornbread	Chicken Gumbo*
Baba Ghanoush	Blue Tortilla Chips	Chicken Kabob^
Bagels (all varieties)	Blueberry Bagel	Chicken Lo Mein
Baked Spaghetti*	Blueberry Cobbler*	Chicken Noodle Casserole*
Baked Ziti*	Blueberry Muffins (all varieties)*	Chicken Noodle Soup*
Baked Ziti w/ Meatballs*	Blueberry Pie*	Chicken Pad Thai w/ Peanuts
Banana Bread*	Blue Cornbread*	Chicken Paprikash*
Banana Cream Pie*	Boston Baked Beans^	Chicken Pasta Primavera*
Banana Icebox Pudding*	Boston Cream Pie*	Chicken Piccata*
Banana Sheet Cake*	Broccoli & Cheese Quiche*^	Chicken Pot Pie*
Basil Garlic Hummus	Broccoli Potato Casserole	Chicken Rice Soup*
Batard European Multigrain Bread	Buffalo Wrap*	Chicken Schnitzel*
BBQ Baked Beans^	Bulgur Stuffed Peppers	Chicken Shawarma
BBQ Ribs (all varieties)^	Cajun Chicken Breast^	Chicken Stir Fry
Bean & Cheese Burrito*	Cajun Pork^	Chicken Tortellini Soup*
Beef & Broccoli Stir Fry	California Rolls	Chicken Vegetable Pasta
Beef & Cheddar Sandwich (bun)	Caramel Frosting*	Chicken Vegetable Soup*
Beef & Julienne Vegetable Soup*	Cheese Ball w/ Nuts	Chicken Walnut Stir Fry*
	Cheese Enchiladas*	Chicken Wonton Soup*
	Cheese Sausage Breakfast Casserole^	Chicken w/ Red Pepper Sauce*

Chinese Beef Cold Plate
 Choco-Banana Bowl*
 Chocolate Chip Bars w/
 Almonds*
 Chocolate Chip Cake*
 Chocolate Cookie Crumbles*
 Chocolate Cream Pie*
 Chocolate Frosting*
 Chocolate Golden Torte*
 Chocolate Ivory Torte*
 Chocolate Layer Cake*
 Chocolate Marble Torte*
 Chocolate Peanut Butter Pie*
 Chocolate Peanut Butter
 Squares*
 Chocolate Raspberry Torte*
 Chocolate Sheet Cake*
 Chocolate Sprinkles*
 Chola^
 Cinnamon Rolls (all varieties)*
 Cocoa Krispies
 Cocoa Rice Krispies Treats*
 Coconut Cream Pie*
 Colcannon Soup*
 Cookie Crumble Buttermilk
 Pancakes*
 Cool Sesame Cucumbers
 Coney Island Pizza^
 Coney Island Sauce*
 Cornbread*
 Corned Beef & Swiss
 Corned Beef & Swiss Ciabatta^
 Corn Fritters*
 Corn Muffins*
 Country Wheat Dinner Roll*
 Cranberry Bagels
 Cream of Chicken Soup*
 Cream of Mushroom Soup*
 Cream of Tomato Soup*
 Cream Style Chicken
 Enchiladas*
 Creamy Coleslaw^
 Criss Cross Fries
 Croissants*
 Curly Seasoned Fries
 Curried Kidney Beans^
 Custard Filled Paczki
 Deli Rye Bread
 Deluxe Cheese Tray
 Deviled Eggs^
 Dinner Roll*
 Donuts (all varieties)*
 Double Chocolate Torte*

Double Crusted Cherry Pie*
 Dutch Apple Pie*
 Dutch Blueberry Pie*
 Dutch Cherry Pie*
 Dry Pork Rub^
 Easy Stuffed Pork Chops*
 Egg & Cheese Croissant*
 Egg Bagel
 Egg Curry^
 Egg Strips w/ Green Onions
 Eggplant Etouffee*^
 Eggplant Sandwich with Feta
 El Greco Pizza
 Everything Bagel
 Falafel Sandwich
 Falafil Sauce
 Fat Free Honey Dijon Dressing^
 Fat Free Sesame Dressing
 Flax & Grain Bread
 Florentine Meatballs
 French Demi Baguette w/ Seeds
 French Onion Soup*^
 Fried Perch*
 Frozen Pie Shells*
 Garlic Bagel
 Gazpacho
 General Tsao's Chicken
 Georgia Reuben
 German Potato Salad^
 Ginger Steamed Fish
 Granola Bars
 Granola w/ Nuts
 Green Bean Casserole*
 Grilled Japanese Vegetables
 Grilled Turkey Club
 Griller
 Halibut Sushi Roll
 Ham, Egg, & Cheese Croissant
 Hamburger Buns
 Harvest Bean Vegetable
 Cobbler*
 Hearty Beef Soup*
 Herbed Oyster Crackers*
 Hoisin Chicken
 Hoisin Sauce
 Honey Bunches of Oats
 Hot & Sour Soup*
 Hot Chocolate Powder
 Hot German Potatoes^
 Hummus (all varieties)
 Hummus Tabbouleh Wrap
 Hummus Vegetable Wrap
 Hummus w/ Basil

Hunan Beef
 Hungarian Goulash
 Iced Apple Slices*
 Ice Cream Sundae Bar*
 Iced Orange Cookies*
 Irish Chicken Stew*
 Irish Lamb Stew*
 Italian Beef Minestrone*
 Italian Meatball Sandwich*
 Italian Meatloaf Sandwich*
 Italian Quiche*
 Italian Style Chicken Soup*
 Jerk Chicken^
 Joyua's Chumbo Chili*
 Kashi Heart to Heart
 Kashi Smart Start
 Kettle Chips
 Key Lime Squares*
 Korean Bi Bim Bop
 Korean Tofu BBQ
 Korean Vegetable Pancakes
 Kung Pao Chicken w/ Peanuts
 Lamb Biryani*
 Lasagna Rollups w/ Meat
 Sauce*
 Lemon Meringue Pie*
 Lemon Poppyseed Muffins
 Loose Burger^
 M & M Cookies (all varieties)*
 Macaroni & Cheese*
 Mandarin Greens Salad
 Mandarin Spinach Salad
 Maple Pumpkin Cheesecake
 Squares*
 Marble Torte*
 Marinated Lamb Steak^
 Masala Spice^
 Meat Sauce*
 Meatballs*
 Mediterranean Lavash
 Merk's Coffee Cake w/
 Walnuts*
 Mexican Tomato Lime Soup
 Mexican Vegetarian Pizza*
 Mocha Pecan Pie*
 Molasses Cookies*
 Mole Sauce w/ Almonds
 Mongolian Beef w/ Fried
 Noodles
 Moo Shoo Chicken
 Moo Shoo Shrimp
 Multigrain Hoagie Rolls
 Mustard^

Mustard Sauce^
 Nacho Cheese Tortilla Chips
 Nacho Corn Mexicali Soup*
 Navy Bean Soup*
 Oatmeal Raisin Cookies (all varieties)*
 Onion Bagel
 Onion Buns
 Orange Blossom Muffins
 Orange Cookies*
 Oriental Chicken Soup*
 Pacific Rim Pasta Salad
 Pacific Rim Salad
 Paczki (all varieties)*
 Pasta Toss w/ Tofu
 Pastrami & Swiss on Ciabatta^
 Peach Cobbler*
 Peach Cobbler Pie*
 Peach Pie*
 Peach Strudel*
 Peanut Butter Cookies*
 Peanut Butter Cup Cookies*
 Pecan Pie*
 Pecan Roll*
 Penne & Three Cheese
 Pennsylvania Dutch Chicken Soup*
 Personal Chicken Broccoli Bake*^
 Personal Chicken Dianne*^
 Personal Chicken Enchilads*
 Personal Meat Lasagna*
 Personal Pinata Casserole*
 Personal Potato & Chicken Casserole*
 Personal Rio Grande Casserole*
 Personal Tuna Noodle Casserole*
 Personal Turkey Fresca*
 Pinata Casserole
 Platinum Blondies*
 Poached Chicken w/ Vegetable Panache*
 Pozole*
 Pie Shell
 Poppy Seed Dressing
 Pork & Chicken Jambalaya*
 Pork Dumplings
 Portobella Mushroom Sandwich
 Potato Chips (all varieties)
 Potato Peas Curry^
 Potato Salad^
 Pot Roast w/ Savory Gravy*

Pound Cake*
 Pub Style Fish*
 Pulled Pork^
 Pumpernickel Bagel
 Pumpkin Pie*
 Quiche Florentine*
 Quiche Lorraine*
 Raspberry Cream Pie*
 Raspberry Filled Paczki
 Raspberry Truffle Brownies*
 Reuben Sandwich
 Rice Krispies Mix Treats*
 Rice Noodles w/ Tofu & Vegetables
 Rio Grande Casserole*
 Rio Grande Casserole w/ Burger Crumbles*
 Roast Seitan w/ Stewed Vegetables
 Roasted Red Pepper Hummus
 Ruffles Potato Chips
 Russian Beef Salad
 Russian Tofu Salad
 S'Mores*
 S'Mores Bars*
 Salmon Caesar Salad^
 Salmon Cakes
 Salt Bagel
 Saltines*
 Salty Snack Mix w/ Nuts
 Satay Style Peanut Chicken
 Savory Baked Tofu
 Seasoned Redskin Potatoes^
 Sesame Bagel
 Sesame Bowtie Pasta Salad
 Sesame Breadsticks
 Sesame Chicken Breast
 Sesame Green Beans
 Sesame Seed Buns
 Shells & Three Cheese
 Shepherd's Pie*
 Shoestring Fries
 Shortcake Biscuits*
 Shrimp & Andouille Gumbo*^
 Singapore Noodles
 Singapore Noodles w/ Pork
 Sloppy Joe^
 South American Rice
 Southern Pecan Pie*
 Southwest Chicken Chili*
 Southwest Chicken Pie*
 Soy Roasted Tofu in Peanut Sauce

Spaghettios*
 Spanish Chicken w/ Rice*
 Spicy Chicken Pasta*
 Spicy Soy Garlic Sauce
 Spinach, Shitake, & Tofu Soup
 Steak & Vegetable Stir Fry*^
 Steak Caesar Salad^
 Steak Fries
 Strawberry Layer Cake*
 Strawberry Pie*
 Stuffed Cabbage w/ Burger Crumbles*
 Stuffed Tenderloin*
 Sugar Cookies (all varieties)*
 Sunflower Seed Bread
 Sunflower Seeds
 Sunny Grain Bagel
 Sushi (all varieties)
 Swedish Meatballs*
 Sweet and Spicy Tofu
 Sweet Dinner Roll
 Sweet Potato Pie*
 Swiss Cheese Quiche*
 Szechwan Eggplant & Vegetables
 Szechwan Sole
 Tahini Sauce
 Tangy Citrus Noodles
 Tator Tots
 Tempeh Stir Fry
 Teriyaki Chicken Wings*
 Tex-Mex Chili*
 Texas Style Beef Brisket^
 Thai Chicken Pizza w/ Peanuts
 Thai Hot & Sour Stir Fry w/ Peanuts
 Thai Peanut Pasta Salad
 Thai Sesame Noodles w/ Peanuts
 Thai Style Fried Rice
 Thai Tofu Curry
 Thai Vegetable Pizza w/ Peanuts
 Tofu Stir Fry
 Tofu Triangles w/ Brown Rice
 Tofu Vegetable Pasta
 Tofu Vegetable Rice w/ Peanuts
 Tofu w/ Hoisin Sauce
 Tuna Noodle Casserole*
 Tortilla Chicken Chili*
 Tortilla Chips
 Tritators
 Turkey & Swiss Sandwich
 Turkey & Swiss on Rye

Turkey a la King*
Turkey Chili*
Turkey Chipotle Wrap*
Turkey Fresca*
Turkey Pot Pie*
Turkey Stew*
Turkey w/ Pasta & Red
Peppers*
Turkey White Bean Chili
Vanilla Icing*
Vegan Chili Cornbread Pie*
Vegan Fried Rice
Vegan Pot Pie*
Vegan Tomato Soup*
Vegetable Cashew Koorma*
Vegetable Dumplings
Vegetable Egg Roll
Vegetable Fried Rice
Vegetable Gratin*
Vegetable Lo Mein
Vegetable Plate w/ Hummus
Vegetable Pot Pie*
Vegetable Samosa^
Vegetable Stir Fry w/ Tofu
Vegetable Tofu Lo Mein
Vegetarian Baked Beans^
Vegetarian Empanadas*
Vegetarian Refried Beans*
Walnut Bars*
Walnut Layer Torte*
White Bean Chili*
White Chocolate Macadamia
Nut Cookies*
Whole Wheat Flax French Toast
Whole Wheat Oat Bread
Whole Wheat w/ Oats French
Toast
Wild Mushroom Sauce
Wisconsin Reuben Sandwich
Wolverine Dressing^
Vegan Fried Rice
Vegan Granola
Vegan Spring Roll*
Vegetable Fried Rice
Vegetable Macaroni & Cheese
Vegetable Quiche*
Venison Stew*
Yankee Pot Roast*
Yellow Sheet Cake*