

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Accompaniments	1000 Island Dressing	Soybean Oil, (Soybean oil, artificial flavor, artificial color, citric acid (to protect flavor), Water, High Fructose Corn Syrup, Vinegar, Pickles, Egg Yolk, Tomato Paste (Tomato paste, salt, citric acid), Salt, Corn Syrup, Contains less than 2% of Xanthan Gum, Spice, Onion*, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA (preservatives), Peppers*, Oleoresin Paprika, Turmeric, Natural Flavor. *Dried. Contains: Egg.	Soy, Egg
Accompaniments	A-1 Sauce	water, tomato paste (tomato paste, salt, citric acid), distilled vinegar, corn syrup, salt, raisin paste, spices and herbs, crushed orange puree, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (to preserve freshness), xanthan gum	
Accompaniments	American Cheese Slices	Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy).	Milk, Soy
Accompaniments	American Soy Vegan Cheese	Soy Beverage (Filtered Water, GMO-Free Isolated Soy Protein, Soy Milk Solids, Calcium Sulfate), Maltodextrin, Corn Starch, Carrageenan (a natural Seaweed Fiber), Natural Vegetable Locust Bean Gum, Salt, Soy Lecithin, Citric Acid, Natural Flavors (no MSG), and Natural Annatto Color.	Soy
Accompaniments	Apple Wedges	red delicious apples	
Accompaniments	Asiago Cheese	Cultured Milk, Enzymes, Salt, Cellulose to prevent caking, Natamycin to protect flavor	Milk
Accompaniments	Asian Dipping Sauce	yellow onion, white vinegar, sugar, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), mustard spice, salt, canola oil	
Accompaniments	Baked Apple Sections	frozen apple slices, brown sugar, salt, nutmeg, cinnamon	
Accompaniments	Balsamic Vinaigrette	grey poupon dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), balsamic vinegar (wine vinegar, cooked and concentrated grape must, coloring: caramel), red wine vinegar (Distilled vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1), garlic, salt, cracked black pepper, granulated sugar, canola/olive oil blend (80% Canola Oil, 20% Extra Virgin Olive Oil)	
Accompaniments	Balsamic Vinegar	wine vinegar, cooked and concentrated grape must, coloring: caramel	
Accompaniments	Basil Garlic Hummus	garlic, canola olive blend, basil, garbanzo beans, water, lemon juice, sesame tahini paste, spice salt kosher	Seeds
Accompaniments	BBQ Sauce	Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper.	
Accompaniments	Black Bean Salsa	black beans, green chilis, red peppers, green peppers, orange zest, lime juice, garlic, cilantro, marjoram leaves	
Accompaniments	Blueberry Cream Cheese	Cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), blueberry topping (Blueberries, high fructose corn syrup, water, modified food starch, natural flavors, citric acid, sodium benzoate - a preservative and artificial color (blue 1))	Milk
Accompaniments	Blue Cheese Crumbles	Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor.	Milk, Wheat
Accompaniments	Blue Cheese Dressing	Blue cheese [(pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor], mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), buttermilk, 2% milk, garlic, salt, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Milk, Wheat, Egg, Soy
Accompaniments	Broccoli Florets	broccoli	
Accompaniments	Butter Reddies	Cream, Salt	Milk
Accompaniments	Caesar Dressing	garlic, sugar, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), red wine vinegar (Distilled vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1), black pepper, lemon juice, parmesan, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), canola olive blend (80% Canola Oil, 20% Extra Virgin Olive Oil)	Soy, Milk
Accompaniments	Carrots	Carrots	

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Accompaniments	Cheese Whiz	Whey, milk, canola oil, whey protein concentrate, sodium phosphate, maltodextrin, contains less than 2% of milk protein concentrate, salt, lactic acid, sodium alginate, mustard flour, worcestershire sauce(vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), sorbic acid as a preservative, milkfat, oleoresin paprika (color), annatto (color), enzymes, cheese culture.	Milk
Accompaniments	Chives	Chives	
Accompaniments	Chopped Green Onions	green onions	
Accompaniments	Chopped Onions	yellow onions	
Accompaniments	Chopped Tomatoes	tomatoes	
Accompaniments	Cinnamon Sugar	Sugar, cinnamon	
Accompaniments	Cocktail Sauce	Water, Horseradish (Horseradish, Water, Vinegar, Salt, Natural Flavoring), Tomato Paste (Tomato paste, salt, citric acid), Sugar, Vinegar, Lemon Juice, Hot Sauce (Aged Habanero Peppers, Carrots, Onions, Vinegar, Garlic, Lime Juice, Salt), Salt, Beet Powder (for color)	
Accompaniments	Cool Sesame Cucumber	cucumbers, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), sesame oil, sesame seeds, mint, kosher salt, sugar	Wheat, Soy, Seeds
Accompaniments	Cottage Cheese Lowfat	Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes.	Milk
Accompaniments	Cranberry Sauce	Cranberry jellied sauce	
Accompaniments	Cream Cheese (Apple Cinnamon)	Cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)) , apple topping (apple, apple juice, sugar, salt, clear gel, cinnamon, nutmeg), cinnamon	Milk
Accompaniments	Cream Cheese (Garden Vegetable)	cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), broccoli, carrots, parsley, garlic, onions, salt, black pepper	Milk
Accompaniments	Cream Cheese (Cranberry)	cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), dried cranberry, water, white pepper	Milk
Accompaniments	Cream Cheese (Strawberry)	cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), strawberry	Milk
Accompaniments	Cream Cheese, individual packet	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)	Milk
Accompaniments	Creamy Peanut Butter	Roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono and diglycerides and salt.	Peanut, Soy
Accompaniments	Crunchy Peanut Butter	Roasted peanuts and sugar, contains 2 percent or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides and salt.	Peanut, Soy
Accompaniments	Cucumber	Cucumber	
Accompaniments	Cucumber Vinaigrette	cucumber, garlic, dill, canola oil, pepper, sugar, salt	
Accompaniments	Dannon Fat Free Plain Yogurt	Cultured grade A milk. Contains active yogurt cultures including L. acidophilus.	Milk
Accompaniments	Dannon Low Fat Vanilla Yogurt	Cultured grade A reduced fat milk, sugar, natural vanilla flavor, pectin. Contains active yogurt cultures including L. acidophilus.	Milk
Accompaniments	Dijon Mustard	Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice.	
Accompaniments	Dill Pickle Chips	Fresh cucumbers, water, vinegar, salt, spices, garlic, calcium chloride, sodium benzoate, FD&C yellow #5, polysorbate 80.	
Accompaniments	Dried Cherry Vinaigrette	red wine vinegar, dried cherry, salt, pepper, sugar, balsamic vinegar, basil, olive oil,	
Accompaniments	Falafil Relish	tomatoes, green peppers, cucumbers, salt, black pepper, cayenne pepper, fresh lemon juice, granulated sugar, canola/ olive oil (80% Canola Oil, 20% Extra Virgin Olive Oil), mint, parsley	
Accompaniments	Falafil Sauce	garlic, salt, fresh lemon juice, sesame tahini, parsley, dried dill weed, ground coriander, canola/olive oil blend (80% Canola Oil, 20% Extra Virgin Olive Oil), black pepper, cayenne pepper	Seeds
Accompaniments	Fat Free Raspberry Vinaigrette Dressing	Water, High Fructose Corn Syrup, Cider Vinegar, Raspberry Juice Concentrate, Contains less than 2% of Lemon Juice Concentrate, Salt, Vinegar, Cucumber Juice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate(preservatives), Phosphoric Acid, Propylene Glycol Alginate, Natural and Artificial Flavor, Bell Pepper*, Spice, Red 40, Blue 1.	

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Accompaniments	Fat Free Honey Dijon Dressing	Water, high fructose corn syrup, cider vinegar, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, spices), modified food starch, honey, distilled vinegar, contains less than 2% of spice, salt, oat bran, sodium benzoate, potassium sorbate and calcium disodium EDTA (preservative, lactic acid, onion, natural and artificial colors, lemon juice concentrate, xanthan gum, egg yolk, natural flavor, garlic.	Egg, Milk, Soy, Alcohol, Seeds
Accompaniments	Fat Free Ranch Dressing	Water, Maltodextrin, Vinegar, Sugar, Corn Syrup, Salt, Contains less than 2% of Modified Food Starch, Sweet Cream*(sweet cream solids, lecithin and tocopherols)**, Cellulose Gel and Cellulose Gum, Artificial Color, Garlic*, Onion*, Cultured Buttermilk*, Autolyzed Yeast Extract, Xanthan Gum, Natural Flavor, Sodium Benzoate and Potassium Sorbate (preservatives), Lactic and Phosphoric Acids, Spice, Disodium Inosinate, Disodium Guanylate	Egg, Milk, Soy
Accompaniments	Fat Free Sesame Dressing	Water, Corn Syrup, Soy Sauce [Water, Wheat, Soybeans, Salt and Sodium Benzoate (preservative)], Vinegar, Brown Sugar, Sugar, Modified Food Starch, Contains less than 2% of Cilantro, Ginger, Salt, Garlic*, Sesame Seeds, Xanthan Gum, Natural Flavors**, Spice, Sodium Benzoate and Potassium Sorbate (Preservatives), Phosphoric Acid, Disodium Guanylate, Disodium Inosinate.	Wheat, Soy, Seeds
Accompaniments	Fat Free Sun Dried Tomato Basil Dressing	Tomato Concentrate (water, tomato paste), High Fructose Corn Syrup, Red Wine Vinegar (Distilled vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1), Sugar, Water, Sun Dried Tomatoes [sun dried tomatoes, sulfur dioxide(to retain color)], Contains less than 2% of Vinegar, Salt, Natural Flavor, Xanthan Gum, Spice, Garlic*, Basil*, Potassium Sorbate and Sodium Benzoate (preservatives), Oleoresin	
Accompaniments	Feta Cheese	Pasteurized milk, salt, cheese cultures, enzymes	Milk
Accompaniments	Florentine Dressing	Soybean Oil, Water, Vinegar, Salt, Sugar, Spice, Autolyzed Yeast Extract, Propylene Glycol Alginate, Garlic*, Natural Flavor, Lemon Juice Concentrate, Xanthan Gum, Onion*, Calcium Disodium EDTA (to protect flavor)	Soy
Accompaniments	Fresh Pineapple Salsa	pineapple, red onion, red peppers, jalapeno peppers, sugar, lime juice, mint, italian parsley, extra virgin olive oil, black pepper, salt	
Accompaniments	Garden Vegetable Cream Cheese	cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), broccoli, carrots, parsley, garlic, yellow onions, salt, black pepper	Milk
Accompaniments	Garlic Butter	unsalted butter (cream), garlic powder	Milk
Accompaniments	Garlic Butter Croutons	white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), butter, garlic	Wheat, Soy
Accompaniments	Garlic Sauce	garlic, lemon juice, salt, canola oil	
Accompaniments	Grape Jelly	Grape Juice and Grape Juice Concentrate, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid, Sodium Citrate.	
Accompaniments	Greek Dressing	Corn oil, canola/olive oil, red wine vinegar, garlic, dried oregano, basil leaves, granulated sugar, salt, lemons, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy
Accompaniments	Gyro Sauce	cucumbers, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), salt, black pepper, garlic powder, whole dill leaves	Milk
Accompaniments	Herb Butter	butter, basil, thyme, black pepper	Milk
Accompaniments	Herbed Oyster Crackers	oyster cracker (Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, contains two percent or less of leavening (monocalcium phosphate, baking soda, sodium acid pyrophosphate), sugar, salt, malt extract, soy lecithin.), unsalted butter (cream), rosemary, thyme	Wheat, Soy, Milk, Seeds
Accompaniments	Hoisin Sauce	sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C Red color #40.	Soy, Wheat, Seeds
Accompaniments	Homemade Salsa	tomatoes, yellow onions, green chilies, cilantro, cayenne pepper, salt, cinnamon, sugar, lime juice, cumin	
Accompaniments	Honey	honey	
Accompaniments	Honey Butter	butter, honey	Milk
Accompaniments	Honey Dijon Sauce	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), cooking sherry, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), honey	Egg, Soy, Milk, Alcohol
Accompaniments	Horseradish Sauce	Mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), garlic powder, onion powder, seasoned salt, horseradish	Egg, Soy

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Accompaniments	Hot Bacon Dressing	bacon, yellow onions, whole celery seed, apple cider vinegar, sugar, white pepper, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce, dijon mustard (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), water, cornstarch	Soy
Accompaniments	Hummus	garlic, canola olive oil, garbanzo beans, water, lemon juice, sesame tahini, salt	Seeds
Accompaniments	Italian Dressing	Soybean Oil, Water, Vinegar, High Fructose Corn Syrup, Salt, Contains less than 2% of Garlic*, Onion*, Bell Pepper*, Spice, Xanthan Gum, Calcium Disodium EDTA (to protect flavor), Caramel Color, Oleoresin Paprika	Soy
Accompaniments	Jalapeno Peppers	Jalapeno Peppers, Water, Salt, Vinegar, Spices.	
Accompaniments	Ketchup	Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors.	
Accompaniments	Ketchup, individual packet	Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, onion powder, spice, natural flavoring	
Accompaniments	Kim Chi	Chinese cabbage, onion, garlic, ginger, scallion, red pepper, salt, sugar, anchovy sauce.	Fish
Accompaniments	Le Fleur House Dressing	Soybean Oil, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Sugar, Water, Contains less than 2% of Spice, Polysorbate 60, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind and Natural Flavors), Natural Flavors, Citric Acid, Caramel Color, Calcium Disodium EDTA (to protect flavor)	Soy
Accompaniments	Lemon Wedges	lemons	
Accompaniments	Lite Cream Cheese	pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)	Milk
Accompaniments	Lite Cream Cheese, individual packet	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)	Milk
Accompaniments	Lite Italian Dressing	Water, Distilled Vinegar, High Fructose Corn Syrup, Soybean Oil, Salt, Contains less than 2% Xanthan Gum, Dehydrated Garlic and Onion, Propylene Glycol Alginate, Potassium Sorbate as a preservative, Spice, Dehydrated Red Bell Pepper, Caramel Color, Calcium Disodium EDTA added to protect flavor, Yellow 5 & 6.	Soy
Accompaniments	Lite Italian Dressing, individual packet	Water, distilled vinegar, high fructose corn syrup, soybean oil, salt, contains less than 2% xanthan gum, dehydrated garlic and onion, propylene glycol alginate, potassium sorbate as a preservative, spice, dehydrated red bell pepper, caramel color, calcium disodium EDTA added to protect flavor, yellow 5 & 6.	Soy
Accompaniments	Mango Salsa	Mango, lime juice, cilantro, jalapeno peppers, red onions, chili paste, salt, green onions	
Accompaniments	Maple Vinaigrette	syrup, sugar, apple cider vinegar, black pepper, salt, sage, corn oil	
Accompaniments	Margarine Reddies	Liquid soybean oil and partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, citric acid and potassium sorbate added as preservatives, Vitamin A palmitate, colored with beta carotene, artificially flavored.	Soy
Accompaniments	Mayonnaise	Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor).	Soy, Egg
Accompaniments	Mayonnaise, individual packet	Soybean oil, water, corn syrup, egg, vinegar, contains less than 2% of salt, spice, xanthan gum, sugar, sodium benzoate and calcium disodium EDTA (preservatives), phosphoric acid.	Soy, Egg
Accompaniments	Mild Salsa	tomato puree (water, tomato paste), diced tomatoes in juice, green chile peppers, onions, vinegar, salt, spice, potassium sorbate, xanthan gum, citric acid, calcium chloride	
Accompaniments	Mole with Almond Sauce	water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), almonds, raisins, seeds, garlic, cloves, coriander, fennel, salt	Soy, Seeds, Tree Nuts, Milk, Wheat
Accompaniments	Monterey Jack Cheese	Pasteurized milk, cheese cultures, salt, enzymes	Milk
Accompaniments	Mozzarella Cheese	Cultured Pasteurized Milk, Enzymes, Salt.	Milk
Accompaniments	Muenster Cheese	Pasteurized milk, cheese culture, salt, enzymes and annatto color.	Milk
Accompaniments	Mustard	Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (Color), Paprika, Spice.	Seeds
Accompaniments	Mustard, individual packet	Mustard seed, tumeric, water, distilled vinegar,	Seeds
Accompaniments	Mustard Sauce	ground mustard, water, apple cider vinegar, salt	

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Accompaniments	Nacho Cheese Sauce	Water, partially hydrogenated soybean oil, aged cheddar cheese (cultured milk, salt, enzymes, annatto color), corn starch-modified, corn starch, nonfat dry milk, contains 2% or less of whey, salt, sodium phosphate, casein, lactic acid, tomato powder, yeast extract, calcium phosphate, mono and diglycerides, jalapeno peppers, annatto color, natural flavors, turmeric color, maltodextrin, FD&C yellow no. 6, artificial flavor, acetic acid	Milk, Soy
Accompaniments	Natrual Swiss Cheese Slices	Part-skim milk, cheese culture, salt, enzymes	Milk
Accompaniments	Non-Dairy Creamer	Corn Syrup Solids, Partially Hydrogenated Soybean Oil, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate, Sodium Silicoaluminate, Artificial Color, Mono-And Diglycerides, Soy Lecithin, Artificial Flavor.	Soy, Milk
Accompaniments	Olive Oil/Canola Oil Blend	80% Canola Oil, 20% Extra Virgin Olive Oil	
Accompaniments	Onion Carmelized	Yellow onions, canola oil blend	
Accompaniments	Orange Butter	unsalted butter (cream), orange	Milk
Accompaniments	Parmesan Cheese	Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More.	Milk
Accompaniments	Pepper Jack Cheese	Pasteurized milk, Jalapeno peppers, cheese cultures, salt, calcium chloride, enzymes.	Milk
Accompaniments	Pesto Mayonnaise Dressing	basil, cilantro, garlic, parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More.), mayonnaise, salt, black pepper	Milk, Egg, Soy
Accompaniments	Phillippe Maison Dressing	Soybean Oil, Water, White Wine Vinegar, Salt, Garlic*, Contains less than 2% of Sugar, Spice, Monosodium Glutamate, Propylene Glycol Alginate, Xanthan Gum, Lemon Juice Concentrate, Onion*, Calcium Disodium EDTA (to protect flavor).	Soy
Accompaniments	Pizza Sauce	tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), crushed tomatoes, tomato puree, whole oregano leaves, garlic, ground fennel, black pepper, sugar	
Accompaniments	Poppy Seed Dressing	Soybean Oil, High Fructose Corn Syrup, Water, Cider Vinegar, Vinegar, Egg Yolk, Contains less than 2% of Poppy Seed, Spice, Salt, Xanthan Gum, Onion*, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA (preservatives), Polysorbate 60.	Soy, Seeds, Egg, Tree Nuts
Accompaniments	Powdered Sugar	Sugar, cornstarch	
Accompaniments	Provolone Cheese	Cultured pasteurized milk, salt, enzymes	Milk
Accompaniments	Ranch Dip	ranch dressing mix (Salt, monosodium glutamate, maltodextrin, dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, buttermilk), sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum)	Milk, Soy
Accompaniments	Ranch Dressing	vegetable oil (soybean oil and/or canola oil), buttermilk, water, distilled vinegar, sugar, egg yolk, salt, garlic juice, contains 2% or less of: dried onion, dried garlic, natural flavor, lactic acid, xanthan gum, lemon juice concentrate, chives.	Egg, Milk, Soy
Accompaniments	Ranch Dressing, individual packet	Vegetable Oil (Soybean Oil And/Or Canola Oil), Buttermilk, Water, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Contains 2% Or Less Of: Onion*, Garlic*, Natural Flavor, Lactic Acid, Xanthan Gum, Lemon Juice Concentrate, Chives, Spice.	Egg, Milk, Soy
Accompaniments	Raspberry Vinaigrette	Soybean Oil, High Fructose Corn Syrup, Water, White Wine Vinegar, Raspberry Juice Concentrate, Salt, Contains Less Than 2% Of Distilled Vinegar, Lemon Juice Concentrate, Spices, Xanthan Gum, Lemon Peel, Natural Flavors, Propylene Glycol Alginate	Soy
Accompaniments	Raspberry Vinaigrette Dressing	white vinegar, frozen red raspberries, basil, shallots, garlic, sugar, salt, black pepper, canola/olive oil	
Accompaniments	Red Wine Vinegar	Distilled vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1.	Alcohol
Accompaniments	Roasted Red Pepper Hummus	red peppers, garlic, canola olive blend, canned garbanzo beans, juice from garbanzos, water, lemon juice, sesame tahini paste, salt	Seeds
Accompaniments	Russian Dressing	Corn Syrup, Tomato Puree (Water, Tomato Paste), Soybean Oil, Sugar, Distilled Vinegar, Salt, Maltodextrin (Corn, Wheat), Spices, Beet Juice (Color), Autolyzed Yeast Extract, Natural Flavors, Dehydrated Garlic, Xanthan Gum, Dehydrated Onion, Potassium Sorbate and Calcium Disodium EDTA Used to Protect Quality, Dehydrated Apple Puree, Dehydrated Orange and Lemon Juice, Paprika.	Wheat, Soy
Accompaniments	Salad Dressing Whipped	Canola oil, water, egg yolks, vinegar (distilled corn, apple cider), salt, sugar, modified corn starch, mustard flour, garlic powder, paprika, spice, natural flavors.	Egg
Accompaniments	Salsa Verde	garlic, cilantro, parsley, white wine vinegar, roma tomatoes, dried oregano, canola/olive oil blend (Canola Oil, 20% Extra Virgin Olive Oil), salt, green onions, water	

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Accompaniments	Saltines (2 pack)	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Salt, High Fructose Corn Syrup, Partially Hydrogenated Cottonseed Oil, Malted Barley Flour, Baking Soda, Vegetable Monoglycerides (Emulsifier).	Soy, Seeds, Wheat
Accompaniments	Sauerkraut	sauerkraut, water, salt	
Accompaniments	Sauteed Green Peppers & Onions	green peppers, yellow onions, canola/olive oil 80% (Canola Oil, 20% Extra Virgin Olive Oil)	
Accompaniments	Sauteed Mushrooms	mushrooms, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Soy
Accompaniments	Shredded Cheddar Cheese	Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose	Milk, Gluten Free
Accompaniments	Shredded Lettuce	head lettuce	
Accompaniments	Shredded Mexican Cheese Blend	Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto. Cellulose added to prevent caking.	Milk, Gluten Free
Accompaniments	Sliced American Cheese	Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy).	Milk, Soy
Accompaniments	Sliced Black Olives	Ripe Olives, Water, Salt, Ferrous Gluconate.	
Accompaniments	Sliced Cheddar Cheese	Pasteurized milk, salt, enzymes, annatto.	Milk
Accompaniments	Sliced Onions	yellow onions	
Accompaniments	Smoked Salmon Cream Cheese	smoked salmon, cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), green onions, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), salt, black pepper, parsley	Fish, Milk
Accompaniments	Sour Cream	Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness).	Milk
Accompaniments	Soy Sauce	Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative.	Wheat, Soy
Accompaniments	Spicy Soy Garlic Sauce	soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, green onions, sesame oil, chili paste, granulated sugar, garlic	Soy, Wheat, Seeds
Accompaniments	Stagecoach French Dressing	Soybean Oil, High Fructose Corn Syrup, Sugar, Vinegar, Tomato Paste (Tomato paste, salt, citric acid), Water, Corn Vinegar, Salt, Contains less than 2% of Natural Flavor, Egg Yolk, Paprika, Caramel Color, Garlic*, Spice, Xanthan Gum, Red 40, Calcium Disodium EDTA (to protect flavor).	Soy, Egg
Accompaniments	Strawberry Cream Cheese	cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), frozen strawberries	Milk
Accompaniments	Strawberry Preserves	Strawberries, Corn Syrup, High Fructose Corn Syrup, Sugar, Citric Acid, Pectin, Sodium Benzoate	
Accompaniments	Sweet and Sour Sauce	High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Mustard (water, distilled vinegar, mustard seed, salt, turmeric, spices), Salt, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic, Sugar, Spices, Tamarind, Natural Flavor), Soybean Oil, Xanthan Gum, Sodium Benzoate and Potassium Sorbate as Preservatives, Spices, Garlic Powder, Extractives of Paprika	Soy, Wheat
Accompaniments	Sweet Pickle Relish	Cucumbers, sugar, vinegar, salt, spices, alum, xanthan gum, sodium benzoate, yellow #5, polysorbate 80.	
Accompaniments	Swiss Cheese	Part-skim milk, cheese culture, salt, enzymes	Milk
Accompaniments	Syrup	55% Maple Syrup Blend: 55% Pure Maple Syrup, 45% Pure Cane Syrup	
Accompaniments	Tabasco	Aged cayenne red peppers, vinegar, water, salt, and garlic powder.	
Accompaniments	Tamari	Water, soybeans, salt, alcohol.	Soy, Alcohol
Accompaniments	Tartar Sauce	onions, parsley, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), sweet pickle relish, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (distilled vinegar, red pepper, salt), lemon juice, black pepper, garlic salt	Egg, Soy
Accompaniments	Tomato Slices	tomatoes	
Accompaniments	Turnip Pickles	turnips, salt, kelp, lemon	

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Accompaniments	Vietnamese Chili Sauce	lime juice, thai fish sauce (anchovy extract, salt, sugar, water), water, rice wine vinegar, garlic, no garlic sambal sauce, sugar, soy sauce	Fish, Soy, Wheat
Accompaniments	Vinegar Cucumber Pickles	cucumbers, salt, kelp, lemons, rice wine vinegar, sugar, salt, water	
Accompaniments	Whipped Butter	butter	Milk
Accompaniments	Whipped Cream Cheese	Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)	Milk
Accompaniments	Whipped Margarine	whely free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.)	Soy
Accompaniments	White Balsamic Vinegar Dressing	Soybean Oil, Water, Imported White Balsamic Vinegar, White Wine Vinegar, Salt, Sugar, Zinfandel Wine, Extra Virgin Olive Oil, Contains less than 2% of Vinegar, Spice, Natural Flavor, Lemon Juice Concentrate, Garlic, Propylene Glycol Alginate, Autolyzed Yeast Extract, Xanthan Gum, Onion*, Bell Peppers*, Disodium Inosinate and Disodium Guanylate, Polysorbate 60, Calcium Disodium EDTA and Sulfur Dioxide (preservatives)	Soy, Alcohol
Accompaniments	Wolverine Dressing	apple cider vinegar, sugar, ground mustard, cayenne, pepper, celery seed, basil leaves, salt, yellow onions, garlic, cornstarch, water, honey, mayonnaise (soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor))	Egg, Soy
Accompaniments	Wolverine Sauce	mayonnaise (soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), chili sauce (tomato concentrate (water, tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, dehydrated onions, spice, natural flavors), ketchup (tomato concentrate (made from red ripe) tomatoes, high fructose corn syrup, vinegar, corn syrup, salt, spices, onion powder, natural flavoring), sugar, sweet pickle relish, garlic powder, salt	Egg, Soy
Beef Entrees	Baked Spaghetti	spaghetti noodles (durum semolina, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), ground beef, green peppers, onions, celery, diced tomatoes, oregano, salt, white pepper, paprika, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), water, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), tomato puree, parmesan, green peppers	Milk, Soy, Wheat, Seeds
Beef Entrees	Baked Ziti	ziti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), ground beef, onions, celery, green peppers, tomatoes, tabasco sauce (distilled vinegar, red pepper, salt), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), soy sauce (water, soybeans, wheat, salt, sodium benzoate), basil leaves, rosemary, salt, sugar, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato puree, tomato sauce (tomato concentrate (tomato paste, water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), parsley	Soy, Wheat, Seeds
Beef Entrees	Baked Ziti With Meatballs	Ziti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan, tomato basil sauce (tomato concentrate (tomato paste, water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), ricotta, frozen meatballs (Beef, water, textured soy protein concentrate (soy protein concentrate, caramel color), eggs, contains less than 2% of the following: Romano cheese (Sheeps milk, rennet, salt), dehydrated onion, pepper, garlic powder, parsley, spices, flavorings, corn syrup solids, bread crumbs (enriched flour [containing: wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid], corn syrup, sugar, vegetable shortening [one or more of the following: hydrogenated soy bean oil and/or cottonseed oil], yeast, contains 2% or less of the following: salt, soy flour, whey, dough conditioner [sodium-stearoyl, 2 lactylate], calcium propionate), soy protein concentrate, salt, sodium phosphate), shredded mozzarella	Eggs, Soy, Milk, Seeds, Wheat
Beef Entrees	BBQ Beef Ribs	beef ribs, water, garlic, white pepper, paprika, mustard, red wine vinegar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), honey, ground cumin, salt, black pepper, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper), tabasco sauce (distilled vinegar, red pepper, salt), brown sugar, reallime juice, honey	Soy

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	BBQ Meatloaf	ground beef, onions, green pepper, celery, tomatoes, eggs, water, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), black pepper, basil, salt, chili powder, catsup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), brown sugar, diced tomatoes	Egg, Soy
Beef Entrees	BBQ Roast Beef	beef roast boneless chuck, salt, black pepper, butter, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xantham gum, red pepper), water, hot sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), brown sugar, real lime juice, honey	Milk, Soy
Beef Entrees	Beef and Broccoli Stir Fry	garlic, ginger, soy sauce (water, soybeans, wheat, salt, sodium benzoate), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), granulated sugar, stir fry beef strips, broccoli, stock beef from base, black pepper, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C red color #40), cornstarch, water, vegetable oil, carrots, green peppers, red peppers	Soy, Shellfish, Wheat, Seeds
Beef Entrees	Beef and Mushroom Pizza	Pizza sauce (Tomato sauce, crushed tomatoes, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), cremini mushrooms, shitake mushrooms, deli roast beef, blue cheese crumbles (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor)	Milk, Wheat, Soy
Beef Entrees	Beef and Pea Pods Stir Fry	beef, vegetable (soy) oil, pea pods, garlic, ginger, soy pail (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), sugar, beef stock, cornstarch, water	Soy, Wheat, Shellfish, Seeds
Beef Entrees	Beef Bulgogi	beef roast top round, ginger, garlic, brown sugar, sesame oil, salt	Seeds, Soy
Beef Entrees	Beef Burgundy	beef stew meat cubes, onions, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), red cooking wine, black pepper, bay leaves, ground thyme, paprika, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), marjoram, onion powder, water, mushrooms, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), tomato paste (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), parsley	Soy, Wheat, Alcohol, Seeds
Beef Entrees	Beef Canneloni	Manicotti pasta (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), yellow onions, garlic, canola/olive oil blend, spinach, butter, ground beef, parmesan cheese, heavy whipping cream, egg, oregano, black ground pepper, salt, butter, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, white ground pepper, tomato sauce, shredded mozzarella	Eggs, Milk, Wheat
Beef Entrees	Beef Chili	ground beef, onion, celery, garlic, chicken from base, chili powder, paprika, oregano, cayenne, cumin, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), sugar, diced tomato, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), water, salt, pinto beans, kidney bean	Soy, Wheat, Milk, Seeds
Beef Entrees	Beef Enchiladas	Beef cubes, black whole peppercorns, bay leaves, yellow onions, celery, taco seasoning mix (Dextrose, salt, yellow corn flour, spices, onion, garlic, citric acid, extractives of paprika, and not more than 2% silicon dioxide addes (as anticaking agent)), water, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzyme), parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), green chilies, diced tomatoes, parsley, heavy whipping cream, eggs, salt, white ground pepper, cumin, frozen 6" corn tortilla (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase)	Egg, Milk, Wheat, Soy
Beef Entrees	Beef Fajita	orange juice, canola/olive oil, corn oil, red wine vinegar, lemon juice, garlic, salt, black pepper, chili powder, cumin, oregano, yellow onion, sugar, bay leaves, beef	
Beef Entrees	Beef Mushroom Casserole	Yellow onions, vegetable oil, ground beef, water, salt, black ground pepper, mushroom stems and pieces, canned cream of mushroom soup 9Water, mushrooms, vegetable oil (corn and/or cottonseed oil), modified food starch, wheat flour, contains less than 2% of: salt, soy protein concentrate, MSG, cream powder (cream, soy lecithin), yeast extract, spice extract, dehydrated garlic), sliced potato	Milk, Seeds, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Beef Entrees	Beef Lasagna	ground beef, onions, garlic, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), tomato paste, black pepper, basil leaves, oregano, salt, lasagna pasta sheets Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), mozzarella cheese, parmesan cheese, ricotta cheese (Pasteurized whey, milkfat, and milk).	Egg, Milk, Wheat
Beef Entrees	Beef Lomo Relleno	Beef roast top round, green peppers, red bell peppers, celery, yellow onions, salad olives, parsley, garlic, salt, ground black pepper, cooking sherry, canola/olive oil blend, salt, black ground pepper, coriander, celery	Alcohol
Beef Entrees	Beef Pasty	Ground beef, water, salt, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), black ground pepper, yellow onions, rutabaga, carrots, parsnips, diced potato, soybean oil (Soybean oil, artificial flavor, artificial color, citric acid (to protect flavor)), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 6.25" pastry circle (Flour (unenriched, unbleached) Vegetable Shortening (Partially Hydrogenated Soy Bean Oil), Water, Dextrose, Salt, Baking Soda)	Soy, Seeds, Wheat
Beef Entrees	Beef Pot Pie	beef stew meat cubes, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), salt, black peppers, carrots, celery, onions, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate) , all purpose flour (wheat flour, malted barley flour, niacin, iron, thimin mononitrate, riboflavin, folic acid), potatoes, peas, pre-rolled pastry crust	Soy, Wheat, Seeds
Beef Entrees	Beef Ground Quesadilla	taco meat, 6" flour tortillas (Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites), monterey jack cheese, green chilies, red peppers, green peppers, onions	Milk, Soy, Wheat
Beef Entrees	Beef Quesadilla	Beef cubes stew meat, yellow onions, water, celery, yellow onions, canola/olive oil blend, taco seasoning mix (Dextrose, salt, yellow corn flour, spices, onion, garlic, citric acid, extractives of paprika, and not more than 2% silicon dioxide addes (as anticaking agent)), water, Mexican blend cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto. Cellulose added to prevent caking.), frozen 6" flour tortilla (Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites)	Wheat, Milk, Soy
Beef Entrees	Beef Sate	Stir fry beef, ginger root, yellow onions, lime, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), vegetable oil, garlic, black cracked pepper, sugar, cooking sherry, red bell pepper, green pepper	Alcohol, Wheat, Soy
Beef Entrees	Beef Stew	beef stew meat cubes, onions, carrots, celery, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), bread flour, potatoes, peas	Soy, Wheat, Seeds
Beef Entrees	Beef Stroganoff	beef stew meat cubes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), onions, salt, black pepper, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), mushrooms, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid).	Milk, Soy, Wheat, Seeds
Beef Entrees	Beef Taco Meat	ground beef, canola/olive oil blend, cayenne pepper, onions, green peppers, garlic, cumin, chili powder, paprika, salt, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper)	

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Beef Entrees	Beef Taco Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil), pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), beef taco meat (ground beef, canola/olive oil blend, cayenne pepper, onions, green peppers, garlic, cumin, chili powder, paprika, salt, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), cumin, lettuce, tomatoes, cheese blend, black olives	Milk, Soy, Wheat
Beef Entrees	Beef Taco Salad	beef taco meat (beef, onions, peppers, garlic, cumin, chili, paprika, salt, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), head lettuce, cheddar cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose), tomatoes, black olives	Milk
Beef Entrees	Beef Tamale Pie	ground beef, onions, diced tomatoes, crushed tomatoes, black pepper, salt, chili powder, water, whole kernel corn, green peppers, canned sliced black, yellow cornmeal, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking powder, eggs, 2% milk, green onions	Egg, Wheat, Milk
Beef Entrees	Beef Tamales	Frozen tamale beef	
Beef Entrees	Beef Teriyaki	beef, unsweetened pineapple juice, garlic, cooking sherry, brown sugar, ginger root, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, constrictor, pineapple chunks, red pepper, green onion	Soy, Wheat, Alcohol
Beef Entrees	Beef Traska	beef steak, lemon juice, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), canola/olive oil, parsley	Soy, Wheat
Beef Entrees	Beef Vindaloo	ground cumin, ground cayenne pepper, black pepper, cinnamon, cardamom, white vinegar, salt, brown sugar, canola/olive oil, beef, yellow onions, ginger root, garlic, water, beef base	Soy, Seeds, Wheat
Beef Entrees	Beef with Yu-Xiang Sauce	beef stir-fry, cornstarch, water, black pepper, wood ear strips, asian chili peppers, soy pail (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), garlic, ginger, cooking sherry, rice wine vinegar, sesame oil, cayenne pepper, sugar, sugar snap peas, green onions	Wheat, Soy, Seeds, Alcohol
Beef Entrees	Buffalo Hamburger Sandwich	Dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), balsamic vinegar, worcestershire (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), salt, black ground pepper, buffalo beef patty	Soy
Beef Entrees	Buffalo Wrap	buffalo, vegetable (soy) oil, salt, black pepper, yellow onions, garlic, water, green peppers, paprika, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), cayenne pepper	Soy, Seeds, Wheat
Beef Entrees	Cheeseburger Pizza	ground beef, 12" pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water), prepared mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), ketchup (tomato concentrate (made from red ripe) tomatoes, high fructose corn syrup, vinegar, corn syrup, salt, spices, onion powder, natural flavoring), dill pickle chips, shredded cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto), shredded mozzarella (Cultured Pasteurized Milk, Enzymes, Salt. / Latte pastorizzato ottenuto mediante coltura, enzimi, sale)	Wheat (crust), Milk, Soy
Beef Entrees	Coney Island Pizza	coney island sauce (onions, celery, peppers, ground beef, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), cayenne pepper, salt, beef base, cider apple vinegar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), chili powder), 12" pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water), all beef hotdogs, shredded cheddar cheese, prepared mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), onions	Wheat (crust), Milk, Soy, Seeds
Beef Entrees	Corned Beef Brisket	Corned beef brisket	
Beef Entrees	Corned Beef Hash	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, corned beef brisket, diced potato, water, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), black ground pepper	Soy
Beef Entrees	Country Fried Steak	Garlic powder, salt, black ground pepper, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), swiss steak, 2% milk	Milk, Wheat

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	Drunk Man Noodles	rice stick noodles, beef chuck strips, garlic, red peppers, green peppers, jalapeno peppers, basil, mushrooms, soy pail sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), sugar, canola olive blend	Wheat, Soy, Shellfish
Beef Entrees	European Beef Goulash Casserole	elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), ground beef, yellow onion, marinara sauce (canola/olive oil blend, onions, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white ground pepper, basil leaves, oregano), salt, black pepper, sugar, tomato, cheddar cheese	Milk, Wheat, Soy
Beef Entrees	Florentine Meatballs	Spinach, yellow onion, garlid, fennel, ground beef, split top white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), egg, beef stock (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), white ground pepper, nutmeg, salt, vermicelli pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), salt, cracked black pepper, garlic, parsley	Eggs, Soy, Seeds, Wheat
Beef Entrees	Grandma Shubert's Meatloaf	ground beef, onions, bread crumbs, water, eggs, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), salt, black pepper	Egg, Soy, Wheat
Beef Entrees	Greek Moussaka Casserole	margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, ground beef, eggplant, mushroom, garlic, red cooking wine, marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), basil, grated parmesan cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Wheat, Soy, Alcohol
Beef Entrees	Ground Beef Quesadilla	6" flour tortilla (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase), taco beef, monterey jack cheese, green peppers, red peppers, onions, diced green chilies	Milk, Wheat, Soy
Beef Entrees	Homemade Meatballs	Yellow onions, garlic, canola/olive oil blend, white split top bread, 2% milk, ground beef, egg, salt, black ground pepper, oregano, parmesan cheese, water	Eggs, Wheat, Milk, Soy
Beef Entrees	Hunan Beef	beef chuck strips, garlic, ginger, soy pail sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), black pepper, rice wine vinegar (Rice Vinegar, Water, High Fructose Corn Syrup, Salt, Brown Sugar), asian chili peppers, cornstarch, soybean sesame oil, red onions, red peppers, green peppers	Wheat, Soy, Seeds
Beef Entrees	Hungarian Goulash	beef stew meat cubes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, garlic, dry mustard, paprika, cayenne pepper, salt, brown sugar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), cider vinegar, water, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Soy
Beef Entrees	Iron Mountain Beef Pasty	ground beef, water, salt, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), black pepper, yellow onions, rutabagas, carrots, parsnips, potatoes, soy bean oil, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), pastry circle 6.25" (Flour (unenriched, unbleached) Vegetable Shortening (Partially Hydrogenated Soy Bean Oil), Water, Dextrose, Salt, Baking Soda)	Soy, Wheat, Seeds

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	Lasagna Rollups With Meat Sauce	Cheese lasagna rollups (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Rice Flour and Cellulose Powder added to prevent caking), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White), meat sauce (Canola/olive oil blend, yellow onion, garlic, celery, fennel, oregano, basil, bay leaves, ground beef, tomato puree, tomato sauce [Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors], diced tomato, tomato paste, beef stock [water, Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract], salt, sugar, white ground pepper), parmesan cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Eggs, Soy, Milk, Seeds, Wheat
Beef Entrees	London Broil	Garlic, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), red wine vinegar, worcestershire (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), canola/olive oil blend, black cracked pepper, sugar, beef steak flank	Wheat, Soy
Beef Entrees	Meatballs Fz	Beef, water, textured soy protein concentrate (soy protein concentrate, caramel color), eggs, contains less than 2% of the following: Romano cheese (Sheeps milk, rennet, salt), dehydrated onion, pepper, garlic powder, parsley, spices, flavorings, corn syrup solids, bread crumbs (enriched flour [containing: wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid], corn syrup, sugar, vegetable shortening [one or more of the following: hydrogenated soy bean oil and/or cottonseed oil], yeast, contains 2% or less of the following: salt, soy flour, whey, dough conditioner [sodium-stearoyl, 2 lactylate], calcium propionate), soy protein concentrate, salt, sodium phosphate.	Eggs, Soy, Milk, Seed, Wheat
Beef Entrees	Meat Sauce	Canola/olive oil blend, yellow onion, garlic, celery, fennel, oregano, basil, bay leaves, ground beef, tomato puree, tomato sauce [Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors], diced tomato, tomato paste, beef stock [water, Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract], salt, sugar, white ground pepper	Soy, Seeds, Wheat
Beef Entrees	Mongolian Beef with Fried Noodles	beef chuck strips, rice wine, soy pail sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), vegetable oil, sesame oil, cornstarch, sugar, baking soda, hoisin sauce (Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), chili paste (Chili, vinegar, sugar, salt, potassium sorbate and sodium bisulfite as preservatives.not a significant source of saturated fat, cholesterol, fiber, Vitamin A, Vitamin C and calcium), cornstarch, water, onions, green onions, vermicelli (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate,Riboflavin, Folic Acid)	Wheat, Soy, Shellfish, Seeds, Alcohol
Beef Entrees	Mostaccioli	ground beef, onions, green peppers, diced tomatoes, tabasco sauce (distilled vinegar, red pepper, salt), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), salt, white pepper, bay leaves, water, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), mostociolli noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate,Riboflavin, Folic Acid), parmesan, green peppers, pimentos	Milk, Wheat, Soy
Beef Entrees	Philly Cheese Steak Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous culfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), canola/olive oil blend, roast beef, canola/olive oil blend, yellow onions, mushrooms, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking)	Milk, Soy, Wheat
Beef Entrees	Pepper Steak	soy pail sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), vegetable (soy) oil, A-1 steak sauce (Tomato puree (water, tomato paste.), distilled vinegar, corn syrup, salt, raisin paste, crushed orange puree, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (to preserve freshness), xanthan gum), ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), sugar, ginger, black pepper, lemons, garlic, garlic powder, marjoram, beef, water, bean sprouts, cornstarch, yellow onions, green pepper, celery, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), tomatoes	Soy, Wheat

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	Personal Meat Lasagna	cheese lasagna rollups (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Rice Flour and Cellulose Powder added to prevent caking), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), meat sauce (canola/olive oil blend, onions, garlic, celery, fennel, oregano, basil leaves, bay leaves, ground beef, tomato puree, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), diced tomato, tomato paste, beef stock, salt, sugar, white ground pepper)	Milk, Soy, Wheat, Egg, Seeds
Beef Entrees	Personal Picadillo Casserole	Long grain rice, ground beef, yellow onions, green peppers, white cooking wine, water, vegetarian chicken base (Vegetable puree(celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), creole spice (paprika, salt, garlic powder, cayenne pepper, oregano, thyme), garlic, hot red suace (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), red kidney beans, diced pimientos, queen stuffed olives (Queen Olives, Water, Salt, Citric Acid, Minced Pimiento, Sodium Alginate, Guar Gum, Calcium Chloride), tomato marinara sauce (canola/olive oil blend, onions, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white ground pepper, basil leaves, oregano)	Alcohol, Soy, Wheat
Beef Entrees	Personal Pinata Casserole	ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), cumin, mild salsa (tomato puree (water, tomato paste), diced tomatoes in juice, green chile peppers, onions, vinegar, salt, spice, potassium sorbate, xanthan gum, citric acid, calcium chloride), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), green chilies, tortilla chips (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase, salt, liquid oil), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes)	Milk, Wheat, Soy, Seeds
Beef Entrees	Personal Rio Grande Casserole	ground beef, yellow onion, green pepper, garlic, cumin, chili powder, paprika, salt, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), sharp cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored))	Milk, Seeds, Wheat, Soy
Beef Entrees	Personal Tri Color Noodle Meat Casserole	garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), ground beef, yellow onions, green pepper, marinara sauce (canola/olive oil blend, onions, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white ground pepper, basil leaves, oregano), italian seasoning, salt, black pepper, garlic, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking)	Milk, Soy, Wheat
Beef Entrees	Picadillo Casserole	long grain rice, ground beef, yellow onions, green pepper, white cooking wine, water, vegetarian "chicken" base, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), creole spices ((paprika, salt, garlic powder, cayenne pepper, oregano, thyme), garlic, hot sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), kidney beans, pimentos, stuffed olives (Queen Olives, Water, Salt, Citric Acid, Minced Pimiento, Sodium Alginate, Guar Gum, Calcium Chloride), marinara sauce (canola/olive oil blend, onions, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white ground pepper, basil leaves, oregano)	Wheat, Soy, Alcohol

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	Pinata Casserole	ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), cumin, mild salsa (tomato puree (water, tomato paste), diced tomatoes in juice, green chile peppers, onions, vinegar, salt, spice, potassium sorbate, xanthan gum, citric acid, calcium chloride), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), green chilies, tortilla chips (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase, salt, liquid oil), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes)	Milk, Wheat, Soy, Seeds
Beef Entrees	Pot Roast w/ Savory Gravy	beef roast boneless chuck, garlic, thyme leaves, salt, black pepper, onions, carrots, celery, water, tomato juice, bay leaves, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), potatoes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Soy, Wheat, Seeds
Beef Entrees	Pot Roast Yankee	Carrots, yellow onions, roast beef, water, tomato puree, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), black ground pepper, peas and carrots, cornstarch	Soy, Seeds, Wheat
Beef Entrees	Prime Rib Roast	Roast beef rib special trim	
Beef Entrees	Quarter Pound Hamburgers	beef patties	
Beef Entrees	Ribeye Strip	Ribeye steak, mushrooms	
Beef Entrees	Rio Grande Casserole	ground beef, yellow onion, green pepper, garlic, cumin, chili powder, paprika, salt, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), sharp cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored))	Milk, Soy, Wheat, Seeds
Beef Entrees	Roast Beef (sandwich, hot)	roast beef, salt, pepper	
Beef Entrees	Roast Beef au jus	beef roast top round trim, garlic, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), white peppers, parsley	Soy, Wheat, Seeds
Beef Entrees	Roast Petite Beef Tenderloin	beef shoulder tenderloin, canola olive blend, salt, black pepper	
Beef Entrees	Russian Beef Salad	beef roast top round trim, red wine vinegar, brown sugar, salt, vegetable oil, black pepper, rye bread, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, green pepper, red pepper, romaine lettuce	Soy, Wheat, Seeds, Alcohol
Beef Entrees	Salisbury Steak	ground beef, 2% milk, eggs, water, green peppers, onions, salt, black peppers	Milk, Egg
Beef Entrees	Sauerbraten	Yellow onion, glack whole peppercorns, cloves, bay leaves, cider apple vinegar, salt, sugar, red cooking wine, celery, carrots, beef roast, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Soy, Alcohol

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Beef Entrees	Shepherds Pie	margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), ground beef, onions, carrots, garlic, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), salt, black pepper, frozen peas, powdered skim milk, instant whipped potatoes (potatoes, mono and diglycerides, ascorbic acid, calcium stearyl-2-lactylate, sodium bisulfite, BHT)	Milk, Soy, Wheat, Seeds
Beef Entrees	Steak and Vegetable Stir Fry	vegetable oil, onions, garlic, ginger, soy sauce (water, soybeans, wheat, salt, sodium benzoate), V-8 juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Reconstituted Vegetable Juice Blend (Water And Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Salt, Vitamin C (Ascorbic Acid), Flavoring, Citric Acid), brown sugar, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), ground allspice, cayenne pepper, chicken base, cooking sherry, cornstarch, beef stir fry, salt, black pepper, onions, carrots, celery, chinese cabbage, red pepper, green pepper, pea pods, green onions, broccoli, sliced waterchestnuts	Wheat, Soy, Milk, Seeds, Alcohol
Beef Entrees	Steamship Round	Roast beef, salt, black ground peppers	
Beef Entrees	Strip Steak	Sirloin steak, mushrooms	
Beef Entrees	Stuffed Tenderloin	Roast beef tenderloin, canola/olive oil blend, rosemary, salt, ground black pepper, yellow onion, red bell pepper, garlic, shitake mushroom, parsley, beef stock (water, Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), bacon, unsalted butter, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice)	Seeds, Wheat, Milk, Soy
Beef Entrees	Swedish Meatballs	water, 2% milk, ground beef, potatoes, onions, salt, black pepper, beef stock (water, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), salt, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), parsley	Wheat, Soy, Milk, Seeds
Beef Entrees	Swiss Steak	Swiss steak, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), garlic, worchestershire (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), kitchen bouquet flavoring, tomato puree, yellow onions, diced tomatoes, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Soy, Wheat
Beef Entrees	Texas Style Beef Brisket	Beef brisket, ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (Color), Paprika, Spice), brown sugar, sea salt, black crushed pepper, garlic	Soy
Beef Entrees	Tex Mex Chili	beef cubes, onions, garlic, cumin, oregano, beef stock (water, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), tomato paste (tomato paste, salt, citric acid), tomato soup (tomato puree (water, tomato paste), red kidney beans, tomatoes, chili powder, black pepper, salt, tabasco sauce (distilled vinegar, red pepper, salt), green peppers	Wheat, Soy, Seeds
Beef Entrees	Tri Color Noodles w/ Meat	garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), ground beef, yellow onions, green pepper, marinara sauce (canola/olive oil blend, onions, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white ground pepper, basil leaves, oregano), italian seasoning, salt, black pepper, garlic, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking)	Milk, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Beverages	Apple Juice	Concentrated apple juice, ascorbic acid (Vitamin C)	
Beverages	Apple Juice, individual	Apple juice concentrate.	
Beverages	Chocolate Soy Milk (Sunrich)	Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, cocoa (processed with alkali), calcium carbonate, salt, natural flavor, carrageenan, vitamin a palmitate, vitamin D2, riboflavin (B2), vitamin B12	Soy
Beverages	Cold Apple Cider	Apple cider (Apple Juice From Whole Apples, Less Than 1/10 of 1% of Potassium Sorbate, Sodium Benzoate Added To Preserve)	
Beverages	Cranberry Juice	Sugar, high fructose corn syrup, water, corn syrup, concentrated cranberry juice, natural flavors, malic acid, citric acid (provides tartness), ascorbic acid (Vitamin C), Red 40	
Beverages	Cranberry Punch	light cranberry juice cocktail, frozen orange juice concentrate, frozen lemonade mix, unsweetened pineapple juice, sugar, water	
Beverages	Diet Pepsi	Carbonated water, caramel color, aspartame, phosphoric acid, potassium benzoate, caffeine, citric acid, natural flavors	
Beverages	Fruit Punch	Water, High Fructose Corn Syrup, Concentrated Apple Juice, Concentrated Orange Juice, Concentrated Pineapple Juice, Passion Fruit Juic, Citric Acid, Natural and Artificial Flavors, Ascorbic Acid, Artificial Color (red 40)	
Beverages	Grape Juice	concentrated grape juice, sugar, high fructose corn syrup, water, corn syrup, natural flavors, citric acid (provides tartness), ascorbic acid (Vitamin C)	
Beverages	Grapefruit Juice	sugar, high fructose corn syrup, concentrated ruby red grapefruit juice, water, corn syrup, citric acid (provides tartness), natural flavor, ascorbic acid (Vitamin C), cochineal & carmine extracts (color)	
Beverages	Hot Chocolate Mix Individual	Sugar, sweet dairy whey, cocoa (processed with alkali), partially hydrogenated soybean and/or sunflower oil, corn syrup solids, cellulose gum, tricalcium phosphate, silicon dioxide, sodium caseinate, salt, dipotassium phosphate, artificial flavor, mono and diglycerides.	Soy, Seeds, Milk
Beverages	Hot Spiced Apple Cider	Apple cider (Apple Juice From Whole Apples, Less Than 1/10 of 1% of Potassium Sorbate, Sodium Benzoate Added To Preserve), cinnamon, cloves	
Beverages	Orange Blossom Punch	frozen lemonade mix (Sweeteners (high fructose corn syrup, sugar), concentrated lemon juice, water, lemon pulp, natural flavors), frozen orange juice concentrate, water, orange sherbet (Water, sugar, high fructose corn syrup, corn syrup, milk, cream, whey protein concentrate, orange puree (concentrated orange juice, water, natural flavors, orange pulp, gum tragacanth, yellow 6, citric acid), whey, citric acid, dextrose, guar gum, carbohydrate gum, carob bean gum, yellow 6, annatto for color), vanilla ice cream (Milk, cream, sugar, high fructose corn syrup, egg yolks, mono & diglycerides, carob bean gum, guar gum, soy lecithin, carrageenan, artificial flavor, polysorbate 80, annatto (for color), caramel color, Chocolate coating: coconut oil, sugar, chocolate liquor, dry whole milk, nonfat milk solids, soy lecithin, filberts, pure vanilla, salt, artificial flavor)	Milk, Alcohol, Soy, Eggs
Beverages	Orange Juice	Concentrated orange juice	
Beverages	Orange Juice, individual	Filtered water, orange juice concentrate, ascorbic acid (vitamin c), natural flavor.	
Beverages	Mountain Dew	Carbonated water, high fructose corn syrup, concentrated orange juice, citric acid, natural flavors, sodium benzoate (preserves freshness), caffeine, sodium citrate, erythorbic acid [preserves freshness), gum arabic, calcium disodium edta (to protect flavor), brominated vegetable oil, yellow 5	
Beverages	Mug Root Beer	Carbonated water, high fructose corn syrup, caramel color, sodium benzoate (preserves freshness), citric acid, natural and artificial flavors, modified food starch, calcium disodium edta (to protect flavor), quillaia extract	
Beverages	Orange Twister	Carbonated water, orange juice from concentrate, citric acid, aspartame, potassium benzoate, citric pectin, modified food starch, natural and artificial flavors, potassium sorbate, ascorbic acid, acesulfame potassium, yellow 6, ester gum, calcium disodium edta, sodium citrate	
Beverages	Passion Guava Fruit Cocktail	Sucrose, high fructose corn syrup, water, concentrated water extracted orange solids, corn syrup, guava puree, concentrated passion fruit juice, citric acid (provides tartness), natural flavors, sodium citrate (controls acidity), ascorbic acid (Vitamin C), Yellow 6	
Beverages	Pepsi	Carbonated water, high fructose corn syrup, caramel color, phosphoric acid, caffeine, sodium benzoate (preserves freshness), citric acid, natural flavors	
Beverages	Raspberry Iced Tea	Water, high fructose corn syrup, citric acid, natural flavors, instant tea, phosphoric acid, sodium hexametaphosphate, potassium sorbate and potassium benzoate, caramel color, calcium disodium edta, red 40	
Beverages	Sierra Mist	Carbonated water, high fructose corn syrup, citric acid, natural flavors, potassium citrate, potassium benzoate (preserves freshness), calcium disodium edta (to protect flavor)	
Beverages	Vanilla Soy Milk (Sunrich)	Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, organic vanilla flavor, carrageenan, vitamin A, palmitate, vitamin D2, riboflavin (B2), vitamin B12.	Soy
Beverages	Wild Cherry Pepsi	Carbonated water, high fructose corn syrup, caramel color, sugar, phosphoric acid, natural flavors, caffeine, citric acid	

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Apple Bread	medium light brown sugar, buttermilk, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), apple slices, eggs, all purpose vegetable shortening (partially hydrogenated soybean and cottonseed oils), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, baking soda, baking powder, ground cinnamon	Egg, Milk, Wheat, Soy, Seeds
Breads and Rolls	Asiago Cheese Bagel	Unbleached High Gluten Wheat Flour (malted barley, potassium bromate), Water, Asiago Cheese (cultured pasteurized milk, salt, enzymes), Sugar, Salt, Yeast, Vegetable Shortening (partially hydrogenated soybean oil), Cheddar Cheese Seasoning (Cheddar and Bleu Cheese: cultured pasteurized milk, whey, partially hydrogenated soybean oil, Corn syrup, salt, disodium phosphate, nonfat milk, citric acid, enzymes, FD&C yellow#6 and extractive of annato), parsley, L-Cysteine.	Wheat, Milk, Soy, Eggs, Tree Nuts
Breads and Rolls	Biscuit Southern Style	Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, nonfat milk, whey protein concentrate, sodium acid pyrophosphate, whey, wheat protein isolate, natural flavor. Contains wheat and milk ingredients.	Wheat, Milk, Soy
Breads and Rolls	Banana Bread (w/o nuts)	all purpose shortening (partially hydrogenated soybean and cottonseed oils), granulated sugar, eggs, buttermilk, bananas, pastry flour, baking soda	Soy, Egg, Milk, Wheat, Seeds
Breads and Rolls	Blueberry Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Blueberries (sunflower oil), Salt (glycerine, yellow prussiate of soda), Yeast, Natural Flavor (with other natural flavors), Lemon Flavoring (corn syrup, lemon peel, lemon puree, citric acid, phosphoric acid, artificial flavor, pectin, FD&C yellow #5, sodium benzoate), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Milk, Tree Nuts, Soy, Eggs
Breads and Rolls	Bread Bowls	Bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, yeast, salt	Wheat
Breads and Rolls	Bread Sticks and Assorted	bread sticks (Enriched unbleached wheat flour (flour, malted barley flour, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: soybean oil, salt, eggs, wheat gluten, datem, sodium stearoyl lactylate, ascorbic acid.), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), garlic powder, parmesan cheese	Egg, Soy, Wheat, Milk
Breads and Rolls	Butter and Egg Dinner Roll	Frozen butter and egg dinner rolls (Enriched flour (flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, butter, eggs. Contains less than 2% of the following: yeast, salt, dough conditioner (sodium stearoyl lactylate, datem, ammonium sulfate, calcium sulfate, ascorbic acid, potassium iodate, azodicarbonamide, l-cysteine, enzymes), vital wheat gluten, corn flour, natural and artificial flavor, nonfat milk, artificial color, soybean oil, mono- and diglycerides, soy lecithin)	Wheat, Milk, Egg, Soy
Breads and Rolls	Cheesy Garlic Bread	whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), garlic powder, french bread (Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, contains less than 2% of the following: salt, high fructose corn syrup, dextrose, wheat gluten, datem, sodium stearoyl lactylate, ascorbic acid, enzyme), mozzarella cheese (Cultured Pasteurized Milk, Enzymes, Salt. / Latte pastorizzato ottenuto mediante coltura, enzimi, sale)	Wheat, Milk
Bread and Rolls	Chocolate Chip Bagel	Unbleached high gluten flour, (malted barley), water, sugar, chocolate chips, (sugar chocolate liquor processed with alkali, cocoa butter, anhydrous dextrose, milkfat, soya lecithin, milk, salt natural and artificial flavors), yeast, soybean oil, cottonseed oil, wheat gluten, artificial vanilla flavoring, cocoa, dough conditioner (l-cysteine)	Wheat, Milk, Soy, Seeds, Eggs, Tree Nuts
Breads and Rolls	Ciabatta Bread	Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal	Wheat
Breads and Rolls	Ciabatta Rolls	Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, sugar, vegetable shortening (partially hydrogenated soybean and cottonseed oils), yeast, malt syrup, degerminated yellow corn meal, vital wheat gluten.	Wheat, Soy, Tree Nuts
Breads and Rolls	Cinnamon Raisin Bread	wheat flour, raisins, wheat gluten, yeast, high fructose corn syrup, soybean oil, contains 2% or less of salt, cinnamon, yeast nutrients (calcium sulfate, ammonium chloride), dough conditioners (sodium stearoyl lactylate, monoglycerides, ethoxylated mono and diglycerides, calcium peroxide), corn starch, calcium propionate (preservative), tricalcium phosphate, diammonium phosphate	Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Cinnamon Swirl Bread	Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin & folic acid), water, sugar, brown sugar (sugar, cane syrup), yeast, vegetable shortening carrageenan, carboxymethylcellulose, glycerine, propylene glycol and glyceryl monostearate, potato flakes, dough conditioner (wheat flour, sodium stearoyl lactylate (SSL), guar gum, diacetyl tartaric acid esters of mono-diglycerides (datem), contains 2% or less of: ascorbic acid, azodicarbonamide (ADA), enzymes, calcium peroxide, soya lecithin), emulsifier (water, mono-diglycerides, ethoxylated mono-diglycerides, polysorbate - 60, contains 2% or less of: soya lecithin, calcium propionate (a preservative), calcium propionate (a preservative), salt, FD&C yellow #5 and FD&C yellow #6.	Wheat, Soy
Breads and Rolls	Club Roll	Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate.	Wheat, Soy
Breads and Rolls	Club Wheat Bread	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, whole wheat flour, wheat bran, soybean oil, contains 2% or less of each of the following:wheat gluten, brown sugar, salt, molasses, yeast, raisin juice, dough conditioners (sodium stearoyl lactylate, ethoxylated monoglycerides, monoglycerides, calcium peroxide), vinegar, yeast nutrients (calcium sulfate, ammonium chloride), corn starch	Wheat, Soy
Breads and Rolls	Cornbread	all purpose shortening (partially hydrogenated soybean and cottonseed oils), sugar, eggs, yellow cornmeal, pastry flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, 2% milk	Egg, Milk, Wheat, Soy, Seeds
Breads and Rolls	Country White Dinner Roll	Water, enriched unbleached wheat flour, crushed wheat, whole wheat flour, yeast, wheat fiber, wheat gluten, sugar, soybean oil, natural flavor, salt, honey, datem, sodium stearoyl lactylate, acesulfame potassium, ascorbic acid	Wheat, Soy
Breads and Rolls	Cranberry Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Cranberries (sunflower oil), Salt, Yeast, Orange Flavoring (corn syrup, orange peel, orange juice, orange oil, sodium citrate, citric acid, phosphoric acid, pectin, sodium benzoate, sodium erythorbate, FD&C yellow #5, FD&C yellow #6), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Deli Rye Bread	enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinigar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid	Wheat, Soy, Seeds
Breads and Rolls	Dinner Rolls	all purpose vegetable shortening, sugar, 2% milk, salt, dry instant yeast, eggs, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Milk, Wheat, Eggs, Soy, Seeds
Breads and Rolls	Egg Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Poppy seeds, Coloring agent (corn flour, spice and coloring, mono-diglycerides, soya lecithin, natural and artificial flavors), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Everything Bagel	Unbleached High Gluten Wheat Flour, Water, Onion, Sugar, Salt, Sesame Seeds, Poppy Seeds, Garlic, Yeast, Black Pepper, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree
Breads and Rolls	Flax & Grain Bread	Stone ground spring whole wheat flour, water, brown sugar, yeast, cracked wheat, flax seed, sesame seed, sunflower kernel, millet seed, salt, wheat gluten, soybean oil, calcium propionate, soy flour, sodium stearoyl lactylate, guar gum, diacetyl tartaric acid esters of mono-diglycerides, ascorbic acid, azodicarbonamide enzyme, ethoxylated mono-diglycerides, mono-diglycerides, polysorbate 60, soya lecithin, sodium propionate, phosphoric acid, corn meal	Wheat, Seeds, Soy
Breads and Rolls	Focaccia Bread	instant dry yeast, water, bread flour, salt, canola/olive oil, yellow cornmeal, basil, coarse sea salt	Wheat
Breads and Rolls	French Bread	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, yeast, malt, vegetable oil, shortening, salt, skim milk powder and/or whey powder.	Milk, Wheat
Breads and Rolls	French Hoagie Roll	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: salt, patially hydrogenated soybean oil, cornsugar, wheat starch, calcium propionate (a preservative), dough conditioners (mono & diglycerides, polysorbate 60 soy flour.	Wheat, Soy
Breads and Rolls	French Parisian Baguette	Unbleached Enriched Wheat Flour (Wheat flour, malted barley, niacin, reduced iron, ascorbic acid, thiamin mononitrate, riboflavin, folic acid), Water, Salt, Yeast.	Wheat
Breads and Rolls	Garlic Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Sesame Seeds, Garlic, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Garlic Bread	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), garlic powder, French bread (Flour, water, yeast, malt, vegetable oil, shortening, salt, skim milk powder and/or whey powder)	Milk, Wheat, Soy
Breads and Rolls	Garlic Cheddar Biscuit	Bleached enriched flour (bleached flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated vegetable oil (soybean, cottonseed) with citric acid added to protect flavor, dried cultured lowfat buttermilk (nonfat milk, whey protein concentrate, whey, cream, dairy cultures), sugar, baking soda, sodium aluminum phosphate, salt, sodium caseinate, datem, sodium acid pyrophosphate, wheat protein isolate, natural flavor, nonfat milk, soy lecithin	Wheat, Soy, Milk, Seeds
Breads and Rolls	Grecian Pita Fold	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, soybean oil, salt, less than 1% of preservatives (calcium propionate, potassium sorbate), sugar, dough conditioner, monoglycerides, calcium sulfate, guar gum, sodium metabisulfite and ascorbic acid), vinegar.	Wheat, Soy
Breads and Rolls	Hamburger Buns	hamburger buns (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, calcium propionate, mono and diglycerides, sodium stearyl lactylate, grain vinegar, calcium sulfate, fumaric acid, sesame seeds, soy lecithin)	Wheat, Soy
Breads and Rolls	Herb Dinner Rolls	bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, sugar, dry instant yeast, butter (cream), eggs, water, kosher salt, dill, tarragon, basil, garlic, canola/olive oil	Wheat, Eggs, Milk
Breads and Rolls	Hoagie Rolls	Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: salt, partially hydrogenated soybean oil, cornsugar, wheat starch, calcium propionate (a preservative), dough conditioners (mono & diglycerides, polysorbate 60 soy flour).	Wheat, Soy
Breads and Rolls	Honey Bread	yeast, salt, coriander, cinnamon, cloves, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), egg, honey, butter (cream), milk	Wheat, Egg, Milk
Breads and Rolls	Honey Wheat Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Honey, Wheat Bran, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Soy, Seeds, Eggs, Tree
Breads and Rolls	Hot Dog Buns	Enriched wheat flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamin hydrochloride, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of each of the following: salt, wheat gluten, sodium stearyl lactylate, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, azodicarbonamide.	Wheat, Soy
Breads and Rolls	Hush Puppies	Onions, enriched yellow corn meal (yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean oil with TBHQ and citric acid added to protect flavor and dimethylpolysiloxane added to reduce foaming, sugar, buttermilk, salt, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), spice and dried parsley.	Milk, Wheat, Soy
Breads and Rolls	Irish Soda Bread	butter, sugar, vanilla extract, salt, egg, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, buttermilk, seedless raisins	Egg, Wheat, Milk
Breads and Rolls	Italian Twist Bread	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, wheat gluten, yeast, dough conditioners (sodium stearyl lactylate, monoglycerides, calcium peroxide), calcium propionate (preservative), yeast nutrients: calcium sulfate, ammonium chloride, corn starch.	Wheat, Soy
Breads and Rolls	Kaiser Roll	white flour, water, roma #5, shortening, active dry yeast, bro-soft, calcium propanate	Wheat
Breads and Rolls	Lavash Wheat Bread	Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides.	Wheat, Soy
Breads and Rolls	Lavash White Bread	Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides.	Wheat, Soy
Breads and Rolls	Lemon Blueberry Bread	sugar, unsalted butter (cream), egg, lemon, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, milk, blueberries, cinnamon	Milk, Wheat, Egg
Breads and Rolls	Maple Bagel	Unbleached high gluten wheat flour (malted barley), water, spices, caraway seed, rye, sugar, salt, yeast, wheat gluten, dextrose, soybean oil, dough conditioner (molasses, diacetyl tartaric esters of mono- and diglycerides, ascorbic acid, monodiglycerides, enzyme, l-cysteine, calcium sulfate), dough conditioner (l-cysteine).	Milk, Wheat, Eggs, Soy, Seeds, Tree Nuts
Breads and Rolls	Margarine Croissant Roll	Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, margarine (partially hydrogenated soybean oil, water partially hydrogenated cottonseed oil), sugar, soy lecithin	Wheat, Seed, Soy
Breads and Rolls	Mediterranean Pita	Flour, water, sugar, yeast, salt	Wheat

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Multigrain Hamburger Buns	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, stone ground whole wheat flour, yeast, wheat bran, rolled wheat, rye meal, crushed wheat, wheat germ, high fructose corn syrup, wheat gluten, soybean oil, brown sugar, contains 2% or less of the following: salt, molasses, yeast food (calcium sulfate, ammonium chloride), corn starch, caramel color, dough conditioners (monoglycerides, sodium stearoyl lactylate, calcium peroxide), calcium propionate (preservative).	Wheat, Soy
Breads and Rolls	Multigrain Hoagie Rolls	Water, enriched flour (flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), whole wheat flour, rye flour, vital wheat gluten, flaxseed, millet seed, cracked wheat, rolled oats, salt, yeast, molasses, soybean oil, barley flower, sunflower seed, rye flakes, sesame seed, rye meal, dough conditioner (datem, calcium stearoyl lactate, calcium sulfate, potassium iodate, ascorbic acid, L-cysteine hydrochloride, enzymes, azodicarbonamide), dextrose, fumaric acid, monoglycerides, acetic acid, lactic acid.	Wheat, Seed,
Breads and Rolls	Labrea Focaccia	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Olive Oil. Contains Less Than 2% Of The Following: Salt, Sugar, Yeast, Spice, Rosemary.	Wheat
Breads and Rolls	Onion Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Onions, Sugar, Salt, Poppy Seeds, Yeast, Black Pepper, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Onion Buns	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, eggs, contains 2% or less: wheat gluten, yeast, salt, soybean oil, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, vinegar, calcium propionate (mold inhibitor), yeast nutrients (calcium sulfate, ammonium chloride), turmeric, paprika, lecithin, onions and poppy seeds.	Egg, Wheat, Soy, Seeds
Breads and Rolls	Orange Bread	sugar, oranges, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, oranges, egg, unsalted butter, milk	Milk, Wheat, Egg
Breads and Rolls	Pappadum Bread	Urad-dal flour, salt, sodium bicarbonate, edible vegetable oil, and other spices	Wheat
Breads and Rolls	Peach Bread	sugar, peaches, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, orange juice, egg, unsalted butter, milk	Wheat, Milk, Egg
Breads and Rolls	Pita Bread	frozen pita pocket (Unbleached white flour, water, yeast, sugar, salt, calcium propionate)	Wheat
Breads and Rolls	Pizza Dough - 14" Presheeted	Hi-gluten wheat flour bleached enriched (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, shortening (partially hydrogenated soybean oil with natural flavors and beta carotene, citric acid as a preservative), salt, soybean oil, granulated sugar, diacetyl tartaric acid esters of mono-diglycerides made from edible refined vegetable fat (calcium silicate is added as an anticaking agent), ascorbic acid	Wheat, Soy
Breads and Rolls	Pizza Dough - Standard Crust	high gluten flour, dry yeast, salt, canola/olive oil, water	Wheat
Breads and Rolls	Plain Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Soy, Tree Nuts, Eggs, Milk
Breads and Rolls	Polenta Bread	cornmeal, unsalted butter, garlic, pepper, salt	Milk
Breads and Rolls	Poppy Bagels	Unbleached high gluten wheat flour (malted barley), water, sugar, salt (glycerine, yellow prussiate of soda), poppy seeds, yeast, sodium, stearoyl lactylate, ascorbic acid, l-cysteine, fungal enzymes.	Wheat, Seeds, Soy, Eggs, Tree
Breads and Rolls	Pumpernickel Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Rye Chops, Salt (glycerine, yellow prussiate of soda), Caramel Color, Yeast, Caraway Seeds, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Pumpernickel Bread	Wheat flour, salt, rye flour, ground caraway, dextrose, lactic acid, sodium acetate, canola oil, caramel color, coarse rye meal.	Wheat
Breads and Rolls	Pumpkin Bread	egg, sugar, pumpkin, vegetable oil, baking powder, baking soda, salt, cloves, cinnamon, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Egg
Breads and Rolls	Raisin Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Raisins (sunflower oil), Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Cinnamon, Coloring agent (corn flour, spice and coloring, mono-diglycerides, soya lecithin, natural and artificial flavors), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Soy, Seeds, Eggs, Tree Nuts, Milk
Breads and Rolls	Salt Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Poppy Seeds, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Seeded French Demi Baguette	Unbleached Enriched Wheat Flour (Wheat flour, malted barley, niacin, reduced iron, ascorbic acid, thiamin mononitrate, riboflavin, folic acid), Water, Salt, Yeast.	Wheat, Seeds, Milk, Soy, Egg, Tree Nuts
Breads and Rolls	Sesame Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Sesame Seeds, Yeast, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Sesame Breadsticks	Unbleached enriched wheat flour (contains malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sesame seeds, soybean oil, yeast, salt, corn and malt syrup, and dried brewers yeast.	Wheat, Seeds, Soy
Breads and Rolls	Sesame Seed Buns	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less: salt, wheat gluten, corn starch, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), sesame seeds.	Wheat, Soy, Seeds
Breads and Rolls	Shortcake Biscuits	pastry flour, baking powder, salt, sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), eggs, 2% milk	Egg, Milk, Soy, Wheat, Seeds
Breads and Rolls	Spinach Feta Bagels	Unbleached high gluten flour (malted barley), water, feta cheese (pasteurized milk, salt cheese cultures, enzymes), spinach, sugar, yeast, salt (yellow prussiate of soda), soybean oil, cottonseed oil, dehydrated minced garlic, dehydrated chopped onions, pepper, l-cysteine.	Milk, Wheat, Soy, Seeds, Eggs, Tree Nuts
Breads and Rolls	Steak Buns	White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/45, Pt-25, Calcium Proponate.	Wheat
Breads and Rolls	Strawberry Bread	strawberries, egg, vegetable oil, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking soda, salt, cinnamon, sugar	Egg, Wheat
Breads and Rolls	Sunflower Seed Bread	Enriched unbleached wheat flour (unbleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, leavening (yeast, calcium sulfate), sunflower seeds, wheat flakes, barley flakes. Contains 2% or less of: sugar, salt, wheat flour, soybean oil, dried honey, dough conditioners (sodium stearoyl lactylate, ammonium sulfate, ascorbic acid, enzymes, potassium iodate, azodicarbonamide), emulsifiers (datem, monoglycerides), oleoresin paprika, turmeric, guar gum, wheat gluten.	Wheat, Soy
Breads and Rolls	Sunny Grain Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Sunflower Kernals, Honey, Sugar, Sesame Seeds, Rye, Wheat Bran, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk
Breads and Rolls	Sweet Dinner Roll	Enriched bleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, yeast, partially hydrogenated soybean oil, sugar, potato starch. Contains 2% or less of the following: whey (milk), whole eggs, margarine (partially hydrogenated soybean oil, salt, mono- and diglycerides, soy lecithin, preservative (sodium benzoate), artificial flavor, beta carotene (color), vitamin A palmitate), high fructose corn syrup, dextrose, vital wheat gluten, salt, guar gum, sodium stearoyl lactylate, datem, sunflower oil, azodicarbonamide, mono- and diglycerides, wheat starch, acesulfame potassium, natural and artificial flavor, ascorbic acid, enzymes, L-cysteine.	Wheat, Eggs, Milk, Soy, Seeds
Breads and Rolls	Tomato Herb Bagel	Unbleached High Gluten Wheat Flour (malted barley), Water, Tomato, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Garlic, Onion, Basil, Black Pepper, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.	Wheat, Soy, Eggs, Milk, Tree Nuts
Breads and Rolls	Wheat Parker House Rolls	Enriched flour (flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, high fructose corn syrup, yeast, soybean oil, vital wheat gluten, salt, dough conditioner (sodium stearoyl lactylate, datem, ammonium sulfate, calcium sulfate, ascorbic acid, enzymes, potassium iodate, azodicarbonamide, l-cysteine)	Wheat, Soy
Breads and Rolls	White Bread	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor).	Wheat, Soy
Breads and Rolls	White Parker House Rolls	Enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, soybean oil, sugar, salt, dough conditioner (sodium stearoyl lactylate, datem, ammonium sulfate, calcium sulfate, ascorbic acid, enzymes, potassium iodate, azodicarbonamide, l-cysteine hydrochloride), wheat protein isolate. Contains wheat ingredients.	Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Breads and Rolls	Whole Grain Wheat Bread	Stone ground spring whole wheat flour, water, sugar, yeast, carmel color, salt, wheat gluten, soybean oil, calcium propionate, soy flour, sodium stearoyl lactylate, guar gum, diacetyl tartaric acid, esters of mono-diglycerides, ascorbic acid, azodicarbonamide, enzyme, ethoxylated mono-diglycerides, mono-diglycerides, polysorbate 60, soya lecithin, sodium prionate, phosphoric acid, cornmeal, sesame seeds.	Seeds, Flour, Soy
Breads and Rolls	Whole Wheat Buns	Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, stone ground whole wheat flour, yeast, high fructose corn syrup, cracked wheat, soybean oil, contains 2% or less of the following: wheat gluten, brown sugar, molasses, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chlororide), corn starch, calcium propionate (preservative), carmel color, high oleic canola oil.	Wheat, Soy
Breads and Rolls	Vanilla Cinnamon Bagel	Unbleached High Gluten Wheat Flour (malted barley, potassium bromate), Water, Sugar, Yeast, Cinnamon Chips, Malt, Natural/Artificial Vanilla Flavor, Salt, Partially Hydrogenated Vegetable Shortening, Caramel Coloring, Vital Wheat Gluten, L-Cysteine.	Wheat, Soy, Milk, Eggs, Tree Nuts
Breakfast Cereals	Apple Cinnamon Oatmeal	quick rolled oats, apple juice, water, brown sugar, apple topping (apples, high fructose corn syrup, water, sugar, modified food starch, malic acid, ascorbic acid, citric acid, sodium benzoate, cellulose gum, cinnamon and natural flavors), salt	Wheat
Breakfast Cereals	Apple Jacks	Sugar, corn flour, wheat flour, oat flour, high fructose corn syrup, salt, milled corn, apple juice concentrate, dried apples, cinnamon, modified corn starch, sodium ascorbate and ascorbic acid (vitamin C), calcium phosphate, yellow #6, niacinamide, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), baking soda, riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), red #40, turmeric color, vitamin A palmitate, BHT (preservative), blue #1, folic acid, vitamin B12 and vitamin D.	Wheat
Breakfast Cereals	Blueberry Oatmeal	quick rolled oats, water, 2% milk, butter, salt, granulated sugar, frozen blueberries	Wheat, Milk
Breakfast Cereals	Brown Sugar Oatmeal	quick rolled oats, water, 2% milk, butter, salt, brown sugar	Wheat, Milk
Breakfast Cereals	Captan Crunch	Corn flour, sugar, oat flour, brown sugar, coconut oil, salt, niacinamide, yellow 5, reduced iron, zinc oxide, yellow 6, thiamin riboflavin, folic acid	Wheat
Breakfast Cereals	Cheerios	Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Calcium Carbonate, Oat Fiber, Tripotassium Phosphate, Wheat Starch, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D.	Wheat
Breakfast Cereals	Cheese Grits	grits (White hominy grits from corn, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), water, butter, salt, white pepper, american cheese (milk, salt, cheese culture enzymes, water, cream, sodium citrate, ascorbic acid, soy lecithin, APO carotenal)	Milk, Soy
Breakfast Cereals	Cinnamon Toast Crunch	whole wheat, sugar, rice flour, partially hydrogenated soybean oil, fructose, maltodextrin, dextrose, salt, calcium carbonate, cinnamon, soy lecithin, trisodium phosphate, caramel and annatto extract color, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), natural flavor, a B vitamin (folic acid), nonfat milk, vitamin B12, vitamin D. Freshness preserved by BHT. Contains wheat and milk ingredients.	Milk, Soy, Wheat
Breakfast Cereals	Cocoa Puffs	sugar, corn meal, cocoa, canola and/or rice bran oil, corn syrup, corn starch, modified corn starch, cocoa processed with alkali, salt, calcium carbonate, fructose, beet powder and caramel color, trisodium phosphate, artificial flavor, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), a B vitamin (folic acid), vitamin B12, wheat starch. Freshness preserved by BHT.	Wheat
Breakfast Cereals	Cocoa Wheat	water, 2% milk, cream of wheat (Farina, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), granulated sugar, cocoa	Wheat, Milk
Breakfast Cereals	Cracklin Oat Bran	Whole oats, wheat bran, brown sugar, palm oil, oat bran, corn syrup, sugar, coconut, modified wheat starch, cinnamon, malt syrup, baking soda, sodium ascorbate and ascorbic acid (vitamin c), natural and artificial vanilla flavor, salt, niacinamide, nutmeg, reduced iron, zinc oxide, pyridoxine hydrochloride (vitamin b6), riboflavin (vitamin b2), vitamin a palmitate, thiamin hydrochloride (vitamin b1), folic acid, vitamin b12 and vitamin d, soy lecithin.	Wheat, Soy
Breakfast Cereals	Cream of Wheat	cream of wheat (Farina, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), salt, water	Wheat
Breakfast Cereals	Frosted Flakes	Whole grain corn, sugar, rice, corn bran, whole grain wheat, milled corn, high fructose corn syrup, honey, salt, malt flavoring, natural flavor, ascorbic acid (vitamin C), niacinamide, reduced iron, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, BHT (preservative), folic acid, vitamin D, vitamin B 12. Contains traces of soybeans.	Wheat, Soy
Breakfast Cereals	Frosted Mini Wheats	Whole grain wheat, sugar, high fructose corn syrup, gelatin, reduced iron, niacinamide, zinc oxide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid and vitamin B 12, and BHT.	Wheat

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Category	Menu Item	Ingredients	Allergens
Breakfast Cereals	Fruity Pebbles	Rice, sugar, polydextrose (source of fiber), hydrogenated vegetable oil (coconut and palm kernel oils), salt, contains less than 0.5% of natural and artificial flavor, red 40, yellow 6, turmeric oleoresin (color), yellow 5, blue 1, blue 2, bha (to help protect flavor). Vitamins and minerals: niacinamide, reduced iron, zinc oxide (source of zinc), vitamin b6, vitamin a palmitate, riboflavin (vitamin b2), thiamin mononitrate (vitamin b1), folic acid, vitamin b12, vitamin d.	
Breakfast Cereals	Golden Grahams	Whole grain wheat, sugar, corn meal, brown sugar syrup, modified corn starch, canola and/or rice bran oil, honey, salt, baking soda, calcium carbonate, dextrose, trisodium phosphate, zinc and iron, vitamin c, niacinamide, artificial flavor, vit B6, vit B2, vit B1, vit A, folic acid, vit B12, vit D, BHT added to preserve freshness.	Wheat
Breakfast Cereals	Granola w/ Nuts	ground cinnamon, water, vegetable oil, vanilla extract, honey, salt, brown sugar, sliced almonds, sunflower seeds, rolled oats	Milk, Tree Nuts, Wheat, Seeds, Peanuts
Breakfast Cereals	Granola w/Raisins	rolled oats, powdered skim milk, raisins, ground cinnamon, brown sugar, water, grill shortening, imitation vanilla	Milk, Wheat, Soy
Breakfast Cereals	Grits	grits (White hominy grits from corn, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), water, salt	
Breakfast Cereals	Honey Bunches of Oats	Corn, whole grain wheat, sugar, whole grain rolled oats, brown sugar, high oleic vegetable oil (canola or sunflower oil), rice flour, corn syrup, wheat flour, malted barley flour, salt, rice, fructose, whey, honey, malted corn and barley syrup, carmal color, artificial flavor, natural flavor, annatto extract, BHT added to packageing material to preserve freshness, reduced iron, niacinamide, vit B6, Vit A, palmitate, riboflavin, thiamin mononitrate, zinc oxide, folic acid, vit B12, Vit D.	Wheat, Seeds
Breakfast Cereals	Honey Nut Cheerios	whole grain oats (includes the oat bran), sugar, oat bran, modified corn starch, honey, brown sugar syrup, salt, ground almonds, calcium carbonate, tripotassium phosphate, wheat flour, vitamin E (mixed tocopherols) added to retain freshness. Vitamins and minerals: zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), B1 (thiamin mononitrate), vitamin A (palmitate), a B vitamin (folic acid), vitamin B12, vitamin D. Contains almond and wheat ingredients	Wheat, Tree Nuts
Breakfast Cereals	Life	Whole grain oat flour, sugar, corn flour, whole wheat flour, rice flour, salt, calcium carbonate, disodium phosphate, reduced iron, niacinamide, zinc oxide, bht (a preservative), yellow 5, yellow 6, thiamin mononitrate, pyridoxine hydrochloride, riboflavin, folic acid.	Wheat
Breakfast Cereals	Lucky Charms	oat flour, marshmallow bits (sugar, modified corn starch, corn syrup, dextrose, gelatin, calcium carbonate, yellow 5&6, blue 1, red 40, artificial flavor), sugar, corn syrup, corn starch, salt, calcium carbonate, color added, trisodium phosphate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), a B vitamin (niacinamide), artificial flavor, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), a B vitamin (folic acid), vitamin B12, vitamin D, wheat starch, vitamin E (mixed topopherols) added to preserve freshness	Wheat
Breakfast Cereals	Malt-O-Meal	water, malt-o-meal (Wheat farina, salt, wheat germ, guar gum, natural flavor, BHT (to preserve freshness), mono- and diglycerides (emulsifier), vitamins & minerals: calcium carbonate, ferric phosphate (source of iron), niacin, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid.), salt	Wheat
Breakfast Cereals	Oatmeal	quick rolled oats, water, salt	Wheat
Breakfast Cereals	Raisin Bran Crunch	Rice, sugar, whole wheat, raisins, oat and honey cluster (whole oats, sugar, whole grain wheat, corn syrup, rice cereal [rice, sugar, salt, high fructose corn syrup, malt flavoring, iron, ascorbic acid (vitamin c), niacinamide, pyridoxine hydrochloride (vitamin b6), riboflavin (vitamin b2), thiamin hydrochloride (vitamin b1), vitamin a palmitate, folic acid, vitamin b12 and vitamin d], modified corn starch, molasses, palm oil, high fructose corn syrup, cinnamon, salt, honey, natural and artificial flavor, bht for freshness), wheat bran, high fructose corn	Wheat
Breakfast Cereals	Smart Start	Rice, whole grain wheat, oat clusters (sugar, toasted oats [rolled oats, sugar, canola oil with TBHQ and citric acid to preserve freshness, molasses, honey, BHT for freshness, soy lecithin], wheat flakes, crisp rice [rice, sugar, malt,salt], corn syrup, polydextrose, honey, cinnamon, BHT [preservative], artificial vanilla flavor), high fructose corn syrup, salt, honey, malt flavoring, alpha tocopherol acetate (vitamin E), niacinamide, zinc oxide, reduced iron, sodium ascorbate and ascorbic acid (vitamin C), calcium pantothenate, yellow #5, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), BHT (preservative), vitamin A palmitate , folic acid, beta carotene (a good source of vitamin A), vitamin B12 and vitamin D. Contains wheat and soy ingredients.	Seeds, Wheat, Kosher, Soy

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Category	Menu Item	Ingredients	Allergens
Breakfast Cereals	Special K Red Berries	Rice, whole grain wheat, oat clusters (sugar, toasted oats [rolled oats, sugar, canola oil with TBHQ and citric acid to preserve freshness, molasses, honey, BHT for freshness, soy lecithin], wheat flakes, crisp rice [rice, sugar, malt,salt], corn syrup, polydextrose, honey, cinnamon, BHT [preservative], artificial vanilla flavor), high fructose corn syrup, salt, honey, malt flavoring, alpha tocopherol acetate (vitamin E), niacinamide, zinc oxide, reduced iron, sodium ascorbate and ascorbic acid (vitamin C), calcium pantothenate, yellow #5, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), BHT (preservative), vitamin A palmitate, folic acid, beta carotene (a good source of vitamin A), vitamin B12 and vitamin D. Contains wheat and soy ingredients.	Wheat, Seeds, Soy
Breakfast Entrees and Meats	All-Beed Smoked Sausage Links	Beef, water, corn syrup, salt, contains 2% or less of dextrose, flavorings, hydrolyzed skim milk protein concentrate, autolyzed yeast, monosodium glutamate, sodium nitrite, vitamin c (ascorbic acid).	Milk
Breakfast Entrees and Meats	Asian Rice Porridge	oriental style rice, chicken breast fillet, water, chicken soup base, black pepper	Milk, Wheat, Soy, Seeds
Breakfast Entrees and Meats	Bacon	bacon	
Breakfast Entrees and Meats	Bacon, Egg, and Cheese Biscuit	american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), bacon, egg, biscuit (Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, nonfat milk, whey protein concentrate, sodium acid pyrophosphate, whey, wheat protein isolate, natural flavor. Contains wheat and milk ingredients)	Wheat, Milk, Soy, Egg, Seeds
Breakfast Entrees and Meats	Belgian Waffles	Enriched Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Yellow Corn Flour, Soybean Oil, Rice Flour, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Buttermilk Powder, Dextrose, Salt, Natural and Artificial Flavors, Malt Powder, water	Milk, Wheat
Breakfast Entrees and Meats	Blueberry Buttermilk Pancakes	Bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, baking soda, sugar, eggs, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), buttermilk, blueberries	Wheat, Milk, Soy, Egg
Breakfast Entrees and Meats	Blueberry Pancakes	Pancake mix (Enriched Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Yellow Corn Flour, Soybean Oil, Rice Flour, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Buttermilk Powder, Dextrose, Salt, Natural and Artificial Flavors, Malt Powder), water, egg, frozen blueberries	Wheat, Milk, Soy, Egg
Breakfast Entrees and Meats	Breakfast Burrito with Ham	grill shortening, green pepper, red pepper, green onion, ham, eggs, 10" flour tortilla (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), cheddar cheese	Wheat, Soy, Milk, Egg
Breakfast Entrees and Meats	Breakfast Burrito with Sausage	grill soybean oil, green pepper, red pepper, green onion, pork sausage patties, eggs, 6" flour tortilla (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase), sharp cheddar cheese	Wheat, Soy, Milk, Egg
Breakfast Entrees and Meats	Breakfast Burrito with Vegetables	grill soybean oil, green pepper, red pepper, green onion, eggs, 6" flour tortilla (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), sharp cheddar cheese	Wheat, Soy, Milk, Egg
Breakfast Entrees and Meats	Breakfast Pizza with Meat	pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfite, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), bacon, pork sausage, canola/olive oil, white pepper, eggs, pizza sauce (tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), crushed tomatoes, tomato puree, oregano, garlic, fennel, ground black pepper), diced ham, cheese blend	Milk, Egg, Wheat, Soy
Breakfast Entrees and Meats	Broccoli Cheese Quiche	frozen pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), broccoli, cheddar cheese, eggs, cayenne pepper, nutmeg, celery, salt, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), heavy whipping cream	Wheat, Soy, Milk, Egg, Seeds, Alcohol

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Breakfast Entrees and Meats	Buttermilk Pancakes	bread flour, baking powder, salt, baking soda, sugar, eggs, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), buttermilk	Wheat, Milk, Soy, Egg
Breakfast Entrees and Meats	Canadian Bacon, Egg, and Cheese Biscuit	american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), canadian bacon (Pork cured with water, sugar, salt, Contains 2% or less of: sodium lactate, sodium phosphates, flavoring, sodium diacetate, sodium nitrite, lactic acid, acidic calcium sulfate), egg, biscuit (Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, nonfat milk, whey protein concentrate, sodium acid pyrophosphate, whey, wheat protein isolate, natural flavor. Contains wheat and milk ingredients)	Wheat, Milk, Soy, Egg
Breakfast Entrees and Meats	Cheese Omelet	eggs, white pepper, salt, cheddar cheese, grill shortening	Egg, Milk, Soy
Breakfast Entrees and Meats	Cheese Sausage Breakfast Casserole	white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), pork sausage, yellow onion, grill shortening, green peppers, eggs, ground mustard, salt, black pepper, cheddar cheese, 2% milk	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Cheese Strata	white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), grill shortening, yellow onion, eggs, 2% milk, paprika, black pepper, cayenne pepper, ground mustard, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), sharp cheddar cheese	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Chocolate Chip Buttermilk Pancakes	bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, baking soda, granulated sugar, eggs, margarine melted (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), buttermilk, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Egg, Milk, Soy, Wheat, Peanuts
Breakfast Entrees and Meats	Chocolate Chip Pancakes	Pancake mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Dextrose, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Sodium Bicarbonate, Monocalcium Phosphate, Sodium Aluminum Phosphate, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Mono & Diglycerides, Buttermilk), water, eggs, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Cinnamon Swirl French Toast	eggs, 2% milk, orange peel, cinnamon, cinnamon swirl bread (Enriched bleached flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin & folic acid), water, sugar, brown sugar (sugar, cane syrup), yeast, vegetable shortening carrageenan, carboxymethylcellulose, glycerine, propylene glycol and glyceryl monostearate, potato flakes, dough conditioner (wheat flour, sodium stearoyl lactylate (SSL), guar gum, diacetyl tartaric acid esters of mono-diglycerides (datem), contains 2% or less of: ascorbic acid, azodicarbonamide (ADA), enzymes, calcium peroxide, soya lecithin), emulsifier (water, mono-diglycerides, ethoxylated mono-diglycerides, polysorbate - 60, contains 2% or less of: soya lecithin, calcium propionate (a preservative), calcium propionate (a preservative), salt, FD&C yellow #5 and FD&C yellow #6. Contains soy, wheat), grill soybean oil	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Fresh Berry Crepe	Strawberries, blueberries, lemon juice, sugar, ricotta, frozen crepe shell (Egg whites, water, wheat flour (bleaches wheat flour, malted barley flour, niacin, iron, patassium bromate, thiamin mononitrate, riboflavin, folic acid), eggs, canola oil, corn starch, dextrose, sugar, soy lecithin, salt), powdered sugar	Eggs, Wheat, Milk, Soy

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
	Strawberry Crepe	Cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums), butter, egg, frozen crepe shell ((Egg whites, water, wheat flour (bleaches wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), canned strawberry topping (Strawberries, High Fructose Corn Syrup, Sugar, Modified Food Starch, Water, Carrageenan, Artificial Flavors, Sodium Benzoate, Citric Acid, Artificial Color (Red 40))	Eggs, Milk, Wheat
Breakfast Entrees and Meats	Egg and Cheese Bagel	frozen plain lender's bagel (Enriched wheat flour (flour, enzyme, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup. Contains 2% or less of: yeast, salt, vital wheat gluten, soybean oil, mono and diglycerides, dough conditioners (calcium sulfate, l-cysteine), guar gum, yellow corn meal. Contains: wheat), egg, american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy))	Milk, Egg, Wheat, Soy
Breakfast Entrees and Meats	Egg and Cheese Biscuit	american cheese (milk, salt, cheese culture enzymes, water, cream, sodium citrate, ascorbic acid, soy lecithin, APO carotenal), pork sausage patties, eggs, biscuits (Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, nonfat milk, whey protein concentrate, sodium acid pyrophosphate, whey, wheat protein isolate, natural flavor. Contains wheat and milk ingredients)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Egg and Cheese Croissant	american cheese, eggs, frozen sliced croissant (Enriched flour, water, partially hydrogenated soybean/cottonseed oils, sugar, yeast, wheat gluten, egg whites, salt, natural and artificial flavors, butter, nonfat milk, soybean oil, soy flour, calcium salts, casein, soy lecithin, ammonium sulfate, mono and diglycerides, sodium phosphate, dextrose, artificial color, potassium sorbate and citric acid, carrageenan, enzymes, corn starch, vitamin A palmitate, azodicarbonamide, ascorbic acid, calcium phosphate, calcium sulfate)	Egg, Milk, Soy, Wheat, Seeds
Breakfast Entrees and Meats	Eggs Benedict	eggs, canadian bacon (Pork cured with water, sugar, salt, Contains 2% or less of: sodium lactate, sodium phosphates, flavoring, sodium diacetate, sodium nitrite, lactic acid, acidic calcium sulfate), english muffins (Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour 9Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid.), 2% milk, salt, ground cayenne pepper, lemon juice	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Eggs MacMichigan	canadian bacon (Pork cured with water, sugar, salt, Contains 2% or less of: sodium lactate, sodium phosphates, flavoring, sodium diacetate, sodium nitrite, lactic acid, acidic calcium sulfate), american cheese (milk, salt, cheese culture enzymes, water, cream, sodium citrate, ascorbic acid, soy lecithin, APO carotenal), eggs, english muffins (Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Eggs MacMichigan with Sausage	Pork sausage (Pork, water, texturized soy flour, salt, dextrose, hydrolyzed corn protein, spices, mono-sodium glutamate, spice extractives, BHA, BHT, and citric acid), american cheese 9Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), eggs, english muffin (Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide)	Eggs, Soy, Milk, Wheat
Breakfast Entrees and Meats	Egg Strips with Green Onions	soybean sesame oil, onions, eggs, green onions, domburi broth [kelp, water, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar]	Soy, Seeds, Egg, Wheat
Breakfast Entrees and Meats	English Muffin French Toast	eggs, 2% milk, cinnamon, english muffin (Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide)	Egg, Milk, Wheat, Soy
Breakfast Entrees and Meats	Farmer's Omelet	eggs, frozen hash browns (Potatoes, dextrose, disodium dihydrogen pyrophosphate (to maintain naturally color)), yellow onions, ham, green pepper, cheddar cheese, grill shortening (Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Artificial Flavor, Artificial Color, and Dimethylpolysiloxane, an anti-foaming agent added)	Soy, Egg, Milk

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Category	Menu Item	Ingredients	Allergens
Breakfast Entrees and Meats	French Bread French Toast	eggs, 2% milk, imitation vanilla, french bread (Flour, water, yeast, malt, vegetable oil, shortening, salt, skim milk powder and/or whey powder), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	French Toast Sticks	Bread [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Salt, Yeast, Spices, Sodium Stearoyl Lactylate, Calcium Propionate (To Preserve Freshness), Soybean Oil], Water, Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And /Or Canola), Sugar. Contains 2% or less of Corn Starch, Dextrose, Egg, Monocalcium Phosphate, Natural and Artificial Flavors, Nonfat Milk, Salt, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Whey, Yellow Corn Flour.	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Fried Eggs	eggs, grill shortening (Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin, Artificial Flavor, Artificial Color, and Dimethylpolysiloxane, an anti-foaming agent added)	Egg, Soy
Breakfast Entrees and Meats	Grilled Ham	ham	
Breakfast Entrees and Meats	Grilled Waffles	frozen buttermilk waffles (Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin b1], riboflavin [vitamin b2], folic acid), whey, vegetable oil (soybean oil, palm oil and palm kernel oil with tbhq and citric acid for freshness), eggs, water, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), sugar, salt, calcium carbonate, soy lecithin, vitamin a palmitate, niacinamide, reduced iron, yellow #5, pyridoxine hydrochloride (vitamin b6), thiamin hydrochloride (vitamin b1), riboflavin (vitamin b2), yellow #6, vitamin b12), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Ham and Cheese Omelet	food release pan coating oil (water, canola oil, soy lecithin, sorbic acid and potassium sorbate (preservatives), beta carotene (color), propellant), eggs, ham, cheddar cheese	Soy, Egg, Milk
Breakfast Entrees and Meats	Ham, Egg, and Cheese Croissant	american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), eggs, frozen sliced croissant (Enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, roboflavin, folic acid), water, margarine (partially hydrogenated soybean oil, water partially hydrogenated cottonseed oil), sugar, soy lecithin), ham	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Hard and Soft Cooked Eggs	Eggs	Egg
Breakfast Entrees and Meats	Italian Quiche	pie shells (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), green peppers, garlic, onions, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), eggs, heavy whipped cream, salt, oregano leaves, basil leaves, cayenne pepper, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mozzarella, tomatoes, buffet ham	Egg, Milk, Wheat, Soy
Breakfast Entrees and Meats	Omelets to Order	eggs, ham, sharp cheddar cheese, mushrooms, tomatoes, potatoes, yellow onions, green peppers	Egg, Milk
Breakfast Entrees and Meats	Omelets to Order Bursley	Eggs, ham, sharp cheddar cheese, mushrooms, tomatoes, potatoes, yellow onions, green peppers, spinach, bacon	Eggs, Milk
Breakfast Entrees and Meats	Cookie Crumble Buttermilk Pancakes	bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, baking soda, sugar, eggs, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), buttermilk, oreo cookie crumbs (Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high oleic canola oil and/or palm oil and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor, chocolate)	Egg, Milk, Wheat, Soy
Breakfast Entrees and Meats	Pancakes	Pancake mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Dextrose, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Sodium Bicarbonate, Monocalcium Phosphate, Sodium Aluminum Phosphate, Corn Syrup Solids, Sodium Caseinate (a Milk Derivative), Mono & Diglycerides, Buttermilk), water, eggs	Milk, Egg, Wheat, Soy

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Breakfast Entrees and Meats	Poached Eggs	Eggs	Egg
Breakfast Entrees and Meats	Pork Sausage Links	Pork, water, salt, sugar, spice, flavoring, BHA and BHT in Collagen Casing.	
Breakfast Entrees and Meats	Quiche Florentine	frozen pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, eggs, spinach, horseradish (Horseradish, Water, Vinegar, Salt, and Natural Flavor), swiss cheese, water	Egg, Milk, Wheat, Soy, Seeds
Breakfast Entrees and Meats	Quiche Lorraine	frozen 10" pie shells (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), bacon, yellow onions, mushrooms, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), eggs, salt, 2% milk, swiss cheese	Wheat, Milk, Egg, Soy, Seeds
Breakfast Entrees and Meats	Sausage, Egg, and Cheese Biscuit	american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), pork sausage patties, eggs, biscuit (Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem, nonfat milk, whey protein concentrate, sodium acid pyrophosphate, whey, wheat protein isolate, natural flavor. Contains wheat and milk ingredients)	Egg, Milk, Wheat, Soy, Seeds
Breakfast Entrees and Meats	Sausage Gravy	pork sausage (Pork, salt, water, dextrose, sugar, natural spices, monosodium glutamate, BHA, BHT, citric acid), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, black pepper	Wheat, Milk
Breakfast Entrees and Meats	Sausage Links	Pork, water, salt, sugar, spice, flavoring, BHA and BHT in Collagen Casing.	
Breakfast Entrees and Meats	Sausage Patty	pork sausage patty	
Breakfast Entrees and Meats	Scrambled Eggs	eggs, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Egg, Soy
Breakfast Entrees and Meats	Scrambled Egg Beaters	egg beaters (Egg Whites, Less Than 1%: Natural Flavor, Color (Includes Beta Carotene), Spices, Salt, Onion Powder, Vegetable Gums (Xanthan Gum, Guar Gum).)	Egg
Breakfast Entrees and Meats	Scrambled Egg Whites	Egg whites, grill shortening	Egg, Soy
Breakfast Entrees and Meats	Scrambled Tofu	margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), tofu (Water, Non-GMO Soybeans, Terra Alba (a natural earth mineral)), onions, garlic, mushrooms, green pepper, tumeric, curry powder, tamari, black pepper	Soy
Breakfast Entrees and Meats	Smoked Sausage Links	Pork, water, salt, sugar, spice, flavoring, BHA and BHT in Collagen Casing.	Milk
Breakfast Entrees and Meats	Spinach Potato Feta Omelet	red potatoes, food release pan coating oil, eggs, spinach, garlic, feta cheese	Egg, Milk, Soy
Breakfast Entrees and Meats	Strawberry Pancakes	frozen strawberries, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, baking soda, sugar, egg, 2% buttermilk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Swiss Cheese Quiche	frozen pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), swiss cheese, eggs, 2% milk, green onions, salt, white pepper, parmesan cheese	Egg, Wheat, Milk, Soy

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Breakfast Entrees and Meats	Texas French Toast	eggs, 2% milk, vanilla, texas toast (Enriched wheat flour (wheat flour, barley malt, niacin, iron,thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative)), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Turkey Sausage Links	Turkey, Salt, Flavorings, Sugar, Dextrose, BHA, Propyl Gallate, Citric Acid. In Collagen Casing.	
Breakfast Entrees and Meats	Turkey Sausage Patty	Turkey, salt, flavoring, sugar, dextrose, BHA, propyl gallate, citric acid.	
Breakfast Entrees and Meats	Vegan Pancakes	whole wheat flour, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), quick rolled oats, baking powder, baking soda, granulated sugar, salt, margarine whey free (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), soy milk (Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, natural flavors, organic vanilla flavor, carrageenan, vitamin A palimitate, vitamin D2, riboflavin (B2), vitamin B12), white vinegar	Wheat, Soy
Breakfast Entrees and Meats	Vegetable Omelet	broccoli, carrots, zucchini, mushrooms, green peppers, green onions, whey free margarine 9Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, eggs, white pepper, sharp cheddar cheese, grill shortening	Egg, Milk, Soy
Breakfast Entrees and Meats	Vegetable Quiche	frozen pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), frozen spinach, green onions, garlic, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), swiss cheese, eggs, heavy whipping cream, salt, basil leaves, celery salt, tomatoes, water, parmesan cheese	Egg, Wheat, Milk, Soy, Seeds
Breakfast Entrees and Meats	Vegetarian Breakfast Pizza	pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), canola/olive oil, homemade pizza sauce (tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), crushed tomatoes, tomato puree, oregano, garlic, fennel, ground black pepper), parmesan cheese, eggs, white pepper, green peppers, green onions, mushrooms, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking)	Milk, Eggs, Wheat (crust)
Breakfast Entrees and Meats	Vegetarian Eggs Mac Michigan	american cheese (milk, salt, cheese culture enzymes, water, cream, sodium citrate, ascorbic acid, soy lecithin, APO carotenal), egg, english muffin (Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide)	Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats	Waffle	water, malted pancake flour mix (Enriched Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Yellow Corn Flour, Soybean Oil, Rice Flour, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Buttermilk Powder, Dextrose, Salt, Natural and Artificial Flavors, Malt Powder.)	Milk, Wheat, Egg, Soy
Breakfast Entrees and Meats	Waffle Mix	Enriched Flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Yellow Corn Flour, Soybean Oil, Rice Flour, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Buttermilk Powder, Dextrose, Salt, Natural and Artificial Flavors, Malt Powder.	Milk, Wheat
Breakfast Entrees and Meats	Western Omelet	food release pan coating oil (water, canola oil, soy lecithin, sorbic acid and potassium sorbate (preservatives), beta carotene (color), propellant), eggs, ham, green peppers, yellow onions	Eggs, Soy
Breakfast Entrees and Meats	Whole Wheat Flax Bread French Toast	Eggs, 2% milk, cinnamon, flax and grain bread (Stone ground spring whole wheat flour, water, brown sugar, yeast, cracked wheat, flax seed, sesame seed, sunflower kernel, millet seed, salt, wheat gluten, soybean oil, calcium propionate, soy flour, sodium stearoyl lactylate, guar gum, diacetyl tartaric acid esters of mono-diglycerides, ascorbic acid, azodicarbonamide enzyme, ethoxylated mono-diglycerides, mono-diglycerides, polysorbate 60, soya lecithin, sodium propionate, phosphoric acid, corn meal), soybean oil (Soybean oil, artificial flavor, artificial color, citric acid (to protect flavor))	Eggs, Soy, Milk, Wheat, Seeds

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Category	Menu Item	Ingredients	Allergens
Breakfast Entrees and Meats	Whole Wheat w/Oats French Toast	Eggs, 2% milk, cinnamon, whole wheat oat bread (Stone ground spring whole wheat flour, water, oats, sugar, yeast, salt, wheat gluten, soybean oil, calcium propionate, soy flour, sodium stearoyl lactylate, guar gum, diacetyl tartaric acid esters of mono-diglycerides, ascorbic acid, azodicarbonamide, enzyme, ethoxylated mono-diglycerides, polysorbate 60, soya lecithin, sodium propionate, phosphoric acid, cornmeal, sesame seeds), soybean oil (Soybean oil, artificial flavor, artificial color, citric acid (to protect flavor))	Eggs, Soy, Milk, Seeds, Wheat
Cakes	Angel Food Cake	angel food cake mix (sugar, wheat starch, bleached enriched wheat flour (wheat flour enriched with niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid) leavening (sodium aluminum phosphate, sodium bicarbonate, mono calcium phosphate, sodium acid pyrophosphate, corn starch) dried egg whites, salt, artificial flavor.), water	Egg, Wheat
Cakes	Banana Chocolate Chip Cake	bananas, cake flour, brown sugar, sugar, salt, powdered skim milk, emulsified shortening, egg, baking powder, baking soda, water, vanilla extract (Water, Caramel Color, Vanillin, Ethyl Vanillin, And 0.1% Potassium Sorbate (Added as a Preservative)), banana extract (Water, alcohol, isoamyl acetate and other esters, orange oil and other essential oils, and FD&C Yellow 5)	Wheat, Milk, Egg, Soy
Cakes	Banana Torte	white cake (Sugar, Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Eggs, Soy Oil, water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzoic acid (preservatives), soy lecithin), banana frosting (shortening, salt, banana icing, water, powdered sugar)	Wheat, Milk, Egg, Soy
Cakes	Blueberry Yogurt Tart	butter, granulated sugar, egg yolks, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), fresh lemon peel, ricotta cheese, plain nonfat yogurt, granulated sugar, eggs, fresh lemon juice, apricot preserves (Apricots, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid), blueberries, powdered sugar,	Wheat, Egg, Milk
Cakes	Café Mocha Cake	bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, unsalted butter (cream), sugar, egg, vanilla extract, coffee, sour cream, semisweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), powdered sugar, whipped topping (cream (milk) and carrageenan), chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor)	Wheat, Egg, Soy, Milk
Cakes	Café Mocha Torte	marble cake (water, yellow cake mix 9Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicoon dioxide, polysorbate 60, xanthan gum, gaur gum, carboxymethylcellulose, beta carotene sorbane monostearate), water, devils food cake mix(Sugar, enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean and cottenseed oils, cocoa (processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, sodium acid purrophosphate, sodium aluminum phosphate, monocalcium phosphate), egg yolks. Contains 2% or less: whey, soy lecithinn, modified food starch, mono and diglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicon dioxide, artificial flavor, polysorbate 60, guar gum, xanthan gum, carboxymethylcellulose, sorritan monostearate), mocha frosting (margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), shortening sweetex, powdered sugar, cocoa, water, instant coffee, vanilla extract (Water, Caramel Color, Vanillin, Ethyl Vanillin, And 0.1% Potassium Sorbate (Added as a Preservative))	Wheat, Egg, Milk, Soy
Cakes	Caramel Cheesecake	graham cracker crust (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), cocoa, granulated sugar, whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), whole eggs, imitation vanilla, caramel topping	Wheat, Soy, Egg, Milk
Cakes	Carrot Cake	All purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking soda, salt, cinnamon, allspice, egg, corn oil, carrots	Wheat, Egg
Cakes	Carrot Cake with Pecans	All purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking soda, salt, cinnamon, allspice, egg, corn oil, carrots, cream cheese frosting (orange, butter, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), sugar), pecans	Wheat, Tree Nut, Milk, Egg

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Category	Menu Item	Ingredients	Allergens
Cakes	Carrot Torte	Cake: Bleached enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, carrots, soy oil, eggs, high fructose corn syrup, egg whites, pineapple, raisins, pecans, emulsifiers (propylene glycol monostearate, mono and diglycerides, sodium stearoyl lactylate, soy lecithin), nonfat dry milk, baking soda, sodium aluminum phosphate, spice, food starch-modified, molasses, cellulose gum, salt, xanthan gum, artificial flavor, guar gum. Frosting: realemone juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), water, yellow cake mix (sugar, enriched bleached flour, partially hydrogenated vegetable oil, egg whites, egg yolks, leavening, contains <2%: dextrose, nonfat milk, modified food starch, mono&di glycerides, salt, corn syrup solids, natural and artificial flavors, emulsifier, sorbitan monostearate, xanthan gum, guar gum, carboxymethylcellulose gum, artificial color (beta carotene), soy flour)	Wheat, Soy, Egg, Milk, Tree Nuts
Cakes	Cheesecake	graham cracker (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), eggs, vanilla, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), vanilla	Wheat, Soy, Egg, Milk
Cakes	Cherry Strussel Coffee Cake	white cake (sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl benzoic acid (preservatives), soy lecithin), egg, vegetable oil, water, cherry pie filling, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, sugar, brown sugar, cinnamon, nutmeg, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Wheat, Egg, Soy, Milk,
Cakes	Chinese Fruit Cake	White cake (sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl benzoic acid (preservatives), soy lecithin), whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts), peaches	Milk, Wheat, Egg, Soy, Tree Nut
Cakes	Chocolate Caramel Cake w/ Walnuts	devils food cake mix (sugar, enriched bleached flour, partially hydrogenated vegetable oil, egg whites and yolks, cocoa (processed with alkali), dextrose, leavening, contains <2%: modified food starch, natural and artificial flavor, mono & di-glycerides, salt, emulsifier, sorbitan monostearate, gums (guar, xanthan, carboxymethyl cellulose), whey (milk)), caramel, sweetened condensed sugar, walnut pieces, powdered sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), chocolate wafer (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor) , half & half (Milk, cream, dipotassium phosphate), vanilla extract	Wheat, Egg, Milk, Tree Nuts, Soy
Cakes	Chocolate Chip Cake	cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, salt, all purpose shortening (partially hydrogenated soybean and cottonseed oils), sugar, 2% milk, vanilla, egg, sauce cream of tartar, semi sweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Wheat, Soy, Egg, Milk
Cakes	Chocolate Chip Cheesecake	graham cracker (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, butter, cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), eggs, condensed milk (concentrated whole milk, sugar), chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), vanilla	Wheat, Soy, Egg, Milk

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Category	Menu Item	Ingredients	Allergens
Cakes	Chocolate Cupcakes	water, devil's food cake mix (Sugar, enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean and cottonseed oils, cocoa (processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, sodium acid purphosphate, sodium aluminum phosephate, monocalcium phosphate), egg yolks. Contains 2% or less: whey, soy lecithinn, modified food starch, mono and diglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicon dioxide, artificial flavor, polysorbate 60, guar gum, xanthan gum, carboxymethylcellulose, sorritan monostearate)	Wheat, Soy, Egg, Milk
Cakes	Chocolate Glaze	water, salt, vanilla, powdered sugar, semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soya lecithin, natural and artificial flavoring), vegetable oil, cocoa, corn syrup	Soy, Milk
Cakes	Chocolate Golden Torte	Cake: Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), artificial color including Yellow 5, soy lecithin. Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotassium phosphate)	Wheat, Egg, Soy, Milk
Cakes	Chocolate Hazelnut Ganache Torte	egg, sugar, cream of tartar, hazelnut, whipping cream, semisweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), yellow cake mix (Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosephate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artifical flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silocon dioxide, polysorbate 60, xanthan gum, gaur gum, carboxymethylcillose, beta carotene sorbane monosterate), vegetable oil, cocoa, powdered sugar	Milk, Wheat, Soy, Egg
Cakes	Chocolate Ivory Torte	Cake: Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosephate, propylene clycol esters, salt, corn syrup, sorbitan monostearate, polysorbate 60, sodium stearoyl lactylate, cellulose gum, artifical flavor, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid, soy lecithin. Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotassium phosphate)	Wheat, Egg, Soy, Milk
Cakes	Chocolate Layer Cake	Sugar, Water, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron,Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Partially Hydrogenated Soybean And Cottonseed Oils, Soybean Oil, Cocoa (Processed With Alkali), Chocolate Liquor, Contains Less Than 2%: Eggs, Corn Starch, Buttermilk, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Salt, Butter (Cream, Salt), Mono & Diglycerides, Soy Lecithin, Dextrose, Natural And Artificial Flavors, Polysorbate 60, Xanthan Gum, Preservatives (Potassium Sorbate, Citric Acid, Ascorbic Acid), Calcium Sulfate, Cellulose Gum, Artificial Color (Blue 1, Red 40, Yellow 6), Propylene Glycol Monoesters, Stearoyl Lactylic Acid, Agar, Guar Gum, Vitamin A Palmitate.	Milk, Wheat, Soy, Egg, Seed
Cakes	Chocolate Marble Torte	Cake: Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosephate, propylene clycol esters, salt, corn syrup, sorbitan monostearate, polysorbate 60, sodium stearoyl lactylate, cellulose gum, artifical flavor, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid, soy lecithin. Frosting: chocolate liquor, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotassium phosphate)	Wheat, Egg, Soy, Milk
Cakes	Chocolate Raspberry Torte	chocolate cake (Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosephate, propylene clycol esters, salt, corn syrup, sorbitan monostearate, polysorbate 60, sodium stearoyl lactylate, cellulose gum, artifical flavor, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid, soy lecithin), chocolate frosting (Cocoa (processed with alkali), soybean oil, partially hydrogenated soybean and cottonseed oils, chocolate liquor, contains 2% or less: soy lecithin, salt, artifical flavor, TBHQ.), sodium filling (Water, sugar, raspberries, modified food starch, contains 2% or less: citric acid, salt, preservatives (potassium sorbate, sodium proprionate, sodium benzoate), red 40, artifical flavor.)	Wheat, Egg, Soy, Milk, Seeds

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Category	Menu Item	Ingredients	Allergens
Cakes	Chocolate Torte	Cake: Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosphate, propylene glycol esters, salt, corn syrup, sorbitan monostearate, polysorbate 60, sodium stearoyl lactylate, cellulose gum, artificial flavor, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid, soy lecithin. Frosting: emulsified shortening, salt, vanilla, water, powdered sugar	Wheat, Egg, Soy, Milk
Cakes	Cinnamon Coffee Cake	pastry flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, salt, cinnamon, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), 2% milk, egg	Wheat, Egg, Soy, Milk
Cakes	Cookie Crumble Cheesecake	cookie crumb topping (Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, cocoa treated with alkali, contains two percent or less of high fructose corn syrup, yellow corn flour, cornstarch, chocolate, baking soda, salt, natural and artificial flavors, soy lecithin, nonfat dry milk), sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), egg, vanilla extract,	Milk, Wheat, Soy, Seeds, Egg
Cakes	Devil's Food Cake	devils food cake mix (Sugar, enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean and cottonseed oils, cocoa (processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate), egg yolks. Contains 2% or less: whey, soy lecithin, modified food starch, mono and diglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicon dioxide, artificial flavor, polysorbate 60, guar gum, xanthan gum, carboxymethylcellulose, sorbitan monostearate), water	Wheat, Soy, Egg, Milk
Cakes	Double Chocolate Torte	Cake: sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium stearoyl lactylate, cellulose gum, artificial flavor, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin. Frosting: chocolate liquor, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotassium phosphate)	Wheat, Soy, Egg, Milk
Cakes	French Cheesecake	Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt, Carob Bean Gum, Guar Gum), Sugar, Skim Milk, Water, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Vegetable Oil (Palm Kernel Oil), Hydrogenated Coconut Oil, High Fructose Corn Syrup, Butter, Modified Food Starch, Calcium Caseinate, Rolled Oats, Heavy Whipping Cream, Sour Cream (Cultured Cream, Gelatin, Carob Bean Gum, Carrageenan, Dextrose, Potassium Chloride, Modified Food Starch), Gelatin, Natural and Artificial Flavors, Salt, Cellulose Gum, Polysorbate 60, Soybean Oil, Polyglycerol Esters of Fatty Acids, Corn Syrup Solids, Molasses, Soy Lecithin, Sodium Citrate, Baking Soda, Disodium Phosphate, Xanthan Gum, Annatto and Turmeric Extracts (Color), Lemon Juice Solids, Cinnamon, Beta Carotene (Color), Lemon Oil, Red 40	Milk, Soy, Tree Nuts, Flour
Cakes	Golden Lemon Cake	lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), water, yellow cake mix (Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum, carboxymethylcellulose, beta carotene sorbitan monostearate.)	Wheat, Soy, Egg, Milk
Cakes	Golden Torte	Cake: Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), artificial color including Yellow 5, soy lecithin. Frosting: emulsified shortening, salt, vanilla, water, powdered sugar	Wheat, Egg, Milk, Soy

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Category	Menu Item	Ingredients	Allergens
Cakes	Island Torte	yellow cake (Sugar, Bleached Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), eggs, soy oil, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservative), artificial color including yellow 5, soy lecithin), creamy frosting (shortening, salt, vanilla extract, sugar), pineapple filling (Water, pineapple, high fructose corn syrup, modified food starch. Contains 2% or less of the following: sodium erythorbate, citric acid, preservatives (potassium sorbate, sodium benzoate), natural flavor, yellow 5, yellow 6), coconut	Wheat, Milk, Soy, Tree Nuts, Egg
Cakes	Ivory Torte	Cake: sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin. Frosting: emulsified shortening, salt, vanilla, water, powdered sugar	Wheat, Soy, Egg, Milk
Cakes	Key Lime Cheesecake	graham cracker crumbs (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), condensed milk, limes, lime juice, egg whites, whole eggs, cream of tartar	Wheat, Egg, Soy, Milk
Cakes	Lemon Cheesecake	graham cracker crust (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), whole eggs, lemon extract	Wheat, Soy, Egg, Milk
Cakes	Lemonade Cake	yellow cake mix (Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum, carboxymethylcellulose, beta carotene sorbate monostearate), lemon juice, corn oil, powdered sugar, lemonade	Wheat, Soy, Milk, Seeds, Egg
Cakes	Lemon Cream Cake	white cake (Sugar, Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Eggs, Soy Oil, water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzoic acid (preservatives), soy lecithin), lemonade concentrate, whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts), struesel topping (Enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oils, corn flour. contains 2% or less of the following: whey (milk), egg whites, soy flour, corn syrup solids, salt, artificial flavor, preservatives (BHA, BHT)), powdered sugar	Wheat, Egg, Milk, Soy
Cakes	Lemon Loaf	lemon zest, egg, sugar, salt, cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, unsalted butter, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Wheat, Milk, Egg
Cakes	Lemon Torte	white cake (sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl benzoic acid (preservatives), soy lecithin), golden lemon frosting (shortening, salt, lemon icing, water, powdered sugar)	Soy, Egg, Wheat, Milk

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Category	Menu Item	Ingredients	Allergens
Cakes	Leprechaun Cake	White cake mix (sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl benzoic acid (preservatives), soy lecithin), water, whipped topping (Cream, sugar, mono and diglycerides, carrageenan, vanilla), chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor)	Wheat, Milk, Egg, Soy
Cakes	Mango Upside Down Cake	mango, butter (cream), brown sugar, lime juice, allspice, salt, black pepper, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), sugared egg yolks, sour cream, vanilla extract, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, cinnamon, baking soda	Milk, Egg, Wheat
Cakes	Maple Peach Upside Down Cake	syrup (High Fructose Corn Syrup, Corn Syrup, Water, Salt, Potassium Sorbate, Sodium Benzoate, Benzoic Acid, Cellulose Gum, Caramel Color, Natural and Artificial Maple Flavor), peaches, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, baking powder, ginger, salt, sugar, unsalted butter (cream), vanilla extract, egg, buttermilk, whipped topping (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Egg, Wheat, Milk
Cakes	Maple Pumpkin Cheesecake	sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), pumpkin pie spice, vanilla extract, cream cheese, sugar, maple flavoring, pumpkin, egg, graham cracker crumb crust (Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, whole wheat (graham) flour, partially hydrogenated soybean and/or cottonseed oil with TBHQ for freshness, honey, molasses, contains two percent or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), calcium carbonate, salt, soy lecithin, annatto and turmeric extracts for color, sodium sulfite), butter (cream), sugar	Milk, Egg, Wheat, Soy
Cakes	Marble Cake	water, yellow cake mix (Sugar, Bleached Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), eggs, soy oil, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservative), artificial color including yellow 5, soy lecithin)	Wheat, Soy, Egg, Milk
Cakes	Marble Cheesecake	cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), graham cracker crumbs (Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean oil, sugar, graham flour, corn syrup, contains two percent or less of molasses, salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), cornstarch, malt, soy lecithin), granulated sugar, eggs, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bitter chocolate liquor wafers, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), vanilla extract	Wheat, Soy, Egg, Milk
Cakes	Marble Pound Cake	cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), salt, baking powder, butter (cream), imitation vanilla, granulated sugar, whole eggs, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), cocoa	Wheat, Soy, Egg, Milk
Cakes	Marble Torte	Cake: Sugar, bleached enriched flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), eggs, soy oil, water, egg whites, high fructose corn syrup, nonfat dry milk, food starch-modified, cocoa (processed with alkali), salt, baking soda, propylene glycol esters, sodium aluminium phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor, polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), artificial color including yellow 5, soy lecithin. Frosting: emulsified shortening, salt, vanilla, water, powdered sugar	Wheat, Soy, Egg, Milk
Cakes	Merk's Coffee Cake w/ walnuts	all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), sugar, vanilla extract, egg, cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, baking soda, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), brown sugar, cinnamon, walnuts, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Egg, Wheat, Milk, Tree Nuts

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Category	Menu Item	Ingredients	Allergens
Cakes	Mexican Chocolate Streusel Cake	Semisweet Chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), cinnamon, egg, unsalted butter (cream), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), sugar, powdered sugar	Milk, Soy, Wheat, Egg
Cakes	Mocha Cheesecake	graham cracker crumbs (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), baking cocoa, instant coffee, eggs, cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)	Wheat, Soy, Egg, Milk
Cakes	Mississippi Mud Cake	granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), eggs, powdered sugar, cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, baking cocoa, vanilla extract, salt	Soy, Egg, Wheat, Milk
Cakes	New England Blueberry Buckle	granulated sugar, butter (cream), eggs, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, ground cardamom, 2% milk, vanilla extract, frozen blueberries, sugar, lemon zest	Egg, Milk, Wheat
Cakes	Oreo Cheesecake	oreo cookie crumbs (Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), high oleic canola oil and/or palm oil and/or canola oil, cocoa (processed with alkali), high fructose corn syrup, baking soda, cornstarch, salt, soy lecithin (emulsifier), vanillin-an artificial flavor, chocolate), sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), whole eggs, vanilla extract	Soy, Egg, Wheat, Milk
Cakes	Peach Melba Cake	pound cake (Sugar, enriched wheat flour bleached, partially hydrodgenated soybean oil, nonfat milk, propylene glycol, mono and diesters of fatty acids, egg white, egg yolk, mono and diglycerides, salt, sodium acid pyrophosphate mono calcium phosphate), sorbic acid, soy lecithin, xanthan gum, natural and artificial flavor, FD & C yellow 5 and red 40, soy flour), peaches, raspberry, sugar, clear gel	Wheat, Egg, Milk, Soy
Cakes	Pineapple Upside Down Cake	sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), egg, 2% milk, cake flour, baking powder, vanilla, salt, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, pineapple, whipped topping (cream (milk) and carrageenan), cherry	Soy, Egg, Wheat, Milk
Cakes	Pumpkin Cheesecake Bars	butter (cream), graham cracker crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Vegetable Shortening (Partially Hydrogenated Soybean And/Or Cottonseed Oils), Sugar, Graham Flour, Honey, Molasses, Corn Syrup, High Fructose Corn Syrup, Contains Two Percent Or Less Of Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Calcium Carbonate, Salt, Artificial Flavor), sugar, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), pumpkin pie spice, vanilla, maple flavoring, eggs, pumpkin, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate)	Egg, Milk, Wheat, Tree Nut
Cakes	Raspberry Cake	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), sugar, whole egg, vanilla extract, masa harina corn flour (corn), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, baking powder, sage, 2% milk, clear jel gelatin, water, cornstarch, black raspberry preserves, frozen blackberries	Soy, Egg, Wheat, Milk
Cakes	Raspberry Swirl Cheesecake	graham cracker (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, butter (cream), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), eggs, vanilla, raspberry fruit	Soy, Egg, Wheat, Milk

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Category	Menu Item	Ingredients	Allergens
Cakes	Shamrock Torte	white cake (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), colored frosting (whey free margarine, powdered sugar, vanilla, 2% milk, water), green sanding sugar	Soy, Egg, Wheat, Milk
Cakes	Sour Cream Pound Cake	cake flour, salt, baking powder, butter (cream), vanilla, sugar, eggs, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum)	Egg, Milk, Wheat
Cakes	Strawberry Bavarian Torte	yellow cake mix (Sugar, Bleached Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), eggs, soy oil, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservative), artificial color including yellow 5, soy lecithin), gelatin, egg, sugar, milk, vanilla extract, strawberries, whipped cream (Cream (milk) and carrageenan)	Milk, Wheat, Soy, Egg
Cakes	Strawberry Cheesecake	graham cracker crust (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), whole eggs, vanilla extract, sliced strawberries	Wheat, Soy, Milk, Egg
Cakes	Texas Sheet Cake	cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), granulated sugar, cinnamon, baking soda, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cocoa, water, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), whole eggs, vanilla, baking cocoa, 2% milk, powdered sugar	Wheat, Soy, Milk, Egg
Cakes	Tiramisu Torte	egg, sugar, vanilla extract, sugar, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), coffee, whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor)	Egg, Wheat, Milk,
Cakes	Strawberry Torte	White cake (Sugar, Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Eggs, Soy Oil, water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzoic acid 9preservatives0, soy lecithin), creamy frosting (shortening, salt, vanilla extract, powdered sugar), strawberry preserves	Wheat, Egg, Milk, Soy
Cakes	Triple Chocolate & Vanilla Cheesecake	chocolate wafers (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), condensed milk, eggs, vanilla extract, semisweet chocolate chips ((sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), heavy whipping cream (Cream (milk) and carrageenan)	Wheat, Soy, Milk, Egg
Cakes	Walnut Torte Layer Cake	Water, sugar, partially hydrogenated vegetable oil (coconut, soybean, and cottonseed oils), high fructose corn syrup, enriched bleached flour [wheat flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2)], eggs, walnuts, heavy whipping cream (cream, milk), whey protein concentrate, corn syrup, contains 2% or less of each of the following: maltodextrin, skim milk, mono- and diglycerides, modified corn starch, milk protein concentrate, baking powder (sodium acid pyrophosphate, baking soda, corn start, monocalcium phosphate), soybean oil, salt, lactose, natural and artificial flavors, vanillin (artificial flavor), vegetavle gums (xanthan, cellulose, carob bean, guar), polysorbate 60, annatto and turmeric extracts (color), beta-carotene (color), citric acid, soy, flour.	Eggs, Soy, Wheat, Milk, Seeds, Tree Nuts

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Category	Menu Item	Ingredients	Allergens
Cakes	White Cake	white cake mix (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), water	Wheat, Soy, Milk, Egg
Cakes	Yellow Cake	yellow cake mix (Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosephate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artifical flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearyl lactiylate, silocon dioxide, polysorbate 60, xanthan gum, gaur gum, carboxymethylcillose, beta carotene sorbane monosterate), water	Wheat, Soy, Milk, Egg
Cakes	Yellow Cupcake	water, yellow cake mix (Enriched Bleached flour (wheat flour, niacin, ferrous sulfate, thamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolks, leavening (sodium bicarbonate, sodium aluminum phosephate, sodium acid pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artifical flavor, distilled monoglycerides, distilled propylene glycol monoester, sodium stearyl lactiylate, silocon dioxide, polysorbate 60, xanthan gum, gaur gum, carboxymethylcillose, beta carotene sorbane monosterate.), vegetable oil	Wheat, Soy, Milk, Egg
Cobblers, Crisps and Pies	Apple Cobbler	Apple, clear gel, sugar, salt, cinnamon, nugmeg, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), all purpose vegetable shortening (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Soy, Wheat
Cobblers, Crisps and Pies	Apple Crisp	apple, sugar, salt, cinnamon, clear jel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), granulated sugar, medium light brown sugar	Soy, Wheat
Cobblers, Crisps and Pies	Apple Pie	frozen apples, sugar, clear jel, salt, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), cinnamon, nutmeg, frozen 10" pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour)	Soy, Wheat
Cobblers, Crisps and Pies	Apple Cranberry Pie	Apple, cranberries, clear gel, brown sugar, sugar, salt, cinnamon, nutmeg, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), pie lid (Flour (unenriched, unbleached), lard, water, dextrose, salt, baking soda)	Wheat, Soy, Seed
Cobblers, Crisps and Pies	Apple Strudel	apples, brown sugar, granulated sugar, salt, cinnamon, nutmeg, clear jel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), raisins, puff pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color), powdered sugar, vanilla, water	Soy, Wheat
Cobblers, Crisps and Pies	Banana Cream Pie	2% milk, sugar, cornstarch, salt, eggs, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), vanilla extract, bananas, pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour)	Soy, Egg, Milk, Wheat
Cobblers, Crisps and Pies	Blueberry Cobbler	pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), salt, water, bluerries, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), clear gel	Wheat, Soy,

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Cobblers, Crisps and Pies	Blueberry Pie	blueberries, salt, sugar, clear gel, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour)	Wheat, Soy, Seed
Cobblers, Crisps and Pies	Boston Cream Pie	vanilla extract, sugar, shortening, eggs, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), baking powder, salt, 2% milk, vanilla pudding powder, whipped topping, powdered sugar, water, light corn syrup, chocolate liquor wafer (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), baking cocoa, vegetable oil	Soy, Egg, Milk, Wheat
Cobblers, Crisps and Pies	Caramel Apple	caramel dip (Corn Syrup, High Fructose Corn Syrup, Sugar, Condensed Nonfat Milk, Heavy Whipping Cream, Water, Salt, Artificial Flavor, Pectin and Disodium Phosphate), apples	Milk
Cobblers, Crisps and Pies	Cayman Lime Pie	Coconut, butter (cream), water, unflavored gelatin, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla) egg, sugar, water, limes	Milk, Egg
Cobblers, Crisps and Pies	Cherry Cobbler	cherries, sugar, salt, clear gel, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils)	Soy, Seeds, Wheat
Cobblers, Crisps and Pies	Cherry Crisp	Frozen cherries, clear jel, granulated sugar, salt, cinnamon, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), brown sugar, salt, cinnamon	Soy, Wheat
Cobblers, Crisps and Pies	Cherry Strudel	cherries, granulated sugar, salt, cinnamon, clear jel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), almond extract, frozen puff pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color), powdered sugar, vanilla, water	Soy, Wheat, Tree Nuts
Cobblers, Crisps and Pies	Chocolate Cream Pie	pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), water, sugar, bitter chocolate liquor, milk, cornstarch, salt, egg, vanilla, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts)	Soy, Wheat, Egg, Milk
Cobblers, Crisps and Pies	Chocolate Peanut Butter Pie	Chocolate cookie wafer (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), butter (cream), cream cheese, sugar, peanut butter (Roasted Peanuts and Sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oils (Rapeseed and soybean), mono and diglycerides and salt), vanilla extract, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), unsweetened baking chocolate, coffee	Wheat, Soy, Seeds, Milk, Peanuts, Egg
Cobblers, Crisps and Pies	Coconut Cream Pie	Pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, vegetable shortening, water, 2% milk, sugar, cornstarch, egg, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), vanilla extract, sweetened coconut flakes (Coconut, sugar, water, propylene glycol, salt, sodium metabisulfite), whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts)	Wheat, Egg, Soy, Milk, Tree Nuts

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Cobblers, Crisps and Pies	Double Crusted Cherry Pie	cherries, sugar, salt, clear gel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), vanilla extract, pie shell (Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy), pie lid (Flour (unenriched, unbleached), lard, water, dextrose, salt, baking soda)	Soy, Wheat, Tree Nuts
Cobblers, Crisps and Pies	Dutch Apple Pie	apples, clear jel, granulated sugar, salt, cinnamon, nutmeg, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), brown sugar	Soy, Wheat
Cobblers, Crisps and Pies	Dutch Blueberry Pie	pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), blueberries, sugar, salt, clear gel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon juice, brown sugar, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), cinnamon	Wheat, Milk, Soy
Cobblers, Crisps and Pies	Dutch Cherry Pie	cherries, sugar, salt, clear jel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), almond extract, pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), brown sugar, cinnamon, nutmeg	Soy, Tree Nuts, Wheat
Cobblers, Crisps and Pies	Dried Cherry Apple Rhubarb Crisp	Whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), apples, salt, cinnamon, nutmeg, rhubarb, dried cherry, clear gel, lemon, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), brown sugar	Soy, Wheat
Cobblers, Crisps and Pies	Lemon Meringue Pie	pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), water, cornstarch, sugar, salt, egg, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil)	Wheat, Egg, Soy
Cobblers, Crisps and Pies	Lemon Tart with Cornmeal Crust	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), masa harina flour (dried corn), sugar, baking powder, salt, butter (cream), eggs, egg yolks, lemons, powdered sugar, raspberries	Egg, Wheat, Milk
Cobblers, Crisps and Pies	Michigan Fruit Crisp	dried cherries, dried blueberries, whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), sliced empire apples, salt, granulated sugar, ground cinnamon, ground nutmeg, regular clear jel, lemon juice, water, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), brown sugar	Soy, Wheat
Cobblers, Crisps and Pies	Mocha Pecan Pie	frozen 10" pie shells (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), sugar, syrup, coffee, butter (cream), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), eggs, chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), pecan pieces	Wheat, Soy, Tree Nuts, Egg, Milk, Peanut
Cobblers, Crisps and Pies	Peach Cobbler	pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), all purpose shortening (partially hydrogenated soybean and cottonseed oils), salt, water, peaches, granulated sugar, clear jel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Wheat, Soy

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Cobblers, Crisps and Pies	Peach Cobbler Pie	peaches, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking powder, butter (cream), buttermilk, pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), sugar, cornstarch, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon juice	Milk, Wheat, Soy
Cobblers, Crisps and Pies	Peach Crisp	frozen peaches, sugar, clear jel, lemon juice, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), rolled oats, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, brown sugar, sugar	Wheat, Soy
Cobblers, Crisps and Pies	Peach Pie	peaches, sugar, cornstarch, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, almond extract, pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour)	Tree Nuts, Soy, Wheat
Cobblers, Crisps and Pies	Peach Strudel	peaches, granulated sugar, cornstarch, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), puff pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavening, yellow 5/6, vegetable color)	Soy, Wheat, Seeds
Cobblers, Crisps and Pies	Peach and Blueberry Cobbler	Peaches, salt, sugar, nutmeg, cinnamon, lemon juice, cornstarch, water, blueberries, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour) baking powder, buttermilk	Wheat, Milk
Cobblers, Crisps and Pies	Pecan Pie	sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, egg, light corn syrup, vanilla extract, pecans, pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils)	Egg, Wheat, Soy, Seeds, Tree Nuts
Cobblers, Crisps and Pies	Philly Apple Cream w/ Nuts	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, cinnamon, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), apple juice, apples, sour cream Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness), egg, vanilla extract, light brown sugar, walnut	Wheat, Egg, Milk, Tree Nut, Soy
Cobblers, Crisps and Pies	Pumpkin Pie	pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), pumpkin, egg, brown sugar, sugar, salt, cinnamon, cloves, ginger, evaporated milk	Egg, Milk, Wheat, Soy, Seeds
Cobblers, Crisps and Pies	Raspberry Cream Pie	pie shell (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour), raspberry, sugar, clear jel, salt, 2% milk, cornstarch, egg, butter (cream), vanilla, whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts)	Wheat, Soy, Egg, Milk
Cobblers, Crisps and Pies	Strawberry Pie	Strawberries, unflavored gelatin, sugar, lemon, whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts), pie shell (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor)	Wheat, Soy, Seeds, Tree Nuts
Cobblers, Crisps and Pies	Strawberry Cream Pie	strawberries, plain gelatin, granulated sugar, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), frozen whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts), graham cracker pie shell (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor)	Wheat, Soy

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Cobblers, Crisps and Pies	Sweet Potato Pie	Sweet potato, egg, cinnamon, sugar, nutmet, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), allspice, ginger, whole milk, pie shell, whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts)	Wheat, Milk, Tree Nuts, Egg
Cookies and Bars	Almond Cookies	sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), egg, almonds, almond extract, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt	Egg, Wheat, Soy, Seeds
Cookies and Bars	Almond Toffee Bars	all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), brown sugar, egg, vanilla extract, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), semisweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), almonds	Egg, Wheat, Milk, Soy, Tree Nuts, Peanuts
Cookies and Bars	Anzac Cookies	unsalted butter (cream), rolled oats, shredded coconut, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking soda, lemon juice, lemon zest	Milk, Tree Nuts, Wheat,
Cookies and Bars	Banana Chocolate Chip Cookie	devil food cake mix, (Sugar, enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid) partially hydrogenated soybean and cottenseed oils, cocoa (processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, sodium acid purphosphate, sodium aluminum phosephate, monocalcium phosphate), egg yolks. Contains 2% or less: whey, soy lecithinn, modified food starch, mono and diglycerides, distilled propylene glycol monoester, sodium stearyl lactylate, silicon dioxide, artificial flavor, polysorbate 60, guar gum, xanthan gum, carboxymethylcellulose, sorritan monostearate) banana, egg, semisweet chocolate chip (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor)	Wheat, Egg, Milk, Soy, Seeds, Peanuts
Cookies and Bars	Brownies	chocolate liquor, butter (cream), granulated sugar, egg, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, vanilla, baking powder	Egg, Milk, Wheat
Cookies and Bars	Butterscotch Brownie Bars	all purpose flour (enriched bleach wheat flour (niacin, iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, salt, unsalted butter (cream), vanilla extract, egg, butterscotch chips (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt)	Wheat, Egg, Soy, Milk, Tree Nuts
Cookies and Bars	Butterscotch Chip Cookies	cookie dough (baking soda, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, eggs), butterscotch chips (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt)	Wheat, Soy, Egg, Milk
Cookies and Bars	Butterscotch Oatmeal Cookies	brown sugar, granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), eggs, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking soda, salt, rolled oats, water, vanilla extract, butterscotch chips (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt)	Wheat, Soy, Egg, Milk
Cookies and Bars	Cake Style Brownie Bars	chocolate wafers (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), unsalted butter (cream), sugar, egg, vanilla extract, all purpose flour (enriched bleached wheat flour (niacin, iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt	Wheat, Soy, Eggs, Milk, Tree Nuts
Cookies and Bars	Chocolate Chip Cookies	cookie dough (baking soda, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, eggs), chocolate chips (sugar, chocolate, cocoa butter, milk fat, soya lecithin, natural and artificial flavoring)	Wheat, Soy, Egg, Milk
Cookies and Bars	Chocolate Macaroons	Chocolate wafer (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), condensed milk, vanilla extract, sweetened coconut	Wheat, Tree Nuts, Milk, Egg, Soy

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Cookies and Bars	Chocolate Peanut Butter Chip Cookies	sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cocoa, egg, vanilla, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, baking powder, peanut butter chips (partially defatted peanuts, partially hydrogenated palm kernel and soybean oils, nonfat milk, dextrose, salt, soya lecithin, vanillin), water	Soy, Egg, Wheat, Milk, Peanut
Cookies and Bars	Chocolate Peanut Butter Squares	vanilla wafers (enriched flour, sugar, partially hydrogenated soybean oil, high fructose corn syrup, whey (from milk), eggs, natural and artificial flavor, salt, leavening, mono and diglycerides, vanilla), butter (cream), peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), powdered sugar, chocolate chips (sugar, chocolate, cocoa butter, milk fat, soya lecithin, natural and artificial flavoring), coffee	Peanut, Soy, Milk, Wheat, Egg, Seeds
Cookies and Bars	Chocolate White Chocolate Chip Cookies	granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cocoa, whole eggs, vanilla, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, baking powder, white chocolate chips (sugar, cocoa butter, whole milk powder, milk, soya lecithin, vanilla extract), semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soya lecithin, natural and artificial flavoring), water	Soy, Milk, Egg, Wheat
Cookies and Bars	Cinnamon Sugar Cookies (VN)	whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), sugar, soymilk (Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, organic vanilla flavor, carrageenan, vitamin A, palmitate, vitamin D2, riboflavin (B2), vitamin B12), imitation vanilla, flour, baking powder, salt, cinnamon	Soy, Wheat
Cookies and Bars	Cocoa Krispie Treats	whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1)), vanilla, cocoa krispies (Rice, sugar, cocoa (treated with alkali), semisweet chocolate (sugar, chocolate liquor, cocoa butter, artificial flavoring), salt, partially hydrogenated vegetable oil (one or more of: coconut, cottonseed and soybean), high fructose corn syrup, calcium carbonate, malt flavoring, artificial flavor, ascorbic acid and sodium ascorbate (vitamin C), niacinamide, iron, zinc oxide, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), vitamin A palmitate, folic acid, vitamin B12 and vitamin D)	Soy
Cookies and Bars	Coconut Chews	cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), brown sugar, sweetened coconut, egg, walnuts	Egg, Tree Nuts, Wheat, Soy, Milk
Cookies and Bars	Coconut Macaroons	sweetened coconut, egg, sugar, vanilla extract	Egg, Tree Nuts
Cookies and Bars	Confetti Bar	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, salt, butter (cream), granulated sugar, brown sugar, vanilla, egg, semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soya lecithin, natural and artificial flavoring), plain m&ms (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavor, cornstarch, corn syrup, Yellow 5 lake, Blue 1 lake, Red 40 lake, Yellow 6 lake, Blue 2 lake, dextrin), butterscotch chips (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt.), white chocolate chips (sugar, cocoa butter, whole milk powder, milk, soya lecithin, vanilla extract)	Soy, Milk, Wheat, Egg
Cookies and Bars	Cranberry Chocolate Chip Cookies	dried cranberries, butter (cream), brown sugar, sugar, eggs, imitation vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, baking soda, rolled oats, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts	Soy, Milk, Wheat, Egg
Cookies and Bars	Double Chocolate Mocha Brownie	butter (cream) , semisweet chocolate (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), sugar, instant coffee, imitation vanilla, eggs, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Soy, Milk, Wheat, Egg
Cookies and Bars	Double Chocolate Oatmeal Dreams	granulated sugar, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), eggs, water, vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), cocoa, baking soda, salt, quick rolled oats, chocolate chips Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts.	Soy, Milk, Wheat, Egg, Peanut

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Category	Menu Item	Ingredients	Allergens
Cookies and Bars	Espresso Brownies	unsalted butter (cream), chocolate wafers, semisweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, egg, light brown sugar, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), powdered sugar, coffee	Milk, Wheat, Egg
Cookies and Bars	Fortune Cookies	Bleached wheat flour, sugar, water, egg whites, artificial vanilla flavoring, baking soda, partially hydrogenated soybean oil, salt, FD&C Yellow #5	Egg, Wheat, Soy
Cookies and Bars	Fruit Dop Cookies	unsalted butter (cream), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), sugar, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), salt, egg, vanilla extract, cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, baking soda, raisins, pecans	Milk, Wheat, Tree Nuts, Egg
Cookies and Bars	Fudge Brownies	chocolate liquor wafers (Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable shortening (partially hydrogenated soybean oil and/or cottonseed oil), cocoa (processed with alkali), high fructose corn syrup, coconut preserved with sulfur dioxide, chocolate, whey, baking soda, salt, eggs, soy lecithin (emulsifier), dextrose, artificial flavor), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), sugar, eggs, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, vanilla extract	Egg, Soy, Wheat
Cookies and Bars	Granola Bar	Cereal oats rolled buckeye, brown sugar, wheat germ, cinnamon, whole wheat flour, raisins, salt, honey, eggs, canola oil, vanilla	Egg, Wheat
Cookies and Bars	Honey Oatmeal Cookies	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), sugar, honey, whole eggs, orange peel, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, salt, quick rolled oats, raisins	Soy, Egg, Wheat
Cookies and Bars	Iced Apple Slices	sliced apples, brown sugar, sugar, ground cinnamon, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), all purpose vegetable oil, salt, water, powdered sugar	Soy, Wheat
Cookies and Bars	Key Lime Squares	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), graham cracker crumbs (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Vegetable Shortening (Partially Hydrogenated Soybean And/Or Cottonseed Oils), Sugar, Graham Flour, Honey, Molasses, Corn Syrup, High Fructose Corn Syrup, Contains Two Percent Or Less Of Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Calcium Carbonate, Salt, Artificial Flavor.), sugar, sweetened condensed milk, egg yolks, lime juice, whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts.)	Soy, Wheat, Egg, Milk
Cookies and Bars	Lemon Bars	butter (cream), granulated sugar, orange rind, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), eggs, salt, lemon rind, lemon juice, powdered sugar	Milk, Wheat, Egg
Cookies and Bars	Lemon Cookies	all purpose shortening (partially hydrogenated soybean and cottonseed oils), granulated sugar, whole eggs, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, baking powder, vanilla, 2% milk, lemons zest, lemon extract, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), granulated sugar	Soy, Egg, Wheat, Milk
Cookies and Bars	M & M Cookies	baking soda, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, eggs, M&Ms (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavor, cornstarch, corn syrup, Yellow 5 lake, Blue 1 lake, Red 40 lake, Yellow 6 lake, Blue 2 lake, dextrin)	Peanut, Wheat, Soy, Egg, Milk

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Category	Menu Item	Ingredients	Allergens
Cookies and Bars	M & M Rice Krispies Treats	wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), mini marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1), rice krispies (Rice, sugar, salt, high fructose corn syrup, malt flavoring), mini M and Ms (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavor, cornstarch, corn syrup, Yellow 5 lake, Blue 1 lake, Red 40 lake, Yellow 6 lake, Blue 2 lake, dextrin)	Peanut, Soy, Milk, Wheat
Cookies and Bars	Magic Bars	wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), walnuts, chocolate chips , angel flake coconut (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), sweetened condensed milk (concentrated whole milk, sugar)	Tree Nuts, Soy, Milk, Wheat
Cookies and Bars	Maize and Blue Confetti Bars	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, salt, unsalted butter (cream), sugar, brown sugar, egg, vanilla extract, semisweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor), butterscotch (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt) , white chocolate chips (Sugar, partially hydrogenated palm kernel and palm oils, milk, nonfat dry milk, soy lecithin, and artificial flavoring added)	Wheat, Egg, Tree Nuts, Milk, Soy, Peanuts
Cookies and Bars	Maple Pumpkin Cheesecake Bar	butter (cream), graham cracker crumbs (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, cream cheese softened (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), pumpkin pie spice, vanilla, maple flavoring, granulated sugar, frozen whole eggs thawed, canned pumpkin, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum)	Milk, Wheat, Soy, Egg
Cookies and Bars	Mexican Wedding Cookies	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), powdered sugar, walnuts, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), vanilla extract, salt	Soy, Wheat, Tree Nuts
Cookies and Bars	Mint Brownies	chocolate liquor, wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, egg, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, vanilla, mint flavoring	Soy, Egg, Wheat
Cookies and Bars	Mississippi Mud Brownie Bars	granulated sugar, wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), eggs, powdered sugar, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1.) , all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, baking cocoa, vanilla extract, salt	Soy, Egg, Wheat, Milk
Cookies and Bars	Mocha Truffle Cookies	butter (cream), chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), instant coffee, granulated sugar, brown sugar, eggs, vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), cocoa, baking powder, salt	Soy, Milk, Egg, Wheat
Cookies and Bars	Molasses Cookies	all purpose shortening (partially hydrogenated soybean and cottonseed oils), butter (cream), granulated sugar, molasses, eggs, baking soda, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), ground cloves, ginger, cinnamon, salt	Soy, Milk, Wheat, Egg
Cookies and Bars	Oatmeal Raisin Cookies	margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, salt, baking soda, cinnamon, rolled oats, egg, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), raisins	Soy, Egg, Wheat
Cookies and Bars	Oatmeal Raisin Cookies (Vegan)	margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, original edensoy extra, imitation vanilla, salt, baking soda, baking powder, rolled oats, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), raisins	Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Cookies and Bars	Ope's Organic Oatmeal Applesauce Banana Nut Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, organic bananas, walnuts, soybean oil, natural and organic flavorings	Tree Nuts, Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Chocolate Chip Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, non-dairy chocolate chips (chocolate liquor, cocoa, soya lecithin), natural and organic flavorings	Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Chocolate Chip Walnut Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, on-dairy chocolate chips, (chocolate liquor, cocoa, soya lecithin), walnuts, soybean oil, natural and organic flavorings	Tree Nuts, Soy, Wheat
Cookies and Bars	Ope's Organic Oatmeal Applesauce Classic Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, natural and organic flavorings	Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Coconut Pineapple Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, organic coconut, pineapple, natural and organic flavorings	Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Double Chocolate Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, non-dairy chocolate chips (chocolate liquor, cocoa, soya lecithin), soybean oil, natural and organic flavorings	Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Ginger Cookies	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, organic ginger, natural and organic flavorings	Wheat, Soy
Cookies and Bars	Ope's Organic Oatmeal Applesauce Peanut Butter Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, organic reduced-fat peanut butter, natural and organic flavorings	Wheat, Soy, Peanut
Cookies and Bars	Ope's Organic Oatmeal Applesauce Peanut Butter Chocolate Chip Cookie	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, organic reduced-fat peanut butter, non-dairy chocolate chips (chocolate liquor, cocoa, soya lecithin), soybean oil, natural and organic flavorings	Wheat, Soy, Peanut
Cookies and Bars	Ope's Organic Oatmeal Applesauce Raisin Cookies	organic rolled oats, organic wheat flour, organic applesauce, organic turbinado sugar, soybean oil, organic raisings, natural and organic flavorings	Wheat, Soy
Cookies and Bars	Orange Chocolate Chip Cookies	wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), sugar, brown sugar, eggs, orange peel, imitation vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Soy, Milk, Egg, Wheat
Cookies and Bars	Orange Iced Cookies	all purpose vegetable shortening (partially hydrogenated soybean and cottonseed oils), sugar, salt, orange zest, eggs, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking soda, baking powder, oranges, plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, orange zest, water, oranges	Soy, Milk, Egg, Wheat
Cookies and Bars	Peanut Butter Cookies	all purpose shortening (partially hydrogenated soybean and cottonseed oils), wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, sugar, eggs, peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, baking soda	Soy, Egg, Wheat, Peanut, Seed

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Cookies and Bars	Platinum Blondies	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, baking soda, butter (cream), brown sugar, granulated sugar, vanilla, almond extract, eggs, oreo cookie crumbs (Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Oleic Canola Oil And/Or Palm Oil And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanillin -An Artificial Flavor, Chocolate), white chocolate chips (sugar, cocoa butter, whole milk powder, milk, soya lecithin, vanilla extract), mini chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor)	Tree Nuts, Soy, Milk, Wheat, Egg
Cookies and Bars	Raspberry Truffle Brownie	butter (cream), semisweet chocolate (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), instant coffee, water, eggs, brown sugar, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), powdered sugar, raspberry jam, vegetable oil	Soy, Milk, Egg, Wheat
Cookies and Bars	Rice Krispie Cookies	granulated sugar, brown sugar, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, baking soda, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), eggs, rice krispies (Rice, sugar, salt, high fructose corn syrup, malt flavoring), rolled oats	Soy, Wheat, Egg
Cookies and Bars	Rice Krispies Mix Treats	whley-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), mini marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1), imitation vanilla, cocoa krispies, rice krispies (Rice, sugar, salt, high fructose corn syrup, malt flavoring)	Soy, Wheat
Cookies and Bars	Rice Krispie Treats	Whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1)), vanilla, rice krispies (Rice, sugar, salt, high fructose corn syrup, malt flavoring)	Soy, Wheat
Cookies and Bars	S'mores Bars	Whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, sugar, light corn syrup, baking powder, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), eggs, rolled oats, graham cracker crumbs, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), mini marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1)	Soy, Milk, Wheat, Egg
Cookies and Bars	Snicker Brownie	caramel loaves (Corn Syrup, sugar, milk, fructose, hydrogenated coconut oil, butter, mono- and diglycerides, salt, soy lecithin, vanillin), sweetened condensed milk (Concentrated Whole Milk, Sugar), devil's food cake mix (sugar, enriched bleached flour, partially hydrogenated vegetable oil, egg whites and yolks, cocoa (processed w/ Alkali), dextrose, leavening, contains < 2%: modified food starch, natural and artificial flavors, mono & di-glycerides, salt, emulsifier, sorbitan monostearate, gums (guar, xanthan, carboxymethyl cellulose), whey (milk)), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), peanuts, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Peanut, Soy, Milk, Wheat, Egg
Cookies and Bars	Snickerdoodles	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), egg, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), spice cream of tartar, baking soda, salt, cinnamon	Soy, Egg, Wheat
Cookies and Bars	Spritz Butter Cookies	sugar, unsalted butter (cream), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), egg, vanilla extract, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), 2% milk, baking soda, white sanding sugar	Milk, Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Cookies and Bars	Sugar Cookies	all purpose shortening (partially hydrogenated soybean and cottonseed oils), granulated sugar, egg, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), salt, baking powder, vanilla, 2% milk	Soy, Wheat, Egg, Milk
Cookies and Bars	Thumbprint Cookies	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), brown sugar, egg, vanilla extract, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), walnuts, strawberry preserves	Egg, Wheat, Tree Nuts
Cookies and Bars	Toffee Chocolate Chip Cookie	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour.), baking soda, salt, butter, brown sugar, sugar, eggs, imitation vanilla, water, semisweet chocolate (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), butterscotch chips (Sugar, partially hydrogenated palm kernel oil, coconut oil, nonfat dry milk, dry whey (milk), soy lecithin, yellow 6 lake, yellow 5 lake, blue 2 lake, natural and artificial flavoring added, and salt)	Milk, Wheat, Egg
Cookies and Bars	Toll House Cookie Bars	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, salt, butter (cream), granulated sugar, brown sugar, vanilla, eggs, chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)	Soy, Milk, Wheat, Egg
Cookies and Bars	Vegan Oatmeal Raisin Cookies	wehy-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), oil, brown sugar, white sugar, soymilk (Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, organic vanilla flavor, carrageenan, vitamin A, palmitate, vitamin D2, riboflavin (B2), vitamin B12), vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, rolled oats, raisins	Soy, Wheat
Cookies and Bars	White Chocolate Chip Cookies	cookie dough (baking soda, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), salt, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, eggs), white chocolate chips (sugar, cocoa butter, whole milk powder, milk, soya lecithin, vanilla extract)	Soy, Milk, Wheat, Egg
Cookies and Bars	White Chocolate Macadamia Cookies	cookie dough (baking soda, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), white chocolate chips (sugar, cocoa butter, whole milk powder, milk, soya lecithin, vanilla extract), macadamia nuts	Wheat, Soy, Milk, Tree Nuts, Egg
Entrée Salads	Apple Pecan w/ Blue Cheese Salad	romaine lettuce, mesclun mix, blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), pecans, apples	Milk, Tree Nuts
Entrée Salads	Asian Chicken Salad	chicken strips, soy sauce (water, soybeans, wheat, salt, sodium benzoate), corn oil, lemon juice, garlic, spinach, chinese cabbage, sesame seeds, waterchestnuts, mandarin oranges	Soy, Wheat, Seeds
Entrée Salads	Beef Taco Salad	taco beef, head lettuce, sharp cheddar, olives, tomatoes	Milk
Entrée Salads	Buffalo Chicken Salad	Chicken strips, butter (cream), buffalo sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Water, Salt, Partially Hydrogenated Soybean Oil, Paprika, Oleoresin Paprika, Xanthan Gum, Natural Flavor, Sodium Benzoate (0.1% As A Preservative), Mono- And Diglycerides, Guar Gum, Ground Habanero Peppers, Garlic Powder, Polysorbate 60, Ascorbyl Palmitate, Tocopherol (Vitamin E) and Citric Acid), sugar, head lettuce, black olives, celery, green onions, carrots	Milk, Soy
Entrée Salads	Burger Crumbles Taco Salad	taco burger crumbles (garlic, yellow onions, green peppers, corn oil, tomato sauce, chili powder, cumin, vegetarian burger crumbles), lettuce, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tomatoes, black olives	Milk
Entrée Salads	Caesar Salmon Salad	salmon, balsamic vinegar, canola oil, black pepper, salt, garlic, onion powder, white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor)), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), mayonnaise dressing (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA), lemon juice, garlic, mustard, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), hot tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder) , salt, romaine lettuce, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking)	Soy, Eggs, Wheat

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Entrée Salads	Chef Salad	Head lettuce, romaine lettuce, spinach, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), ham, oven roasted turkey breast, sharp cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto), egg, tomato, green pepper, carrots	Egg, Milk
Entrée Salads	Chicken Caesar Salad	chicken strips, balsamic vinegar, canola oil, olive oil, black pepper, salt, garlic, onion powder, white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor)), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), mayonnaise (Vegetable oil (Soybean, Canola), Egg yolk, water, corn syrup, vinegar, salt, spices, calcium disodium EDTA), lemon juice, prepared mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), white pepper, romaine lettuce, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Wheat, Milk, Egg, Soy
Entrée Salads	Chicken Dried Cherry Walnut Salad	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor), cider vinegar, granulated sugar, dry mustard, ground red pepper, dried basil leaves, whole celery seed, salt, onions, honey, chicken breast strips, canola and olive oil blend, fresh basil, salt, ground black pepper, balsamic vinegar, granulated sugar, walnuts, dried cherries, chopped romaine, blue cheese (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), red onions	Egg, Soy, Wheat, Tree Nuts, Milk
Entrée Salads	Chicken Salad	Chicken, celery, yellow onion, salt, black pepper, pimentos, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic)	Egg, Soy
Entrée Salads	Chicken Taco Salad	taco chicken (chicken, canola oil, yellow onion, green pepper, garlic, cumin, chili, paprika, salt, tomato sauce), cilantro, lettuce, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tomatoes, olives	Milk
Entrée Salads	Chicken w/ Mustard Vinaigrette	romaine lettuce, spinach, carrots, red onions, tomatoes, cucumbers, chicken, dijon mustard, rice wine vinegar, sugar, parsley	Seeds
Entrée Salads	Chinese Beef Cold Plate	roast beef, salt, ginger, tamari, red wine vinegar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sesame oil, garlic, rice noodles (rice, water), cabbage, red bell peppers, green peppers, celery, onions	Wheat, Seeds
Entrée Salads	Cobb Salad	bacon, chopped romaine lettuce, grape tomatoes, sliced hard-cooked eggs, diced turkey breast, blue cheese (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), avocados	Wheat, Milk, Egg
Entrée Salads	Dried Cherry Walnut Salad	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor), apple cider vinegar, sugar, mustard spice, cayenne, basil, celery seed, onion, honey, chicken, canola oil, basil, balsamic vinegar, sugar, lettuce, walnut, dried cherry, blue cheese (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), red onions	Soy, Egg, Seeds, Tree Nuts, Wheat, Milk
Entrée Salads	Egg Salad	eggs, celery, pimentos, salt, white pepper, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic)	Egg, Soy
Entrée Salads	Fattoush Salad	pita bread (unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, sugar, salt, yeast, soy fiber, calcium propionate), ranch dressing mix (water, maltodextrin, vinegar, sugar, corn syrup, salt, contains less than 2% of: modified food starch, sweet cream (sweet cream solids, lecithin and tocopherols), cellulose gel and gum, artificial color, garlic, onion, cultured buttermilk, autolyzed yeast extract, xanthan gum, natural flavor, sodium binzoate, potassium serbate, lactic and phosphoric acids, spill, disodium inosinate, disodiumguanitate), peeled garlic, salt, balsamic vinegar, lemon juice, canola olive blend, ground black pepper, ground coriander, oregano leaves, cucumbers, red onions, radishes, tomatoes, green peppers, parsley, romaine	Wheat, Soy, Milk
Entrée Salads	Florentine Chicken Salad	Spinach, red onions, red bell peppers, chicken, orzo pasta, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), balsamic vinaigrette	Wheat, Milk
Entrée Salads	Fried Chicken Salad	Head lettuce, romaine, grape tomatoes, red peppers, carrots, green onion, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), garlic powder, black pepper, salt, chicken breast, oil	Wheat
Entrée Salads	Fruit and Yogurt Plate	honeydew, cantaloupe, grapes, pineapple, strawberry, romaine lettuce, vanilla yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus)	Milk

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Category	Menu Item	Ingredients	Allergens
Entrée Salads	Fusion Salad with Walnuts	romaine lettuce, blue cheese crumbles (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), raisins, dried cherries, walnuts, eggs whites, granulated sugar, cinnamon, ground cloves, ground allspice, red onions,	Wheat, Milk, Tree Nuts, Egg, Soy
Entrée Salads	Greek Salad	head lettuce, romaine lettuce, cucumbers, tomatoes, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), red onion, pepperoncini, olives, beets	Milk
Entrée Salads	Guadeloupe Chicken Salad	chicken breast, onions, carrots, red peppers, cilantro, capers, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), lemon juice, ground cumin, salt, lettuce, avocados, paprika	Egg, Soy
Entrée Salads	Mandarin Spinach Salad	wonton wrappers (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Whole Egg Powder, Sodium Propionate, Citric Acid, Sodium Benzoate Added to retard spoilage, Dough Conditioner (L-Cysteine). Dusted with Cornstarch), mandarin oranges, sesame seeds, yellow onions, white vinegar, sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), ground mustard, salt, canola/olive oil, spinach	Seeds, Wheat, Soy, Egg
Entrée Salads	Nicoise Chicken Salad	potato, green beans, egg, lettuce, romaine, red onions, chicken, lemons, salt, garlic, red wine vinegar, dijon mustard, canola oil, parsley, black pepper, sugar, tomato	Egg
Entrée Salads	Panzanella Salad	french bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid), bacon, tomatoes, red onions, cucumbers, romaine lettuce, red wine vinegar, canola oil, salt, white pepper, mint, basil	Wheat, Soy
Entrée Salads	Russian Beef Salad	roast beef, red wine vinegar, brown sugar, salt, vegetable oil, pepper, rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), salt, green pepper, red bell pepper, romaine lettuce	Wheat, Soy
Entrée Salads	Russian Tofu Salad	tofu, red wine vinegar, brown sugar, salt, vegetable oil, pepper, rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, green pepper, red bell pepper, romaine lettuce	Soy, Wheat, Seeds
Entrée Salads	Steak Caesar Salad	beef stir fry, balsamic vinegar, canola olive blend, ground black pepper, salt, garlic, onion powder, white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor), whey-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), lemon juice, prepared mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spices), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (distilled vinegar, red pepper, salt), ground white pepper, romaine, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Egg, Wheat, Soy
Entrée Salads	Tofu Buffalo Salad	Tofu, unsalted butter, hot buffalo sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Water, Salt, Partially Hydrogenated Soybean Oil, Paprika, Oleoresin Paprika, Xanthan Gum, Natural Flavor, Sodium Benzoate (0.1% As A Preservative), Mono- And Diglycerides, Guar Gum, Ground Habanero Peppers, Garlic Powder, Polysorbate 60, Ascorbyl Palmitate, Tocopherol (Vitamin E) and Citric Acid), sugar, lettuce, olives, celery, green onions, carrots	Soy, Milk

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Entrée Salads	Tossed Salad	lettuce, romaine, cucumbers, tomatoes, green peppers, carrots	
Entrée Salads	Stuffed Tomato Tuna Salad	tuna salad (White Tuna, Salad Dressing (Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Starch, Modified Food Starch, Salt, Mustard Flour, Paprika, Spice, Natural Flavor (may contain soy), Dried Garlic), Celery, Sugar, Sweet Pickle Relish [Cucumbers, High Fructose Corn Syrup, Distilled Vinegar, Water, Salt, Spices, Xanthan Gum, Alum, Pepper, Natural Flavors, Guar Gum, Yellow #5, Sodium Benzoate (preservative), Poly Sorbate 80], Sweet Peppers, Corn Syrup Solids, Textured Soy Protein, Salt, Citric Acid, Modified Food Starch, Carrageenan, Dehydrated Onion, and Spices), tomatoes, lettuce	Soy, Egg
Entrée Salads	Tuna Salad	green onions, celery, tuna, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), salt, white pepper	Fish, Eggs, Soy
Entrée Salads	Turkey Chef Salad	Head lettuce, romaine lettuce, spinach, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), oven roasted turkey breast, sharp cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto), egg, tomato, green pepper, carrots	Egg, Milk
Entrée Salads	Turkey Salad	turkey breast, celery, onions, salt, black pepper, pimentos, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic)	Soy, Egg
Entrée Salads	Vegetable Chef Salad	lettuce, romaine, spinach, cheddar cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), egg, tomatoes, green pepper, carrots	Milk, Egg
Entrée Salads	Vegetable Plate with Hummus	Broccoli, cauliflower, carrots, cucumbers, celery, mushrooms, grape tomatoes, lettuce, pita (Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, soybean oil, salt, less than 1% of preservatives (calcium propionate, potassium sorbate), sugar, dough conditioner, monoglycerides, calcium sulfate, guar gum, sodium metabisulfite and ascorbic acid), vinegar), hummus (garlic, canola oil, garbanzo beans, lemon juice, tahini paste, salt)	Wheat, Soy
Entrée Salads	Vegetarian Cobb Salad	romaine lettuce, grape tomatoes, egg, blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), avocado, basil garlic tofu	Milk, Egg
Frosting, Sauce & Topping	Apple Topping	apples, apple juice, granulated sugar, salt, instant clear jel, cinnamon, ground nutmeg	
Frosting, Sauce & Topping	Banana Frosting	sweetex shortening, salt, banana icing (Corn syrup, banana puree, sugar, water, orange peel. Contains 2% or less: natural and artificial flavor, citric acid, pectin, algin, sodium benzoate, yellow 5), water, powdered sugar	Soy
Frosting, Sauce & Topping	Banana's Foster	butter (cream), brown sugar, lime juice, bananas, nutmeg, cinnamon	Milk
Frosting, Sauce & Topping	Blueberry Sauce	blueberries, water, sugar, cornstarch, water, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfate, sodium sulfite, lemon oil)	
Frosting, Sauce & Topping	Blueberry Topping	Blueberries, high fructose corn syrup, water, modified food starch, natural flavors, citric acid, sodium benzoate - a preservative and artificial color (blue 1)	
Frosting, Sauce & Topping	Caramel Sauce	brown sugar, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, vanilla extract	Milk
Frosting, Sauce & Topping	Caramel Frosting	Liquid sugar, partially hydrogenated soybean and cottonseed oils, corn syrup, sugar, water, contains 2% or less of the following: mono- and diglycerides, salt, natural and artificial flavors, polysorbate 60, soy lecithin, caramel color (treated with sulfites), potassium sorbate (preservative), yellow 5, red 40, blue 1.	Soy, Seeds
Frosting, Sauce & Topping	Cherry Filling	Water, sugar, raspberries, modified food starch, contains 2% or less: citric acid, salt, preservatives (potassium sorbate, sodium propionate, sodium benzoate), red 40, artificial flavor.	
Frosting, Sauce & Topping	Cherry Sauce	frozen cherries, water, clear gel, granulated sugar, salt, lemon juice	
Frosting, Sauce & Topping	Chocolate Cookie Crumbles	Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, cocoa treated with alkali, contains two percent or less of high fructose corn syrup, yellow corn flour, cornstarch, chocolate, baking soda, salt, natural and artificial flavors, soy lecithin, nonfat dry milk.	Wheat, Soy, Milk, Seed
Frosting, Sauce & Topping	Chocolate Drizzle	High Fructose Corn Syrup, Water, Cocoa, Modified Food Starch, Salt, Potassium Sorbate-a Preservative, Xanthan Gum and Artificial Flavor.	
Frosting, Sauce & Topping	Chocolate Frosting	Sweetex shortening, chocolate icing base [cocoa (processed with alkali), soybean oil, partially hydrogenated soybean and cottonseed oils, chocolate liquor, contains 2% or less: soy lecithin, salt, artificial flavor, TBHQ.], salt, powdered sugar, vanilla extract, water	Soy

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Category	Menu Item	Ingredients	Allergens
Frosting, Sauce & Topping	Chocolate Glaze	High Fructose Corn Syrup, Water, Cocoa, Modified Food Starch, Salt, Potassium Sorbate-a Preservative, Xanthan Gum and Artificial Flavor.	
Frosting, Sauce & Topping	Chocolate Sprinkles	Sugar , Corn Starch , Partially Hydrogenated Soybean Oil , Partially Hydrogenated Cottonseed Oil , Cocoa Powder , Cocoa Processed with Alkali , Soy Lecithin , Confectioner's Glaze , Artificial Colors , Red No. 40 , Yellow No. 5 , Blue No. 1 , Carnauba Wax	Soy, Seeds
Frosting, Sauce & Topping	Chocolate Syrup	High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate, Xanthan Gum and Natural Flavor.	
Frosting, Sauce & Topping	Coconut	Coconut, sugar, water, propylene glycol (sustains freshness), salt, sodium metabisulfite (to retain whiteness).	
Frosting, Sauce & Topping	Colored Frosting	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), sugar, vanilla extract, 2% milk, misc. color	Soy, Milk
Frosting, Sauce & Topping	Cream Cheese Frosting	butter (cream), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), powdered sugar, onion zest	Milk
Frosting, Sauce & Topping	Creamy Frosting	sweetex shortening, salt, vanilla, water, powdered sugar	Soy
Frosting, Sauce & Topping	Crème Anglaise Sauce	Heavy whipping cream (Cream (milk) and carrageenan), cornstarch, sugar, salt, egg, vanilla extract	Milk, Egg
Frosting, Sauce & Topping	Golden Lemon Frosting	sweetex shortening, lemon icing (Corn Syrup, lemon peel, water, contains less than 2%: lemon puree, pectin, phosphoric acid, artificial flavor, citric acid, yellow 5, sodium benzoate), powdered sugar, salt, lemon extract	Soy
Frosting, Sauce & Topping	Heath Candy Chunks	Milk chocolate, sugar, dairy butter (milk), partially hydrogenated soybean oil, almonds, salt, artificial flavor, and soy lecithin	Milk, Soy
Frosting, Sauce & Topping	M&M Candy	Milk chocolate (sugar, chocolate, cocoa butter, skim milk, milkfat, lactose, soy lecithin, salt, artificial flavors), sugar, cornstarch, less than 1% - corn syrup, gum acacia, coloring (includes red 40 lake, yellow 6, blue 2 lake, yellow 5, blue 1 lake, red 40, blue 1), dextrin.	Soy, Milk,
Frosting, Sauce & Topping	Maple Caramel Sauce	brown sugar, unsalted butter (cream), heavy whipping cream (Cream (milk) and carrageenan), vanilla extract	Milk
Frosting, Sauce & Topping	Marshmallow Sauce	Heavy whipping cream (Cream (milk) and carrageenan), marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1)	Milk
Frosting, Sauce & Topping	Mocha Frosting	sweetex shortening, wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), powdered sugar, baking cocoa, water, instant coffee, vanilla extract	Soy
Frosting, Sauce & Topping	Orange Icing	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), powdered sugar, orange zest, water, orange juice	Soy
Frosting, Sauce & Topping	Peach Sauce	clear gel, sugar, water, salt, peaches	
Frosting, Sauce & Topping	Rainbow Sprinkles	Sugar , Hydrogenated Palm Kernel Oil , Glucose , Cornstarch , Soy Lecithin , Gum Arabic , FD&C Artificial Colors , Red No. 40 , Yellow No. 5 , Red No. 3 , Yellow No. 6 , Blue No. 1 , Artificial Flavor	Soy
Frosting, Sauce & Topping	Raspberry Topping	Raspberries, clear gel, sugar	
Frosting, Sauce & Topping	Reese Peanut Butter Cup	Partially defatted peanuts, sugar, partially hydrogenated vegetable oils (palm kernal oil and soybean oil), reduced minerals, whey, dextrose, salt, soy lecithin, vanillan and artificial flavor.	Peanuts, Soy, Milk
Frosting, Sauce & Topping	Sander's Hot Fudge Topping	Corn Syrup, Sugar, Cream, Milk Chocolate (sugar, whole milk, chocolate liquor, cocoa butter, soy lecithin-an emulsifier, and vanilla), Water, Milk, Whey (milk), Non-Fat Milk Powder, Salt, Carrageenan, Raisin Juice Concentrate, Soy Lecithin-an emulsifier.	Soy, Milk
Frosting, Sauce & Topping	Snickers Candy	Milk Chocolate, Sugar, Cocoa Butter, Chocolate, Lactose, Skim Milk, Milkfat, Soy Lecithin, Artificial Flavor, Peanuts, Corn Syrup, Sugar, Skim Milk, Butter, Milkfat, Vegetable Oil, Partially Hydrogenated Soybean Oil, Hydrogenated Palm Kernel Oil, Lactose, Salt, Egg Whites, Artificial Flavor	Soy, Milk, Egg
Frosting, Sauce & Topping	Strawberry Sauce	strawberry, sugar, clear gel	

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Frosting, Sauce & Topping	Strawberry Topping	Strawberries, High Fructose Corn Syrup, Sugar, Modified Food Starch, Water, Carrageenan, Artificial Flavors, Sodium Benzoate, Citric Acid, Artificial Color (Red 40).	
Frosting, Sauce & Topping	Vanilla Icing	Liquid sugar, corn syrup, sugar, partially hydrogenated soybean and cottonseed oils. Contains 2% or less; water, titanium dioxide (color), sakt, propylparaben, propylene glycol, natural and artificial flavors, heliethopine hydrochloric acid	Soy, Seeds
Frosting, Sauce & Topping	Whipped Topping	Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts.	Soy
Fruits and Gelatin	Applesauce	Apples, corn syrup, high fructose corn syrup, water, erythorbic acid (to maintain color).	
Fruits and Gelatin	Berry Blue Gelatin	water, berry blue gelatin (sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, artificial flavor, ascorbic acid, Blue 1, Blue 1 lake)	
Fruits and Gelatin	Al Fresco Fruit Salad	Cantaloupe, honeydew, pineapple, oranges, grapes, water, sugar, citric acid (used to lower pH)	
Fruits and Gelatin	California Cocktail	strawberries, fruit cocktail, orange juice concentrate, mint sprigs	
Fruits and Gelatin	Cherry Gelatin	water, Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, artificial flavor, red 40, ascorbic acid (vitamin C), red 40 lake, blue 1	
Fruits and Gelatin	Coconut Ambrosia	pineapple tidbits, mandarin oranges, sweetened coconut flakes, maraschino cherries	
Fruits and Gelatin	Cranberry Orange Relish	water, sugar, cranberries, oranges, salt, cinnamon	
Fruits and Gelatin	Double Strawberry Gelatin	water, strawberry gelatin, lemon juice, frozen strawberries	
Fruits and Gelatin	Five Cup Salad	mandarin oranges, pineapple tidbits, sweetened coconut flakes, sour cream, mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1.)	Milk
Fruits and Gelatin	Fluffy Fruit Salad	pineapple, pineapple juice, sugar, cornstarch, whipped topping (Cream, sugar, mono and diglycerides, carrageenan, vanilla), mandarin oranges, bananas, marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1))	Soy
Fruits and Gelatin	Fresh Fruit Al Fresco	Cantaloupe, honeydew, pineapple, oranges, grapes, water, sugar, citric Acid (used to lower pH)	
Fruits and Gelatin	Fresh Fruit Cup	cantaloupe, honeydew, pineapple	
Fruits and Gelatin	Fruit Cocktail	Diced peaches, diced pears, water, grapes, pear juice concentrate, pineapple segments, halved cherries artificially colored red	
Fruits and Gelatin	Grapes	Red or green	
Fruits and Gelatin	Grapefruit Halves	pink grapefruit, maraschino cherries	
Fruits and Gelatin	Hawaiian Salad	pineapple tidbits, mandarin oranges, sweetened coconut flakes, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1)	Milk
Fruits and Gelatin	Lemon Gelatin	water, Sugar, corn sugar, gelatin, adipic acid, sodium citrate, sodium phosphate, natural and artificial flavor, ascorbic acid (vitamin c), yellow 5, yellow 5 lake, yellow 6	
Fruits and Gelatin	Lime Gelatin	water, Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, natural and artificial flavor, ascorbic acid (vitamin c), yellow 5, yellow 5 lake, blue 1, blue 1 lake	
Fruits and Gelatin	Mandarin Oranges	Mandarin orange segments, water, sugar	
Fruits and Gelatin	Orange Gelatin	water, Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, malic acid, natural and artificial flavor, acesulfame potassium, ascorbic acid (Vitamin C), yellow 6, yellow 6 lake	
Fruits and Gelatin	Patriotic Gelatin	berry blue gelatin, unflavored gelatin, water, lemon gelatin, cream cheese, cherry gelatin	Milk
Fruits and Gelatin	Peach Halves	Peaches, Water, Pear Juice Concentrate.	
Fruits and Gelatin	Pineapple Chunks	Pineapple, Pineapple Juice.	
Fruits and Gelatin	Pineapple Tidbits	Pineapple, Pineapple Juice.	
Fruits and Gelatin	Pineapples & Mandarin Oranges	pineapple, Mandarin orange segments, water, sugar	
Fruits and Gelatin	Raspberry Gelatin	water, Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, natural and artificial flavor, ascorbic acid (vitamin C), red 40, red 40 lake, blue 1.	
Fruits and Gelatin	Ribbon Mold Gelatin	lime gelatin, unflavored gelatin, water, pears, lemon gelatin, unsweetened pineapple juice, cream cheese, raspberry gelatin, bananas	Milk
Fruits and Gelatin	Strawberry Cream Gelatin	strawberry gelatin, unflavored gelatin, water, frozen strawberries, pineapple, bananas, pecan pieces, sour cream	Milk, Tree Nuts

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Fruits and Gelatin	Strawberry Gelatin	Sugar, corn sugar, gelatin, adipic acid, sodium phosphate, sodium citrate, natural and artificial flavor, malic acid, red 40, ascorbic acid (Vitamin C), acesulfame potassium, red 40 lake	
Fruits and Gelatin	Unsweetened Applesauce	Apples, Water, Apple Juice from Concentrate	
Fruits and Gelatin	Waldorf Salad w/ Walnuts	salad dressing (Canola oil, water, egg yolks, vinegar (distilled corn, apple cider), salt, sugar, modified corn starch, mustard flour, garlic powder, paprika, spice, natural flavors), apple cider vinegar, sugar, macintosh apples, raisins, celery, walnut pieces	Egg, Soy, Wheat, Tree Nuts
Fruits and Gelatin	Watermelon Wedges	watermelon	
Gravies and Sauces	Alfredo Sauce	heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half&half (Milk, cream, dipotassium phosphate), grated parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), butter (cream), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, ground white pepper	Milk, Wheat
Gravies and Sauces	Apple Cream Sauce	apple cider, brown sugar, vegetarian "chicken" soup base, white pepper, heavy whipping cream (cream, sugar, mono and diglycerides, carrageenan, vanilla), cornstarch, water	Milk
Gravies and Sauces	Au Jus Sauce	water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), white pepper, parsley	Soy, Wheat
Gravies and Sauces	BBQ Sauce used in cooking/recipes	BBQ sauce (water, tomato paste (tomato paste, salt, citric acid), sugar, distilled vinegar, high fructose corn syrup, corn syrup, salt, worcestershire sauce powder (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors) molasses, mustard bran, paprika, mustard seed, spices, onion, garlic powder, white wine)	Soy
Gravies and Sauces	BBQ Sauce in Cafeteria Dispensers	tomato paste, distilled vinegar, high fructose corn syrup, salt, natural smoke flavoring, paprika, soybean oil, spices, mustard flour, dehydrated soy sauce (soybeans, wheat, salt, maltodextrin), dehydrated garlic, guar gum, sodium benzoate as a preservative, dehydrated onion, turmeric, natural flavorings.	Soy, Wheat
Gravies and Sauces	Beef Gravy	wey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, beef soup base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid)	Soy, Wheat, Seeds
Gravies and Sauces	Beef Mushroom Gravy	wey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), onion, mushroom, beef stock (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Soy, Wheat, Seeds
Gravies and Sauces	Beef Stock	beef soup base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), water	Soy, Wheat
Gravies and Sauces	Cheese Sauce	wey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, 2% milk, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Wheat, Milk

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Category	Menu Item	Ingredients	Allergens
Gravies and Sauces	Chicken Gravy	water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, black pepper	Milk, Wheat, Soy
Gravies and Sauces	Chicken Stock	chicken soup base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), water OR yellow onions, carrots, celery, frozen chicken parts soup, water, parsley, black peppercorns, bay leaves	Milk, Soy, Wheat
Gravies and Sauces	Coney Island Sauce	onions, celery, green pepper, ground beef, garlic powder, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), liquid smoke, red pepper, salt, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), cider vinegar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), chili powder	Soy, Wheat
Gravies and Sauces	Creamy Pesto Sauce	2% milk, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), garlic, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), basil leaves, salt, white pepper	Milk, Wheat, Soy
Gravies and Sauces	Maple Marinade	maple syrup, soy sauce (water, soybeans, wheat, salt, sodium benzoate), unsweetened pineapple juice, ginger root, garlic, sugar	Soy, Wheat
Gravies and Sauces	Marinara Sauce	canola oil, olive oil, onion, garlic, tomato puree, crushed tomato, fennel, sugar, salt, white pepper, oregano, red wine vinegar	
Gravies and Sauces	Marinara Sauce (canned)	Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices	Soy
Gravies and Sauces	Meat Sauce	canola oil, olive oil, onions, garlic, celery, fennel, oregano, basil, bay leaves, ground beef, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), diced tomatoes, tomato paste, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), salt, sugar, white pepper	Soy, Wheat
Gravies and Sauces	Mirepoix Stock	mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water	
Gravies and Sauces	Pesto Sauce	Olive oil, garlic, basil, salt, black pepper	
Gravies and Sauces	Pork Gravy	water, pork soup base (Roasted Pork and Pork Juices, Salt, Sugar, Flavor [Hydrolyzed Corn Gluten, Soy Protein and Wheat Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Lactic Acid], Spice, Garlic Powder, Onion Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavorings), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), black pepper	Soy, Wheat
Gravies and Sauces	Tomato Basil Sauce	canola oil, olive oil, onions, garlic, tomatoes, tomato paste (tomato paste, salt, citric acid), red cooking wine, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, cornstarch, granulated sugar, black pepper, bay leaves, basil, thyme leaves	Alcohol
Gravies and Sauces	Tomato Coulis	canola oil, olive oil, garlic, onions, jalapeno pepper, tomatoes, liquid from tomatoes, tomato paste (tomato paste, salt, citric acid), soup base mirepoix, granulated sugar, black pepper, black pepper, salt, basil, cilantro, oregano	

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Gravies and Sauces	Turkey Gravy	water, turkey base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, black pepper	Milk, Soy, Wheat
Gravies and Sauces	Turkey Stock	turkey soup base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), water	Milk
Gravies and Sauces	Vegetable Roast Gravy	canola oil, olive oil, onions, rutabagas, parsnips, carrots, celery, mushrooms, water, soup base mirepoix, onions powder, black pepper, thyme leaves, kitchen bouquet, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat
Gravies and Sauces	Vegetarian Chicken Gravy	water, vegetarian "chicken" soup base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Soy, Wheat, Milk
Gravies and Sauces	Vegetarian Chicken Stock	water, vegetarian "chicken" soup base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring)	Soy, Wheat, Milk
Gravies and Sauces	Vegetarian Gravy	canola/olive oil, yellow onions, garlic, thyme, parsley, water, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), mushroom soup base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), black pepper, kitchen flavoring bouquet, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Wheat, Soy
Gravies and Sauces	Vegetarian Mushroom Sauce	canola/olive oil, carrots, shallots, mushrooms, bread flour, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), black pepper, green onions, red peppers, parsley	Milk, Wheat
Gravies and Sauces	Wild Mushroom Sauce	mushrooms, cremini mushrooms, grill shortening, yellow onions, garlic, thyme, bay leaves, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, beef soup base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Wheat, Seeds
Mousse, Ice Cream & Pudding	Banana Icebox Pudding	cornstarch, whole milk, sugar, salt, egg, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), vanilla, banana, vanilla wafer (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, sugar partially hydrogenated soybean oil, high fructose corn syrup, whey, eggs, natural and artificial flavor, salt, baking soda, calcium phosphate, mono and diglycerides), whipped topping (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Soy, Egg, Milk, Wheat
Mousse, Ice Cream & Pudding	Banana Splits	bananas, strawberry ice cream (Milk, cream, buttermilk, corn syrup, strawberries, whey, high fructose corn syrup, sugar, natural strawberry flavor, mono & diglycerides, guar gum, sodium phosphate, cellulose gum, sodium citrate, polysorbate 80, carrageenan, red 40, blue), chocolate ice cream (milk, corn syrup, sugar, high fructose corn syrup, whey, cocoa processed with alkali, nonfat dry milk, cream, mono and diglycerides, guar gum, tetrasodium pyrophosphate, dextrose, carageenan, Vit A), vanilla ice cream (milk, sugar, cream, corn syrup, nonfat dry milk, whey, stabilized and emulsified by mono and diglycerides, guar gum, carrageenan, artificial flavor, vegetable annatto color, vitamin A palmitate), chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor.), butterscotch topping, strawberry topping (strawberry, sugar, clear gel), pineapple topping (pineapple tidbits), marshmallow topping (High Fructose Corn Syrup, Corn Syrup, Water, Modified Food Starch, Titanium Dioxide (color), Salt, Artificial Flavors, Benzoic Acid, Xanthan Gum), peanuts	Milk, Peanut

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Mousse, Ice Cream & Pudding	Banana Pudding	cornstarch, whole milk, sugar, salt, egg, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), vanilla, bananas, vanilla wafer cookie (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Contains 2% or Less of Salt, High Fructose Corn Syrup, Leavening (Baking Soda, Monocalcium Phosphate), Soy Lecithin, Butter (Cream, Salt), Natural and Artificial Flavor), whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts)	Milk, Soy, Tree Nut, Wheat, Egg
Mousse, Ice Cream & Pudding	Bread Pudding	texas toast egg bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative).), egg, sugar, vanilla extract, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), 2% milk, cinnamon, butter (cream)	Egg, Soy, Wheat, Milk
Mousse, Ice Cream & Pudding	Choco- Banana Bowl	whipped topping (Water, High Fructose Corn Syrup, Partially Hydrogenated Coconut Oil, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% Of The Following: Carbohydrate Gum, Sugar, Polysorbate 60, Polyglycerol Esters of Fatty Acids, Salt, Sodium Alginate, Soy Lecithin, Artificial Flavor, Sodium Citrate, Natural Flavor, Colored With Turmeric And Annatto Extracts), sugar, cookie crumb topping (Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, cocoa treated with alkali, contains two percent or less of high fructose corn syrup, yellow corn flour, cornstarch, chocolate, baking soda, salt, natural and artificial flavors, soy lecithin, nonfat dry milk), banana, chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor)	Milk, Wheat, Soy, Seeds, Tree Nuts
Mousse, Ice Cream & Pudding	Chocolate Bread Pudding	texas toast egg bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative)), egg, sugar, vanilla extract, half & half (Milk, cream, dipotassium phosphate), semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), baking cocoa, cinnamon, butter (cream), powdered sugar	Egg, Soy, Wheat, Milk, Peanut
Mousse, Ice Cream & Pudding	Chocolate Brownie Pudding	devils food cake mix (sugar, enriched bleached flour, partially hydrogenated vegetable oil, egg whites and yolks, cocoa (processed with alkali), dextrose, leavening, contains <2%: modified food starch, natural and artificial flavor, mono & di-glycerides, salt, emulsifier, sorbitan monostearate, gums (guar, xanthan, carboxymethyl cellulose), whey (milk)), water, brown sugar, cocoa, hot water, cornstarch	Egg, Soy, Wheat, Milk
Mousse, Ice Cream & Pudding	Chocolate Ice Cream	Milk, cream, buttermilk, sugar, whey, corn syrup, high fructose corn syrup, cocoa processed with alkali, guar gum, mono & diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80	Milk
Mousse, Ice Cream & Pudding	Chocolate Mousse	chocolate mousse mix (sugar, partially hydrogenated coconut and/or palm kernel oil, corn syrup solids, Dutch-processed cocoa, modified corn starch, sodium phosphates, dextrose, lactose, glycerol lacto esters of fatty acids, sodium caseinate (a milk derivative), caramel color, sodium silico-aluminate, natural and artificial flavor, dipotassium phosphate, soy lecithin, citric acid), 2% milk	Soy, Milk
Mousse, Ice Cream & Pudding	Chocolate Pudding	chocolate pudding mix (Sugar, modified food starch, cocoa processed with alkali, dextrose, contains less than 2% of disodium phosphate, natural and artificial flavor, salt, mono-and diglycerides, partially hydrogenated soybean oil, artificial color, nonfat milk, calcium sulfate, tetrasodium pyrophosphate, xanthan gum, red 40, yellow 5, blue 1, BHA (preserve freshness)), 2% milk	Milk, Soy
Mousse, Ice Cream & Pudding	Chocolate Soft Serve	milk, corn syrup, sugar, high fructose corn syrup, whey, cocoa processed with alkali, nonfat dry milk, cream, mono and diglycerides, guar gum, tetrasodium pyrophosphate, dextrose, carageenan, Vit A	Milk
Mousse, Ice Cream & Pudding	Dark Chocolate Mousse	unsweetened baking chocolate, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), unsalted butter (cream), eggs, granulated sugar	Milk, Egg
Mousse, Ice Cream & Pudding	Deep Chocolate Pudding	sugar, cornstarch, cocoa, salt, 2% milk, egg yolks, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), imitation vanilla, bitter chocolate liquor	Milk, Egg
Mousse, Ice Cream & Pudding	Golden Vanilla Ice Cream	Milk, cream, buttermilk, corn syrup, whey, high fructose corn syrup, sugar, contains less than 1% of guar gum, mono and diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80, natural and artificial flavors, annatto (color)	Milk
Mousse, Ice Cream & Pudding	Ice Cream Novelties	Milk, cream, sugar, high fructose corn syrup, egg yolks, mono & diglycerides, carob bean gum, guar gum, soy lecithin, carrageenan, artificial flavor, polysorbate 80, annatto (for color), caramel color, Chocolate coating: coconut oil, sugar, chocolate liquor, dry whole milk, nonfat milk solids, soy lecithin, filberts, pure vanilla, salt, artificial flavor.	Egg, Milk, Soy

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Category	Menu Item	Ingredients	Allergens
Mousse, Ice Cream & Pudding	Ice Cream Sundae Bar	vanilla soft serve (milk, sugar, cream, corn syrup, nonfat dry milk, whey, stabilized and emulsified by mono and diglycerides, guar gum, carrageenan, artificial flavor, vegetable annatto color, vitamin A palmitate), chocolate soft serve (milk, corn syrup, sugar, high fructose corn syrup, whey, cocoa processed with alkali, nonfat dry milk, cream, mono and diglycerides, guar gum, tetrasodium pyrophosphate, dextrose, carrageenan, Vit A), oreo cookie crumbles (Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Oleic Canola Oil And/Or Palm Oil And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanillin -An Artificial Flavor, Chocolate), M&Ms (Milk chocolate (sugar, chocolate, cocoa butter, skim milk, lactose, milkfat, peanuts, soy lecithin, salt, artificial flavors), sugar, peanuts, cornstarch, less than 1%- corn syrup, gum acacia, coloring (blue 1 lake, yellow 6, red 40 lake, yellow)), peanuts, chocolate sprinkles (Sugar, Corn Starch, Partially Hydrogenated Soybean Oil, Partially Hydrogenated Cottonseed Oil, Cocoa Powder, Cocoa Processed with Alkali, Soy Lecithin, Confectioner's Glaze, Artificial Colors, Red No. 40, Yellow No. 5, Blue No. 1, Carnauba Wax), rainbow sprinkles (Sugar, Hydrogenated Palm Kernel Oil, Glucose, Cornstarch, Soy Lecithin, Gum Arabic, FD&C Artificial Colors, Red No. 40, Yellow No. 5, Red No. 3, Yellow No. 6, Blue No. 1, Artificial Flavor), chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor.), butterscotch topping (Corn Syrup, High Fructose Corn Syrup, Sugar, Water, Condensed Nonfat Milk, Heavy Whipping Cream, Salt, Butter, Pectin	Milk, Soy, Wheat, Peanut
Mousse, Ice Cream & Pudding	Ice Cream Sundae Bar, cont.	Artificial Flavors, Artificial Colors (Yellows 5, Yellow 6, Red 40) and Caramel Color.), strawberry topping (Strawberries, High Fructose Corn Syrup, Sugar, Modified Food Starch, Water, Carrageenan, Artificial Flavors, Sodium Benzoate, Citric Acid, Artificial Color (Red 40).	
Mousse, Ice Cream & Pudding	Leche Flan	sugared egg yolks, condensed milk, evaporated milk, granulated sugar, vanilla extract, brown sugar, water, maraschino cherries	Egg, Milk
Mousse, Ice Cream & Pudding	Michigan French Vanilla Ice Cream	Modified milk ingredients, sugar, corn syrup solids, stabilizer (mono and diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan), flavour french vanilla (glucose/fructose, water, natural and artificial flavour, potassium sorbate, colours (yellow #5 and yellow #6, flavour (artificial vanilla, water, propylene glycol, caramel colour), ground vanilla bean.	Milk
Mousse, Ice Cream & Pudding	Mint Chocolate Chip Ice Cream	Milk, cream, sugar, corn syrup, chocolate flakes (sugar, chocolate liquor, coconut oil, soy lecithin, vanilla extract, salt), whey, buttermilk, guar gum, mono and diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80, blue 1, yellow 5, oil of peppermint, turmeric	Milk, Soy
Mousse, Ice Cream & Pudding	Pumpkin Mousse	canned pumpkin, brown sugar, ground cinnamon, imitation vanilla, lemon zest, whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), powdered sugar	Milk
Mousse, Ice Cream & Pudding	Spumoni Ice Cream	milk, cream, sugar, corn syrup, fruit mix (sugar, pineapple, apples (preserved with sulfur dioxide), cranberries, raisins, high fructose corn syrup, cherries, grapes, peaches, natural flavors, malic acid, carob bean gum, sodium bicarbonate, sodium benzoate (preservative), red 40, nutmeg), whey, buttermilk, cocoa (cocoa processed with alkali, salt, sugar, carrageenan, vanilla), mixed nuts (almonds, cashews, brazil nuts, filberts, walnuts, pecans, peanuts, soybean oil, salt), natural flavors, mono and diglycerides, guar gum, cellulose gum, carrageenan, red 40, artificial flavor, turmeric for color, blue 1.	Milk, Peanut, Tree Nut, Soy
Mousse, Ice Cream & Pudding	Strawberry Ice Cream	Milk, cream, buttermilk, corn syrup, strawberries, whey, high fructose corn syrup, sugar, natural strawberry flavor, mono & diglycerides, guar gum, sodium phosphate, cellulose gum, sodium citrate, polysorbate 80, carrageenan, red 40, blue	Milk
Mousse, Ice Cream & Pudding	Strawberry Mousse	Sliced frozen strawberries, eggs, cream of tartar, salt, heavy whipping cream (Cream (milk) and carrageenan), powdered sugar	Egg, Milk
Mousse, Ice Cream & Pudding	Tin Roof Sundae	vanilla ice cream (Milk, cream, buttermilk, corn syrup, whey, high fructose corn syrup, sugar, contains less than 1% of guar gum, mono and diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80, natural and artificial flavors, annatto (color)), peanuts, chocolate syrup (High Fructose Corn Syrup, Water, Cocoa Processed with Alkali, Modified Food Starch, Caramel Color, Salt, Potassium Sorbate - a Preservative, Xanthan Gum and Natural Flavor.)	Milk, Peanuts
Mousse, Ice Cream & Pudding	Vanilla Cream Chocolate Cups	cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), granulated sugar, vanilla extract, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), dark chocolate cups (Sugar, cocoa mass, cocoa butter, natural vanilla, soy lecithin), chocolate triangles (Sugar, cocoa, Full cream milk powder, Cocoa mass, Soy lecithin, Vanillin, Natural vanilla), strawberries	Milk, Soy
Mousse, Ice Cream & Pudding	Vanilla Mousse	Vanilla mousse mix (sugar, corn syrup solids, partially hydrogenated coconut and/or palm kernel oil, modified food starch, sodium phosphates, calcium acetate, lactose, glycerol lacto esters of fatty acids, sodium caseinate (a milk derivative), mono and diglycerides, sodium silicoaluminate, dipotassium phosphate, natural and artificial flavor, soy lecithin, citric acid, yellow 5, yellow 6), 2% milk	Soy, Milk

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Mousse, Ice Cream & Pudding	Vanilla Pudding	vanilla pudding mix (Sugar, modified food starch, dextrose, sodium phosphates, less than 2 percent of partially hydrogenated soybean oil, mono- and diglycerides, salt, non-fat milk, artificial color, calcium sul-fate, acetylated monoglycerides, xanthan gum, artificial flavor, natural flavor, yellow 5, yellow 6, BHA and propyl gallate (preserve freshness)), 2% milk	Soy, Milk
Mousse, Ice Cream & Pudding	Vanilla Soft Serve	milk, sugar, cream, corn syrup, nonfat dry milk, whey, stabilixed adn emulsified by mono and diglycerides, guar gum, carrageenan, artificial flavor, vegetable annatto color, vitamin A palmitate	Milk
Muffins and Sweet Breads	Apple Bread	brown sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), salt, baking soda, baking powder, ground cinnamon, frozen whole eggs, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid) buttermilk, sliced apples	Soy, Egg, Wheat
Muffins and Sweet Breads	Apple Cinnamon Muffin	apple cinnamon muffin mix (Bleached Enriched Flour (Bleached Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Apple Flavor Filling (Water, High Fructose Corn Syrup, Corn Syrup, Dried Apples With Sulfur Dioxide Added To Protect Color, Modified Corn Starch, Natural Flavor, Citric Acid, Spice, Sodium Benzoate And Sodium Propionate [Preservatives]), Soybean Oil, Apples With Erythorbic Acid And Citric Acid (Preservatives), Corn Syrup Solids, Eggs, Dried Sour Cream (Cream, Skim Milk, Cream Culture, Enzymes) With BHT Added To Protect Flavor, Modified Tapioca Starch, Spice, Baking Soda, Salt, Corn Starch, Artificial and Natural Flavor, Modified Corn Starch, Xanthan Gum.), water	Egg, Milk, Soy, Wheat
Muffins and Sweet Breads	Apple Oatmeal Muffins	oats, nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), vegetable oil, brown sugar, egg, vanilla flavoring, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking soda, cinnamon, applesauce, apples	Milk, Egg, Wheat
Muffins and Sweet Breads	Apple Pecan Muffin	granulated sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), brown sugar, eggs, pastry flour, baking soda, salt, 2% milk, canned apple slices, pecans, cinnamon	Tree Nuts, Soy, Egg, Wheat, Milk
Muffins and Sweet Breads	Assorted Scones	Enriched Flour Bleached (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Oil, Sugar, Water, Dried Corn Syrup, Blueberries, Diced Apples, White Confectionery Chunks (Sugar, Partially Hydrogenated Pal Kernel and Palm Oil, Nonfat Milk, Soy Lecithin, Artificial Flavor, Salt), Modified Corn Starch, Cinnamon Drops (Sugar, Palm Oil, Cinnamon, Nonfat Milk, Soy Lecithin), Dextrose, Raspberries, Natural Raspberry Flavor Fruit Pieces (Sugar, Dried Cramnberries, Citric Acid, Natural Flavor, Elderberry Juice Concentrate, Sunflower Oil, Soy Lecithin), High Fructose Corn Syrup, Dried Egg Yolk (Contains Citric Acid, Yeast), Baking Soda, Nonfat Milk, Salt, Sodium Aluminum Phosphate, Monocalcium Phosphate, Dried Blueberries, Soybean Oil, Xanthan Gum, Apple Fiber, Cinnamon, Natural and Artificial Flavor, Cellulose Gum, Maltodextrin, Safflower Oil, Glycerol, Malic Acid, Monoglycerides, Calcium Lactate, Canola Oil, Colored With (Artificial Color, Red 40 Lake, Blue2 Lake), Preserved With (Erythorbic Acid, Potassium Sorbate and Citric Acid)	Egg, Wheat, Milk, Soy, Seeds
Muffins and Sweet Breads	Banana Muffins	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Banana Puree, Sugar, Soybean Oil, Eggs, Walnuts, Water, Nonfat Milk, Pecans, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), High Fructose Corn Syrup, Salt, Natural Flavor, Mono And Diglycerides, Sodium Propionate And Potassium Sorbate (To Retain Freshness), Propylene Glycol, Rum, Maltodextrin, Buttermilk, Whey (Milk Protein).	Wheat, Soy, Egg, Tree Nuts, Milk
Muffins and Sweet Breads	Banana Nut Muffin	banana nut muffin mix (Enriched Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Banana Puree, Sugar, Water, Soybean Oil, Brown Sugar, Walnuts, Eggs, Whey, Baking Powder (Baking Soda, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Corn Starch, Natural And Artificial Flavor, Citric Acid, Ascorbic Acid.), water	Wheat, Soy, Tree Nut, Egg, Milk
Muffins and Sweet Breads	Better Morning Muffins	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Carrots, Whole Eggs, Raisins, Apples, Walnuts, Coconut (Treated with Sulfur Dioxide as a Preservative), Sodium Bicarbonate (Leavening), Water, Spices, Salt, Natural Flavor.	Wheat, Tree Nuts, Soy, Egg
Muffins and Sweet Breads	Blueberry Lemon Scones	All purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking powder, baking soda, unsalted butter, milk, lemons, blueberry	Wheat, Milk
Muffins and Sweet Breads	Blueberry Muffins	blueberry muffin mix (Sugar, Bleached Enriched Flour (Bleached Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Blueberries, Water, Modified Corn Starch, Whey, Mono- And Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Artificial And Natural Flavor, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Guar Gum, Xanthan Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Milk, Soy Lecithin), water	Soy, Egg, Milk, Wheat

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Category	Menu Item	Ingredients	Allergens
Muffins and Sweet Breads	Cappuccino Chocolate Chip Muffin	cappuccino chocolate chunk muffin mix (Sugar, Bleached Enriched Flour (Bleached Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Milk Chocolate Chunks (Sugar, Milk, Cocoa Butter, Chocolate Liquor, Milkfat, Soy Lecithin, Salt, Natural Flavor), Water, Modified Corn Starch, Whey, Mono- And Diglycerides, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Natural And Artificial Flavor, Artificial Color, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Calcium Acetate, Nonfat Milk, Xanthan Gum, Guar Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Milk, Soy Lecithin), water	Wheat, Egg, Soy, Milk
Muffins and Sweet Breads	Cherry Muffin (Low Fat)	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), salt, baking soda, cream of tartar, sugar, butter (cream), egg, vanilla extract, corn syrup, cherries	Milk, Wheat, Egg
Muffins and Sweet Breads	Cherry Scones	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sugar, baking powder, baking soda, salt, unsalted butter, lemons, milk, cherries	Wheat, Milk
Muffins and Sweet Breads	Chocolate Chocolate Chip Muffin	chocolate chocolate chip muffin mix (Sugar, Water, Bleached Enriched Flour (Bleached Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavor), Cocoa Processed With Alkali, Modified Corn Starch, Mono- And Diglycerides, Whey, Baking Powder (Baking Soda, Sodium Aluminum Phosphate), Vital Wheat Gluten, Salt, Calcium Acetate, Sorbitan Monostearate, Nonfat Milk, Sodium Stearoyl Lactylate, Guar Gum, Xanthan Gum, Natural And Artificial Flavor, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast), water	Egg, Soy, Milk, Wheat
Muffins and Sweet Breads	Chocolate Iced Donuts	Cake donut (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearoyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum.), chocolate icing (Sugar, water, high fructose corn syrup, corn syrup, partially hydrogenated soybean and or cottonseed oil, corn syrup solids, soybean oil, cocoa, contains less than 2% of the following: cocoa alkali processed, modified tapioca starch, soy lecithin, citric acid, to preserve freshness (potassium sorbate), natural and artificial flavor)	Wheat, Egg, Soy, Seeds, Milk
Muffins and Sweet Breads	Cinnamon Rolls	dry instant yeast, 2% milk, water, egg, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, sugar, all purpose vegetable shortening, ground cinnamon, sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), powdered sugar, 2% milk, vanilla extract	Milk, Egg, Wheat, Soy
Muffins and Sweet Breads	Cinnamon Sugar Donut	Cake donut (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearoyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), cinnamon, sugar	Wheat, Egg, Milk, Soy
Muffins and Sweet Breads	Corn Muffins	all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), sugar, egg, cornmeal, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), baking powder, salt, milk	Milk, Egg, Wheat, Soy
Muffins and Sweet Breads	Cranberry Nut Muffin	cranberry nut muffin mix (Sugar, Bleached Enriched Flour (Bleached Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Soybean Oil, Cranberries, Water, Walnuts With BHT Added To Protect Flavor, Modified Corn Starch, Whey, Mono- And Diglycerides, Vital Wheat Gluten, Baking Powder (Sodium Aluminum Phosphate, Baking Soda), Salt, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Xanthan Gum, Guar Gum, Corn Starch, Polysorbate 60, Artificial And Natural Flavor, Partially Hydrogenated Soybean Oil, Milk, Soy Lecithin), water	Wheat, Egg, Soy, Milk, Tree Nut
Muffins and Sweet Breads	Cranberry Orange Muffin	Cranberry Orange muffin mix (Sugar, Bleached Enriched Flour (Bleached Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Cranberries, Soybean Oil, Water, Oranges, Modified Corn Starch, Whey, Mono- And Diglycerides, Baking Powder (Sodium Aluminum Phosphate, Baking Soda), Vital Wheat Gluten, Salt, Natural And Artificial Flavor, Sodium Stearoyl Lactylate, Sorbitan Monostearate, Nonfat Milk, Calcium Acetate, Xanthan Gum, Guar Gum, Corn Starch, Polysorbate 60, Partially Hydrogenated Soybean Oil, Yeast), water	Egg, Soy, Milk, Wheat
Muffins and Sweet Breads	Custard Filled Paczki	water, instant dry yeast, frozen whole eggs, yeast donut mix (Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, soybean oil, partially hydrogenated soybean and cottonseed oil, mono and diglycerides, salt, nonfat milk, egg yolk, annatto and turmeric extract color), sugar, butter (cream), custard filling, donut sugar glaze (Corn syrup, water, sugar, contains less than 2% of the following: pectin, molasses, to preserve freshness (sorbic acid, sulfiting agents), agar, citric acid, natural and artificial flavor)	Egg, Milk, Wheat, Soy

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Muffins and Sweet Breads	Donut Holes	donut cake royal mix (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearoyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), water	Wheat, Egg, Soy, Seeds, Milk
Muffins and Sweet Breads	English Muffins	Enriched flour, bleach wheat flour, water, yeast, wheat gluten, yellow corn flour, yellow corn meal, calcium propionate, salt, calcium sulfate, high fructose corn syrup, wheat starch, fumaric acid, calcium citrate, soybean, coconut and palm oil, dough conditioners, ascorbic acid, datem, enzymes, calcium peroxide, azodicarbonamide	Wheat, Soy, Tree Nut
Muffins and Sweet Breads	Glazed Chocolate Donuts	Donut mix (Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, water, whey (a milk derivative), dextrose, soybean oil, yeast, contains less than 2% of the following, salt, defatted soy flour, leavening (sodium acid pyrophosphate, baking soda), monoglycerides, skim milk, sodium stearoyl lactylate, natural and artificial flavor to preserve freshness (calcium propionate), cellulose gum, guar gum, xanthan gum, colored with (beta carotene), ascorbic acid), chocolate icing (Sugar, water, high fructose corn syrup, corn syrup, partially hydrogenated soybean and or cottonseed oil, corn syrup solids, soybean oil, cocoa, contains less than 2% of the following: cocoa alkali processed, modified tapioca starch, soy lecithin, citric acid, to preserve freshness (potassium sorbate), natural and artificial flavor)	Wheat, Milk, Egg, Soy, Seeds
Muffins and Sweet Breads	Glazed Vanilla Donuts	Donut mix (Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, water, whey (a milk derivative), dextrose, soybean oil, yeast, contains less than 2% of the following, salt, defatted soy flour, leavening (sodium acid pyrophosphate, baking soda), monoglycerides, skim milk, sodium stearoyl lactylate, natural and artificial flavor to preserve freshness (calcium propionate), cellulose gum, guar gum, xanthan gum, colored with (beta carotene), ascorbic acid), vanilla icing (Sugar, water, corn syrup, partially hydrogenated soybean and or cottonseed oil, modified tapioca starch, to preserve freshness (sorbic acid, and sulfiting agents), colored with (titanium dioxide), artificial flavor)	Wheat, Milk, Egg, Soy, Seeds
Muffins and Sweet Breads	Honey Bran Muffins	vanilla cake mix (Bleached wheat flour, sugar, soybean oil, modified food starch, contains 2% or less: whey, mono and diglycerides, soy lecithin, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), vital wheat gluten, distilled monoglycerides, distilled propylene glycol monoester, sodium stearayl lactylate, sodium dioxide, guar gum, xanthan gum, artificial flavor, egg whites), egg, vegetable oil, wheat germ, honey	Wheat, Egg, Soy, Milk
Muffins and Sweet Breads	Lemon Poppyseed Muffins	lemon poppyseed mix (Water, bleached enriched flour (bleached flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural lemon flavor filling (water, sugar, high fructose corn syrup, modified corn starch, lemon juice concentrate, sodium benzoate (preservative), natural flavor, citric acid, colored with artificial color and yellow 5), eggs, poppy seed, whey, modified tapioca starch, egg whites with sodium lauryl sulfate, baking powder (sodium aluminum phosphate, baking soda), salt, monoglycerides, corn starch, sorbic acid (preservatives), modified corn starch, artificial flavor, colored with yellow 5 and yellow 6. water	Egg, Milk, Wheat, Soy, Tree Nut, Seeds
Muffins and Sweet Breads	Long John Chocolate Iced Donut	Bavarian filled long john (Enriched unbleached wheat flour (wheat four, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid) palm oil, water, sugar, high fructose corn syrup, whey (a milk derivative), dextrose, contains less than 2% of the following: soybean oil, yeast, modified corn starch, salt, modified tapioca starch, defatted soy flour, leavening (sodium acid pyrophosphate, baking soda), monoglycerides, natural and artificial flavor, skim milk, partially hydrogenated soybean and or cottonseed oil, sodium stearoyl lactylate, carrageenan, to preserve freshness (sorbic acid, calcium propionate,), potassium chloride, colored with (titanium dioxide, turmeric adn annatto extracts, beat carotene), cellulose gum, guar gum, xanthan cum, poysorbate 60, ascorbic acid), chocolate icing (Sugar, water, high fructose corn syrup, corn syrup, partially hydrogenated soybean and or cottonseed oil, corn syrup solids, soybean oil, cocoa, contains less than 2% of the following: cocoa alkali processed, modified tapioca starch, soy lecithin, citric acid, to preserve freshness (potassium sorbate), natural and artificial flavor)	Wheat, Milk, Soy, Seeds
Muffins and Sweet Breads	Long John Vanilla Iced Donut	Bavarian filled long john (Enriched unbleached wheat flour (wheat four, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid) palm oil, water, sugar, high fructose corn syrup, whey (a milk derivative), dextrose, contains less than 2% of the following: soybean oil, yeast, modified corn starch, salt, modified tapioca starch, defatted soy flour, leavening (sodium acid pyrophosphate, baking soda), monoglycerides, natural and artificial flavor, skim milk, partially hydrogenated soybean and or cottonseed oil, sodium stearoyl lactylate, carrageenan, to preserve freshness (sorbic acid, calcium propionate,), potassium chloride, colored with (titanium dioxide, turmeric adn annatto extracts, beat carotene), cellulose gum, guar gum, xanthan cum, poysorbate 60, ascorbic acid), vanilla icing (Sugar, water, corn syrup, partially hydrogenated soybean and or cottonseed oil, modified tapioca starch, to preserve freshness (sorbic acid, and sulfiting agents), colored with (titanium dioxide), artificial flavor)	Wheat, Milk, Soy, Seeds

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Muffins and Sweet Breads	Oat Bran Raisin Muffin	Oat Bran Raisin Muffin mix (Water, Enriched Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Raisins, Soybean Oil, Brown Sugar, Oat Bran, Honey, Molasses, Sugar, Bleached Oat Fiber, Egg Whites With Sodium Lauryl Sulfate, Baking Soda, Spice, Salt, Modified Tapioca Starch, Xanthan Gum, Modified Corn Starch), water	Wheat, Soy, Egg
Muffins and Sweet Breads	Oatmeal Blueberry Muffin	oats, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, cinnamon, baking soda, nutmeg, brown sugar, buttermilk, egg, vanilla extract, vegetable oil	Wheat, Milk, Egg
Muffins and Sweet Breads	Orange Blossom Muffin	orange blossom muffin mix (Water, Bleached Enriched Flour (Bleached Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Oranges, Eggs, High Fructose Corn Syrup, Orange Pulp, Whey, Corn Syrup, Natural And Artificial Orange Flavor Granules (Sugar, Corn Syrup, Corn Cereal, Partially Hydrogenated Vegetable Oil [Cottonseed, Soybean], Modified Corn Starch, Natural And Artificial Flavor, Artificial Color And Red 40), Modified Tapioca Starch, Natural Flavor, Egg Whites With Sodium Lauryl Sulfate, Baking Powder (Sodium Aluminum Phosphate, Baking Soda), Modified Corn Starch, Pineapple, Salt, Monoglycerides, Xanthan Gum, Citric Acid, Sodium Benzoate And Potassium Sorbate (Preservatives), Colored With Yellow 5 And Yellow 6), Water	Wheat, Soy, Egg, Milk
Muffins and Sweet Breads	Orange Bread	granulated sugar, oranges peel, granulated sugar, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, oranges peel, frozen whole eggs, butter (cream), 2% milk	Egg, Wheat, Milk
Muffins and Sweet Breads	Peach Bread	granulated sugar, frozen peaches, granulated sugar, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, frozen peaches, orange juice, frozen whole eggs, butter (cream), 2% milk	Egg, Wheat, Milk
Muffins and Sweet Breads	Peachy Lean Muffin	Unbleached, unbromated, wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), peaches, sugar, soybean oil, eggs, milk, Contains less than 2% of: leavener (baking soda, sodium acid pyrophosphate, monocalcium phosphate), natural flavors, salt	Wheat, Egg, Milk, Soy
Muffins and Sweet Breads	Peanut Butter Puppy Chow	Wheaties (Whole wheat, sugar, salt, corn syrup, partially hydrogenated soybean oil, brown sugar syrup, natural flavor, trisodium phosphate. Freshness preserved by BHT. Vitamin and minerals: zinc and iron (mineral nutrients), a B vitamin (niacinamide), vitamin C (sodium ascorbate), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B 1 (thiamin mononitrate), vitamin A palmitate, a B vitamin (folic acid), vitamin B12, vitamin D), semisweet chocolate chips (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), vanilla extract, powdered sugar	Milk, Wheat, Soy, Seeds, Peanuts
Muffins and Sweet Breads	Pecan Cinnamon Scones	All purpose flour, (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour) sugar, baking powder, baking soda, salt, unsalted butter, milk, cinnamon, pecan, sugar, cinnamon	Wheat, Milk, Tree Nuts
Muffins and Sweet Breads	Pecan Rolls	yeast, water, 2% milk, all purpose shortening (partially hydrogenated soybean and cottonseed oils), granulated sugar, eggs, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), salt, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), pecans, brown sugar, all purpose shortening, light corn syrup, pineapple juice, pecans	Tree Nuts, Soy, Egg, Wheat, Milk
Muffins and Sweet Breads	Powdered Sugar Donut	Cake donut (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearoyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), powdered sugar	Wheat, Egg, Soy, Milk
Muffins and Sweet Breads	Prairie Harvest Muffins	Water, Enriched Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Carrots, Soybean Oil, Brown Sugar, Sugar, Raisins, Apples With Erythorbic Acid And Citric Acid (Preservatives), Walnuts, Eggs, Coconut with Sodium Bisulfite Added To Protect Color, Molasses, Corn Syrup Solids, Spice, Baking Powder (Baking Soda, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Modified Tapioca Starch, Corn Starch, Modified Corn Starch, Artificial Flavor.	Tree Nuts, Egg, Milk, Soy, Wheat
Muffins and Sweet Breads	Pumpkin Nut Muffin	Pumpkin, Sugar, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Eggs, Walnuts, Soybean Oil, Orange Juice Concentrate, Modified Food Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Spices, Salt, Caramel Color.	Wheat, Egg, Soy, Tree Nuts
Muffins and Sweet Breads	Raisin Bran Muffin	raisin bran muffin mix (Water, Enriched Flour (Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Raisins, Brown Sugar, Honey, Wheat Bran, Sugar, Eggs, Baking Soda, Salt, Spice, Corn Starch, Artificial Flavor), water	Wheat, Soy, Egg

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Muffins and Sweet Breads	Raspberry Filled Paczki	water, instant dry yeast, frozen whole eggs, yeast donut mix (Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, soybean oil, partially hydrogenated soybean and cottonseed oil, mon and diglycerides, salt, nonfat milk, egg yolk, annatto and turmeric extract color), sugar, butter, raspberry filling, donut sugar glaze (Corn syrup, water, sugar, contains less than 2% of the following: pectin, molasses, to preserve freshness (sorbic acid, sulfiting agents), agar, citric acid, natural and artificial flavor)	Egg, Milk, Wheat, Soy
Muffins and Sweet Breads	Salty Snack Mix w/ Nuts	rice chex (Rice, whole grain rice, sugar, salt, molasses, vitamin E (mixed tocopherols), BHT, Calcium Carbonate, Iron and Zinc, Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A, Folic Acid, Vitamin B12, Vitamin D), cheerios (Whole Grain Oats, Modified Corn Starch, Corn Starch, Sugar, Salt, Calcium Carbonate, Oat Fiber, Tripotassium Phosphate, Wheat Starch, Vitamin E (Mixed Tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Iron and Zinc (Mineral Nutrients), Vitamin C (Sodium Ascorbate), A B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate), Vitamin A (Palmitate), A B Vitamin (Folic Acid), Vitamin B12, Vitamin D), cashews, pretzels (Wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, corn syrup, yeast, salt, bicarbonates and carbonates of soda. Salt Packet: Salt), sunflower seeds	Wheat, Seeds, Nuts
Muffins and Sweet Breads	Sour Cream Coffee Cake	granulated sugar, sweetex, salt, baking powder, baking soda, cake flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), vanilla, frozen whole eggs, brown sugar, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts), pecans, vegetable oil	Tree Nuts, Soy, Milk, Egg, Wheat
Muffins and Sweet Breads	Strawberry Bread	strawberry, eggs, vegetable (soy) oil, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking soda, salt, cinnamon, sugar	Egg, Soy, Wheat
Muffins and Sweet Breads	Streusel Muffin	cream cake mix (bleached wheat flour, sugar, soybean oil, modified food starch, contains < 2%: whey (milk), mono&di-glycerides, soy lecithin, salt, leavening, vital wheat gluten, distilled monoglycerides, distilled propylene glycol monoester, sodium stearoyl lactylate, sodium dioxide, guar gum, xanthan gum, artificial flavor, egg whites), eggs, corn oil, butter, powdered sugar, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Milk, Soy, Egg
Muffins and Sweet Breads	Sweet Georgia Muffins	sweet potato, sugar, corn oil, egg, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), pastry flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), cloves, cinnamon, nutmeg	Egg, Wheat
Muffins and Sweet Breads	Vanilla Iced Donut	Donut mix (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pytophosphate monocalcium phosphate), egg yolks cotains less than 2%: soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, corn syrup solids, artificial flavor, distilled propylene glycol, monoester, sodium stearoyl, lactylate, silicon dioxide, polysorbate 60, xanthan gum, guar gum), vanilla icing (Sugar, water, corn syrup, partially hydrogenated soybean and or cottonseed oil, modified tapioca starch, to preserve freshness (sorbic acid, and sulfiting agents), colored with (titanium dioxide), artificial flavor)	Wheat, Egg, Soy
Passover	Apple Crisp (P)	apples, granulated sugar, brown sugar, cinnamon, nutmeg, potato starch, salt, butter (cream)	Milk
Passover	Apricot Pastry (P) w/ nuts	unsalted butter, eggs, salt, sugar, cake meal (Passover wheat flour and water), lemon extract, vanilla extract, kosher apricot preserves, lemon juice, walnut pieces	Eggs, Milk, Tree Nuts, Wheat
Passover	Asparagus with matzo crumbs (P)	asparagus, unsalted butter (cream), lemon juice, extra virgin olive oil, green onion, salt, pepper, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)	Milk, Wheat
Passover	Beef Gravy (P)	yellow onions, carrots, celery, parsley, frozen beef soup bones, water, garlic, bay leaves, peppercorn, potato starch, salt, black pepper	
Passover	Charoset (P)	macintosh apples, cinnamon, ginger, grape juice, lemon juice, walnuts, honey	Tree Nuts
Passover	Cheese & Mushroom Matzo Kugel	plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), yellow onions, butter, parsley, mushrooms, cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), eggs, salt, paprika	Wheat, Milk, Eggs
Passover	Cheese Knaidel	lowfat cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), eggs, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), salt, black pepper, butter (cream)	Milk, Egg, Wheat

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Passover	Cheesecake (P)	matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), granulated sugar, butter (cream, salt), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), eggs, vanilla extract, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate)	Milk, Egg, Wheat
Passover	Chicken Gravy (P)	chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), potato starch, salt, water, white pepper, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Milk
Passover	Chocolate Chip Bars (P)	sliced almonds, sugar, lemon juice, almond extract, salt, vanilla extract, eggs, all purpose vegetable shortening, cake meal (passover wheat flour, water), potato starch, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts)	Tree Nuts, Milk, Egg, Wheat, Soy
Passover	Chocolate Raspberry Mousse (P)	frozen red raspberries, water, sugar, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts), egg whites, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Egg, Milk, Soy
Passover	Fresh Whipped Potatoes (P)	potato, water, salt, white pepper	
Passover	Fudge Squares (P)	cake meal, potato starch, salt, baking cocoa, eggs, sugar, vegetable (soy) oil, semisweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts)	Eggs, Milk, Soy, Wheat
Passover	Gefilte Fish (P)	non-jellied gefilte fish	
Passover	Knaidel Cheese (P)	cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), egg, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), pepper, unsalted butter (cream)	Milk, Egg, Wheat
Passover	Kosher Roast Chicken Leg Dinner (P)	Roasted chicken	
Passover	Matzo Ball Soup (P)	eggs, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), salt, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)., extra virgin olive oil, black pepper, celery, yellow onions, carrots, white pepper, salt, chicken	Egg, Wheat, Milk
Passover	Matzo Brei (P)	water, eggs, plain matzo crackers ((Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)), salt, butter (cream)	Eggs, Milk, Wheat
Passover	Matzo Casserole (P)	yellow onion, vegetable (soy) oil, tomatoes, black pepper, chili powder, salt, worcestershire sauce, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), sharp cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), garlic, black pepper	Milk, Wheat, Soy
Passover	Matzo Cheese Souffle (P)	plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), eggs, skim milk, cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes.), sugar, cinnamon, salt, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate)	Wheat, Egg, Milk
Passover	Matzo Cracker (P)	cracker meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)	Wheat
Passover	Matzo Melt Sandwich (P)	mexican cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tomatoes, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), dijon mustard, black pepper	Milk, Wheat

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Category	Menu Item	Ingredients	Allergens
Passover	Matzo Pancakes (P)	eggs, water, salt, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)	Egg, Wheat
Passover	Matzo Pizza (P)	plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), homemade pizza sauce (tomato sauce, crushed tomatoes, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes)	Milk, Wheat
Passover	Raspberry Pastry Bar w/walnuts	butter, egg yolks, salt, sugar, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), lemon extract, imitation vanilla, raspberry filling (sugar, water, raspberries, modified food starch, dextrose, contains <2%: citric acid, tapioca dextrin, salt, sodium citrate, algin, sodium carboxymethyl cellulose, carrageenan sodium benzoate, potassium sorbate, red 40, artificial flavor), lemon juice, walnuts	Tree Nuts, Milk, Egg, Wheat
Passover	Sponge Cake (P)	matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), potato starch, eggs, vegetable (soy) oil, lemons, salt, sugar	Wheat, Soy, Eggs
Passover	Turkey & Corned Beef on Matzo (P)	corned beef, turkey, tomatoes, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)	Wheat
Passover	Turkey Gravy (P)	yellow onions, carrots, celery, parsley, turkey necks, water, peppercorns, bay leaves, potato starch, salt, white pepper	
Passover	Walnut Bars (P)	sliced almonds, sugar, lemon juice, almond extract, salt, vanilla extract, eggs, all purpose vegetable shortening, cake meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), potato starch, walnut pieces	Eggs, Milk, Soy, Wheat, Tree Nuts
Passover	Whipped Potatoes (P)	instant mashed potatoes, salt, water, white pepper	
Pastries	Apple Strudel	Apple, brown sugar, salt, cinnamon, nutmeg, clear gel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon, raisin, pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color)	Seeds, Soy, Wheat
Pastries	Baklava w/ Nuts	walnuts, almonds, cinnamon, clove, butter (cream), filo dough Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color, sugar, honey, lemon juice, vanilla extract	Milk, Tree Nuts, Wheat
Pastries	Cannoli	frozen cannoli shell (Flour, Sugar, vegetable shortening, honey, cinnamon powder, vinegar, water, eggs, salt.), frozen cannoli filling (Ricotta cheese (milk, starter, salt), sugar, chocolate chips (sugar, cocoa, soya lecithin, and emulsifier), vanillin and cinnamon (artificial flavors), powdered sugar	Egg, Milk, Soy, Wheat
Pastries	Cherry Strudel	Cherries, sugar, salt, cinnamon, clear gel, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), vanilla flavoring, pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color), water, vanilla extract, powdered sugar	Soy, Seed
Pastries	Churros	Éclair cream puff mix, water, sugar, cinnamon	Wheat
Pastries	Cream Puffs	Éclair cream puff mix or whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), water, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), egg	Wheat, Soy, Egg
Pastries	Danish Pastry	Yeast, 2% milk, butter (cream), egg, sugar, cardamon, pastry flour (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color), salt, bread flour, (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid.) vanilla extract	Milk, Egg, Wheat, Seeds
Pastries	Peach Strudel	Peaches, sugar, cornstarch, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), lemon juice, pastry dough (Enriched flour, partially hydrogenated soybean and cottonseed oil, water, salt, dough conditioner, leavning, yellow 5/6, vegetable color)	Wheat, Soy, Seeds
Pastries	Sopapilla	Flour tortilla (Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites), sugar, cinnamon	Flour, Soy, Seeds
Pork, Veal & Lamb Entrees	Aromatic Shan Style Pork	Oriental style rice, water, sesame oil, prepeeled garlic, lemon grass, ginger root, asian red chili peppers, salt, sesame seeds, shallots, ground pork, sugar, green onions, cilantro, mint, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar, cucumbers	Seeds, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Pork, Veal & Lamb Entrees	Baked Ham	buffet ham, cloves, orange juice, brown sugar, pineapple chunks, maraschino cherries	
Pork, Veal & Lamb Entrees	BBQ Ham & Pineapple Pizza	BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), buffet ham, pineapple chunks, pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Soy, Wheat (crust)
Pork, Veal & Lamb Entrees	BBQ Pork Chops	pork loin center cut, seasoned salt, lemon juice, lemon rind, soy sauce, garlic powder, salt, black pepper, bbq sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper), tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), brown sugar	Soy, Wheat
Pork, Veal & Lamb Entrees	BBQ Pork Spareribs	pork spareribs, brown sugar, garlic powder, paprika, salt, black pepper, mustard, ground cayenne pepper, yellow onions, ketchup, apple cider vinegar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy
Pork, Veal & Lamb Entrees	BBQ Ribs	Spareribs, brown sugar, garlic powder, paprika, salt, ground black pepper, mustard, cayenne pepper, yellow onions, ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), apple cider vinegar, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Seeds
Pork, Veal & Lamb Entrees	Beef & Lamb Kofta	Parsley, cilantro, yellow onions, ground beef, ground lamb, garlic, black ground pepper, kosher salt, garlic powder	
Pork, Veal & Lamb Entrees	BLT Pizza	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), tomatoes, bacon, head lettuce, pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Soy, Milk, Egg, Wheat (crust)
Pork, Veal & Lamb Entrees	Blue Cheese, Bacon, & Green Onion Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), homemade pizza sauce, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), bacon, blue cheese crumbles (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), green onions	Milk, Soy, Wheat
Pork, Veal & Lamb Entrees	Boneless Pit Ham	Pit ham	
Pork, Veal & Lamb Entrees	Bratwurst	Pork, water, corn syrup and less than 2% of the following: salt, dextrose, monosodium glutamate, flavorings, BHA, propyl gallate, citric acid.	
Pork, Veal & Lamb Entrees	Breaded Pork Chops	boneless pork loin, salt, black pepper, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, eggs, water, parsley	Wheat, Egg, Milk
Pork, Veal & Lamb Entrees	Buffet Ham	Cured ham.	
Pork, Veal & Lamb Entrees	Cajun Pork	Pork loin center cut, onion powder, garlic powder, cayenne pepper, white pepper, mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), sage, cumin, black pepper, thyme, salt	Seeds
Pork, Veal & Lamb Entrees	Carbonara Sauce	Bacon, mushroom, garlic, green onions, ham buffet, white cooking wine, half & half (Milk, cream, dipotassium phosphate), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, white ground pepper, arrowroot, water, egg, parmesan, parsley	Alcohol, Milk, Eggs

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Category	Menu Item	Ingredients	Allergens
Pork, Veal & Lamb Entrees	Cherry Orange Stuffed Pork Loin	Pork loin, shallots, thyme, mandarian oranges, dried cherries, salt, black ground pepper, garlic powder, onion powder, canola/olive oil blend, white cooking wine, apple cider (Apple Juice From Whole Apples, Less Than 1/10 of 1% of Potassium Sorbate, Sodium Benzoate Added To Preserve), cinnamon sticks, lemons, cornstarch, water, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder)	Alcohol
Pork, Veal & Lamb Entrees	Chicken and Andouille Gumbo	Canola/olive oil, chicken thighs, gumbo file, yellow onions, green peppers, celery, prepeeled garlic, creole spice, butter (cream), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour.), water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), bay leaves, cayenne pepper, andouille sausage, green onions	Milk, Wheat, Soy
Pork, Veal & Lamb Entrees	Chipotle Pork Roast w/ Carmelized Onions	pork loin, ground cumin, chili powder, thyme leaves, chipotle pepper, garlic, oregano leaves, canola olive blend, salt, crushed tomatoes, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), water, red onions, sugar, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), cilantro	Soy, Milk
Pork, Veal & Lamb Entrees	Cider Pork	pork loin roast, salt, black pepper, nutmeg, allspice, macintosh apples, apple juice, raisins, cinnamon sticks, fresh oranges	
Pork, Veal & Lamb Entrees	Deluxe Meat Pizza	pizza crusts (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), italian sausage, pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), onions, green peppers, black olives, pulman ham, olive oil	Wheat (crust), Milk
Pork, Veal & Lamb Entrees	Easy Stuffed Pork Chops	Vegetable oil, center cut pork chops, salt, black ground pepper, split top white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), margarine, yellow onions, water, sage, thyme, cream of mushroom soup cn (Water, mushrooms, vegetable oil (corn and/or cottonseed oil), modified food starch, wheat flour, contains less than 2% of: salt, soy protein concentrate, MSG, cream powder (cream, soy lecithin), yeast extract, spice extract, dehydrated garlic), 2% milk	Milk, Seeds, Wheat, Soy
Pork, Veal & Lamb Entrees	Grilled Polenta with Italian Sausage	yellow cornmeal, salt, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), Italian rope sausage, red peppers, green peppers, green onions, canola olive oil, black pepper, parsley	Milk
Pork, Veal & Lamb Entrees	Grilled Pork Chops	pork chops, seasoned salt	
Pork, Veal & Lamb Entrees	Ham and Pineapple Pizza	pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water), canola oil, olive oil, pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), pineapple, ham	Wheat (crust), Milk
Pork, Veal & Lamb Entrees	Hula Pizza	Pizza crust (Enrinched wheat flour (flour malted barley flour, niacin, iron as feerrous culfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), homemade pizza sauce (tomato sauce, crushed, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), pineapple tidbits, ham buffet, parsley	Milk, Soy, Wheat
Pork, Veal & Lamb Entrees	Irish Lamb Stew	Lamb cubes, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), carrots, celery, turnips, yellow onions, potato, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, white ground pepper, marjoram	Milk, Soy, Seeds, Wheat

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Category	Menu Item	Ingredients	Allergens
Pork, Veal & Lamb Entrees	Italian Calzone	bulk pork sausage, pepperoni, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), shredded mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Milk, Wheat, Soy
Pork, Veal & Lamb Entrees	Italian Meatloaf	Ground Beef, marinara tomato sauce, bulk frozen italian pork sausage, eggs, bread crumbs, grated parmesan cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), provolone cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parsley, oregano, salt, ground black pepper	Milk, Egg, Wheat, Soy, Seeds
Pork, Veal & Lamb Entrees	Italian Sausage	Italian sausage (Pork, Salt, Natural Spices, Sugar, Paprika, Oleoresin of Paprika, BHA, BHT, Citric Acid)	
Pork, Veal & Lamb Entrees	Italian Sausage Pizza	italian sausage, homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), shredded blue cheese (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose, natamycin), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Wheat, Milk
Pork, Veal & Lamb Entrees	Lamb Biryani	Roast leg lamb, canola/olive oil blend, red onions, garlic, ginger root, carrots, cardamon, cinnamon sticks, whole cloves, bay leaves, masala spice, cumin (ground coriander, cayenne pepper, cumin, cinnamon, ground black pepper, ginger, cardamon, nutmeg, cloves, mustard, mace, caraway seeds), coriander, turmeric, cayenne pepper, kosher salt, black ground pepper, basmati rice, water, cilantro	Alcohol, Seeds
Pork, Veal & Lamb Entrees	Marinated Lamb Steak	Ground mustard, brown sugar, salt, paprika, canola/olive oil blend, red wine vinegar, lemons, garlic, oregano, lamb steaks	Alcohol
Pork, Veal & Lamb Entrees	Meat Deluxe Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), Italian bulk pork sausage (Pork, water, salt, spices, dextrose, BHA, BHT, citric acid), homemade pizza sauce (tomato sauce, crushed, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), yellow onions, green peppers, black olives, ham buffet, canola/olive oil blend	Milk, Soy, Wheat
Pork, Veal & Lamb Entrees	Meat Eaters Delight Pizza	homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend, buffet (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), ham, sliced pepperoni, ground beef, italian spice, pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water)	Milk, Wheat (crust)
Pork, Veal & Lamb Entrees	Pepperoni Pizza	pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water)), canola oil, olive oil, pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), pepperoni	Wheat (crust), Cheese
Pork, Veal & Lamb Entrees	Polish Sausage	Pork, Water, Beef, Ham Fat, Calcium Reduced Dry Skim Milk, Salt, Corn Syrup, Dextrose, Natural Spices, Monosodium Glutamate, Paprika, Flavorings, Sodium Erythorbate, Sodium Nitrate	Milk
Pork, Veal & Lamb Entrees	Pork and Chicken Jambalaya	parsley, andouille sausage, onions, green peppers, garlic, chicken thighs, buffet ham, diced tomatoes, thyme, chili powder, cumin, cayenne pepper, long grain rice, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), salt, sausage fat	Milk
Pork, Veal & Lamb Entrees	Pork Cider	Boneless pork roast, salt, black ground pepper, nutmeg, allspice, macintosh apples, apple juice, seedless raisins, cinnamon, oranges	
Pork, Veal & Lamb Entrees	Pork Dakota	parsley, carrots, apple juice, canola olive blend, lemon juice, brown sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), salt, peppercorns, garlic, bay leaves, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), lemon peel, pork loin center cut, zucchini	Soy, Wheat
Pork, Veal & Lamb Entrees	Pork Dumplings	Pork, bleached and enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vit. B1], riboflavin [Vit. B2], folic acid), cabbage, water soy sauce (water, soya beans, salt, and wheat flour), sugar, green onion, soybean oil, spices, garlic, cottonseed oil, sesame seed oil, salt, sodium benzoate.	Soy, Wheat, Seeds
Pork, Veal & Lamb Entrees	Pork Fried Rice	Long grain rice, canola/olive oil blend, green peppers, carrots, green onions, ham buffet, garlic, mushrooms, ginger root, white ground pepper, eggs, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative)	Egg, Wheat, Soy

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Pork, Veal & Lamb Entrees	Pork Potstickers	pork, bleached and enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vit. B1], riboflavin [Vit. B2], folic acid), cabbage, water soy sauce (water, soya beans, salt, and wheat flour), sugar, green onion, soybean oil, spices, garlic, cottonseed oil, sesame seed oil, salt, sodium benzoate	Soy, Wheat, Seeds
Pork, Veal & Lamb Entrees	Pork Steamed Rice Pearls	oriental style rice, eggs, soy sauce (water, soya beans, salt, and wheat flour), sugar, white pepper, ginger, cornstarch, mushrooms, green peppers, cilantro, ground pork, salt	Egg, Soy, Wheat
Pork, Veal & Lamb Entrees	Pork Villa Hermosa Wrap	flour tortilla, pork strips, balsamic vinegar, vegetable (soy) oil, brown sugar, cumin, jalapeno pepper, garlic, salt, pepper	Wheat, Soy
Pork, Veal & Lamb Entrees	Pulled Pork	Boneless pork butt, dry pork rub (chili powder, paprika, oregano, coriander, ground mustard, cumin, kosher salt, ground black pepper), cider apple vinegar, ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), mustard (Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric (Color), Paprika, Spice), brown sugar, salt, cayenne pepper, black ground pepper, white vinegar	Seeds
Pork, Veal & Lamb Entrees	Red Cooked Pork	shitake mushrooms, carrots, green onions, garlic, ginger, soy sauce (water, soya beans, salt, and wheat flour), rice wine, orange peel, cinnamon sticks, five spice powder, ground coriander, red pepper flakes, canola olive blend, stir fry pork strips, water, brown sugar	Soy, Wheat
Pork, Veal & Lamb Entrees	Roast Pork	ham, carrots, onions, celery, seasoned salt	
Pork, Veal & Lamb Entrees	Roast Pork Loin	pork loin center cut, canola olive blend, black pepper, salt, rosemary leaves, thyme leaves	
Pork, Veal & Lamb Entrees	Scalloped Potatoes and Ham	margarine whey free (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), white pepper, parsley, buffet ham, potatoes	Wheat, Soy, Milk
Pork, Veal & Lamb Entrees	Semi-Boneless Ham	dearborn ham	
Pork, Veal & Lamb Entrees	Shrimp & Andouille Sausage Pasta	Canola/olive oil blend, yellow onions, sausage andouille smoked rope (Pork, Water, Salt, Calcium Reduced Dry Skim Milk, Dextrose, Paprika, Natural Spices, Smoked Flavorings, Flavorings, Sodium Erythorbate, Sodium Nitrate, Oleoresin of Paprika), garlic, shrimp, roma tomatoes, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), green onions, salt, ground black pepper, vermicelli (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan	Milk, Shellfish, Wheat
Pork, Veal & Lamb Entrees	Singapore Noodles With Pork	Rice stick noodles (Rice, water), water, chicken base stock (water, Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), salt, sugar, canola/olive oil blend, yellow onions, red asian chili peppers, curry powder, boneless pork loin, canola/olive oil blend, kosher salt, garlic powder, onion powder, basil, lemons, vegetable bean sprouts, cilantro	Milk, Seeds, Soy, Shellfish, Wheat
Pork, Veal & Lamb Entrees	Sliced Ham	Cured ham.	
Pork, Veal & Lamb Entrees	Spicy Pork Quesadilla	stir fry pork strips, balsamic vinegar, vegetable (soy) oil, brown sugar, ground cumin, jalapeno pepper, garlic, salt, black pepper, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), flour tortillas (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Wheat, Soy, Milk
Pork, Veal & Lamb Entrees	Spiral Honey Baked Ham	honey glazed ham	

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Category	Menu Item	Ingredients	Allergens
Pork, Veal & Lamb Entrees	Stuffed Pork Chops	Vegetable oil, center cut pork chops, salt, black ground pepper, Stove Top dressing (water, margarine, Stove Top stuffing (Stove Top stuffing [Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), high fructose corn syrup, salt, cooked chicken and chicken broth, hydrolyzed soy and corn protein, yeast, celery, onion powder, soy flour, monosodium glutamate, parsley flakes, whey, spices, sugar, caramel color, disodium inosinate and disodium guanylate (flavor enhancers), natural flavor, tbhq, sodium sulfate, bha, bht, citric acid and propyl gallate preservative].), water, margarine), pork gravy (water, pork base [Roasted pork and pork juices, salt, sugar, flavor [hydrolyzed corn gluten, soy protein and wheat gluten, autolyzed yeast extract, partially hydrogenated soybean and cottonseed oil, thiamine hydrochloride, dextrose, disodium inosinate, disodium guanylate, lactic acid], spice, garlic powder, onion powder, caramel color, disodium inosinate, disodium guanylate, flavorings.], margarine [Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.], bread flour [Wheat flour, malted barley flour, niacin, iron, ascorbic acid added as a dough conditioner, thiamin mononitrate, riboflavin, folic acid.], black ground pepper)	Wheat, Soy, Seeds
Pork, Veal & Lamb Entrees	Suckling Pig Pork	Pork, kosher salt, black crushed pepper, garlic, parsley, thyme, cumin, bay leaves, yellow onions, oranges, limes, lemons, canola/olive oil blend, white cooking wine, sugar	Alcohol
Pork, Veal & Lamb Entrees	Sweet and Sour Pork	Egg, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), cornstarch, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), salt, pork cubes, carrots, celery, pineapple chunks, cider apple vinegar, unsweetened pineapple juice (Filtered water, pineapple juice concentrate, ascorbic acid (Vitamin C)), sugar, water, green peppers, yellow onions, tomatoes	Eggs, Soy, Wheat
Pork, Veal & Lamb Entrees	Thai Peanut Pork with Rice	long grain rice, water, vegetable oil, pork loin roast, onion, garlic, cumin, lemon zest, coriander, turmeric, salt, curry powder, red pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate), roasted peanuts, cilantro	Peanut, Soy, Wheat
Pork, Veal & Lamb Entrees	Three Meat Pizza	homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), shredded blue cheese (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), bacon, buffet ham, sliced pepperoni, pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Wheat, Milk, Soy
Pork, Veal & Lamb Entrees	Veal Parmesan	Veal scallopini, canola/olive oil blend, vegetable oil, red wine vinegar, salt, ground black pepper, parsley, oregano, thyme, marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), parmesan, shredded mozzarella, parsley	Milk, Soy
Pork, Veal & Lamb Entrees	Veison Stew	Venison stew meat, red cooking wine, canola/olive oil blend, yellow onions, carrots, celery, water, beef base, potatoes, black ground pepper, marjoram, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), peas	Alcohol, Seeds, Wheat, Soy
Pork, Veal & Lamb Entrees	Vinnie's Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), homemade pizza sauce (tomato sauce, crushed, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), green peppers, red onions, mushrooms, genoa salami (Pork, beef, salt, contains < 2% of the following: corn syrup, spices, wine, sodium ascorbate, garlic, lactic acid starter culture, potassium nitrate, sodium nitrite), pork italian sausage (Pork, water, salt, spices, dextrose, BHA, BHT, citric acid), ham buffet, pepperoni sliced, italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, and basil)	Milk, Soy, Wheat
Pork, Veal & Lamb Entrees	Ziti with Sausage and Cherries	bulk italian sausage, canola/olive oil blend, mushrooms, garlic, basil, parsley, salt, black pepper, ziti noodles (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), dried cherries	Wheat
Poultry Entrees	Adobo Chicken	Baked chicken (chicken, salt, black ground pepper, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help)), soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), garlic, ginger root, bay leaves, black ground pepper, canola/olive oil blend, water, green onions	Soy, Wheat
Poultry Entrees	Amish Chicken Breast	Amish chicken (Raw chicken (whole, light and dark meat, skin)), salt, black ground pepper, soybean grill oil (Soybean oil, artificial flavor, artificial color, citric acid (to protect flavor))	Soy

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Arroz con Pollo	chicken, long grain rice, yellow onion, garlic, diced tomato, water, crushed red pepper, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), ground cumin, black pepper, green onion, fresh cilantro	Milk, Wheat, Soy
Poultry Entrees	Asian Chicken Breast w/ Bean Sauce	Chicken breast, water, salt, sugar, cornstarch, water, sesame oil blend, garlic, ginger, hot bean sauce (Water, Soy bean, salt, wheat flour, sugar, sesame oil and spices), soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar, black pepper, cayenne pepper, rice vinegar, carrots, red onions, green onions	Soy, Wheat, Seeds
Poultry Entrees	Asian Chicken w/ Vegetables	rice vinegar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), vegetable oil, basil leaves, garlic, black pepper, chicken breast, red onions, red peppers, green peppers, mushrooms	Soy, Wheat
Poultry Entrees	Baked Chicken	chicken, salt, black pepper, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate)	Soy
Poultry Entrees	Baked Chicken Breast	boneless chicken breast	
Poultry Entrees	BBQ Chicken	celery, onions, ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), cider vinegar, brown sugar, salt, black pepper, chicken	
Poultry Entrees	BBQ Chicken Breast	Water, sugar, kosher salt, black ground pepper, boneless skinless chicken breast, sweet BBQ sauce	Soy
Poultry Entrees	BBQ Chicken Drumsticks	chicken drumsticks, corn oil, garlic, black pepper, salt, paprika, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper)	Soy, Seeds
Poultry Entrees	BBQ Chicken Pizza	canola oil, olive oil, chicken, black pepper, salt, pizza crusts, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper), basil, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Soy, Milk, Wheat (crust)
Poultry Entrees	BBQ Chicken Quesadillas	corn oil, yellow onion, chicken, water, bbq sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper), Mexican cheese blend (Pasteurized milk, cheese cultures, salt, enzymes, and annatto. Cellulose added to prevent caking.), 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Soy, Wheat, Seeds, Milk
Poultry Entrees	BBQ Orange Chicken Breast	chicken breast, orange juice, orange marmalade, red wine vinegar, canola olive blend, salt, sugar, black pepper, onions, garlic, rosemary, water, cornstarch, parsley	
Poultry Entrees	BBQ Turkey Drumsticks	Turkey legs, salt, black ground pepper, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper.)	Soy, Seeds
Poultry Entrees	Blackened Chicken Breast	salt, paprika, onion powder, garlic powder, thyme leaves, cayenne pepper, black pepper, oregano leaves, corn oil, chicken breast	
Poultry Entrees	Buffalo Chicken Calzone	chicken thighs, hot sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), shredded mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), 7" dough pizza (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Milk, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Buffalo Chicken Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfite, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), red hot sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), celery, blue cheese crumbles (Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Soy, Wheat
Poultry Entrees	Buffalo Chicken Wings	chicken party wings, buffalo wing hot sauce (Distilled Vinegar, Aged Cayenne Red Peppers, Water, Salt, Partially Hydrogenated Soybean Oil, Paprika, Oleoresin Paprika, Xanthan Gum, Natural Flavor, Sodium Benzoate (0.1% As A Preservative), Mono- And Diglycerides, Guar Gum, Ground Habanero Peppers, Garlic Powder, Polysorbate 60, Ascorbyl Palmitate, Tocopherol (Vitamin E) and Citric Acid)	Soy
Poultry Entrees	Cajun Chicken Breast	onion powder, garlic powder, cayenne pepper, white pepper, dry mustard, ground sage, cumin, black pepper, thyme leaves, salt, chicken breast, vegetable oil	Wheat, Milk, Soy, Seeds
Poultry Entrees	Calzone Chicken Basil	chicken breast strips, salt, ground black pepper, canola and olive oil blend, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), arrowroot, water, fresh basil, spinach, ricotta cheese (pasteurized whey, milkfat, and milk), shredded mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), 7" pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfite, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Milk, Wheat, Soy
Poultry Entrees	Caramelized Onion & Chicken Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfite, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), extra virgin olive oil, stir fry chicken strips, caramelized onions (yellow onions, canola/olive oil blend), tomatoes, parsley, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Soy, Wheat
Poultry Entrees	Chicken and Dumplings	chicken, water, yellow onions, carrots, celery, butter (cream), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), salt, black pepper, parsley, dumplings (all purpose flour, sugar, salt, baking powder, butter, 2% milk)	Wheat, Milk, Soy
Poultry Entrees	Chicken Biryani	Chicken thigh, canola/olive oil blend, red onions, garlic, ginger root, carrots, cardamon, cinnamon, cloves, bay leaves, masala spice (coriander, cayenne pepper, cumin, cinnamon, black ground pepper, ginger, cardamon, nutmeg, cloves, mustard, mace, caraway seeds), cumin, coriander, turmeric, cayenne pepper, kosher salt, black ground pepper, basmati rice, water, cilantro	Seeds
Poultry Entrees	Chicken Breast Dakota	chicken breast, carrots, zucchini, parsley, apple juice, vegetable oil, canola olive blend, lemon juice, brown sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), peppercorns, garlic, bay leaves, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Wheat
Poultry Entrees	Chicken Breast Sante Fe	chicken breast, tomato juice, v-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), mild salsa sauce, granulated sugar, cayenne pepper, oregano leaves, ground cumin, chili powder, black pepper, salt, ground coriander	
Poultry Entrees	Chicken Breast w/ Red Pepper Sauce	canola/olive oil, butter (cream), red bell pepper, garlic, yellow onion, thyme, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), white pepper, chicken, salt, black pepper	Milk, Soy, Wheat, Seeds

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Chicken Broccoli Bake	broccoli, chicken strips, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum), heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), white pepper, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Soy, Milk, Wheat, Seeds
Poultry Entrees	Chicken Cacciatore	canola olive blend, onions, cubed chicken thighs, garlic, canned diced tomatoes, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), mushrooms, green peppers, whole bay leaves, oregano leaves, salt, whole celery seed, ground black pepper, red cooking wine	Alcohol
Poultry Entrees	Chicken Cashew Stir Fry	Corn oil, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), cornstarch, stir fry chicken strips, chicken stock (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract)), ginger, yellow onions, garlic, red bell peppers, broccoli, cashew nuts	Milk, Seeds, Tree Nuts, Peanuts, Soy, Wheat
Poultry Entrees	Chicken Chimichangas	Chicken thighs, tomatoes, coriander, salt, green chilies, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), yellow onions, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), eggs, water, 10" flour tortilla (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness))	Eggs, Wheat, Milk, Soy
Poultry Entrees	Chicken Cordon Bleu Frozen	Chicken breast with rib meat (marinated up to 8% with a solution of water, starch (rice), sodium phosphate, roast chicken, salt, sugar, onion powder, natural flavoring), pasteurized process swiss and american cheese (swiss cheese (cultured milk and skim milk, salt, enzymes), american cheese (cultured milk, salt, enzymes), cream, sodium phosphate, salt). bleached wheat flour, cooked ham - water added (cured with water, salt, dextrose, sodium phosphates, sodium ascorbate, and sodium nitrate). Contains up to 2% of the following: water, whey, yellow corn flour, salt, buttermilk powder, dextrose, spice, soybean oil, romano and parmesan cheese (pasteurized cows' milk, cheese cultures, salt, sodium silicoaluminat (anti-caking), sorbic acid (preservative), enzymes), yeast, partially hydrogenated soybean oil, leavening (monocalcium phosphate, sodium bicarbonate), oleoresin paprika (color), natural flavorings, annatto extract and oleoresin turmeric (color). Prebrowned in vegetable oil.	Milk, Soy, Wheat
Poultry Entrees	Chicken Dakota	chicken breast, parsley, carrot, apple juice, vegetable oil, canola olive oil blend, lemon juice, brown sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), black pepper, garlic, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Wheat
Poultry Entrees	Chicken Dianne	chicken breast, onion powder, cayenne pepper, garlic powder, ground mustard, cumin, black pepper, thyme, salt, olive oil blend, mushrooms, garlic, chicken stock, green onions, cornstarch, water, unsalted butter (cream), parsley, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), heavy whipped cream, white pepper, parsley, green onions	Milk, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Chicken Drumsticks	Battered chicken drumettes (Chicken wing drumettes, water, isolated soy protein, salt, sodium phosphates, Battered and pre-dusted with water, bleached wheat flour, yellow corn flour, vital wheat gluten, corn starch, salt, egg white, sucrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), sodium alginate, soy flour, dextrose, spice, honey powder (corn syrup solids, honey, wheat starch, soy flour, calcium stearate, lecithin), natural flavor, paprika extract (color))	Eggs, Soy, Wheat
Poultry Entrees	Chicken Dumplings	Potsticker chicken (Bleached and enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), cabbage, dark meat chicken, water, soy sauce (water, soya beans, salt, and wheat flour), celery, sugar, soybean oil, green onion, garlic, modified food starch, sesame seed oil, dehydrated onion, chicken broth, cottonseed oil, salt, spice, sodium benzoate)	Soy, Wheat, Seeds
Poultry Entrees	Chicken Fajitas	orange juice, canola oil, olive oil, corn oil, red wine vinegar, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfate, sodium sulfite, lemon oil), garlic, salt, black pepper, chili powder, cumin, oregano, onions, granulated sugar, whole bay leaves, chicken strips, flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Wheat (tortilla), Soy (tortilla)
Poultry Entrees	Chicken Fettuccini con Pesto	grill shortening, chicken, red potatoes, whole green beans, fettuccini (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola/olive oil, basil, garlic, salt, black pepper, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Soy, Wheat, Milk
Poultry Entrees	Chicken Fried Rice	long grain rice, eggs, chicken thighs, garlic, ginger, vegetable oil, peas, carrots, mushrooms, red peppers, green peppers, green onions, white pepper, black pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate), salt	Egg, Soy, Wheat
Poultry Entrees	Chicken Fried Rice With Plantains	Long grain rice, sesame oil, chicken thigh, yellow onions, ginger root, garlic, plantains, egg, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), black ground pepper, white ground pepper, salt, cilantro	Eggs, Seeds, Wheat, Soy
Poultry Entrees	Chicken Kabob	Yellow onions, lemon juice, garlic, ground allspice, ground mustard, vegetable oil, bay leaves, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), black ground pepper, oregano, chicken breast, mushrooms, green peppers, red onions, bamboo skewers	Wheat, Soy
Poultry Entrees	Chicken Lo Mein	Vermicelli pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), corn oil, ginger root, chicken thigh, carrots, mushrooms, vegetable bamboo shoot strips, oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), sherry cooking wine, sesame oil, salt, spinach	Alcohol, Shellfish, Wheat, Seeds, Soy
Poultry Entrees	Chicken Noodle Casserole	chicken breast cubes, wide egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, celery, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), water, mushrooms, red peppers, salt, white pepper, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Egg, Soy, Milk
Poultry Entrees	Chicken Nuggets	chicken breast with rib meat, water, modified potato starch, salt, sodium phosphates, sugar, black pepper, white pepper, garlic powder, and yeast extract. Breaded with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, spices, leavening (sodium aluminum phosphate, sodium bicarbonate,), flavor (maltodextrin, natural butter flavor, annatto, tumeric) corn syrup solids, dextrose, flavor (maltodextrin, autolyzed yeast extract, natural flavor, hydrolyzed corn protein, silicon dioxide), tortula yeast, caramel color, extractives of paprika and annatto, extractives of tumeric, yeast. Battered with water enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn starch, salt, sugar, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), dextrose, flavoring (maltodextrin butter flavor, annatto, tumeric), citric acid, sodium caseinate, extractives of paprika. Pre-dusted with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt, guar gum, <i>breeding set in vegetable oil</i>	Wheat, Egg, Soy, Milk
Poultry Entrees	Chicken Pad Thai With Peanuts	Rice noodles (Rice, water), water, stir fry chicken strips, cornstarch, salt, sesame oil, limes, brown sugar, red asian chili peppers, paprika, chili sambal paste (Chili, vinegar, sugar, salt, potassium sorbate and sodium bisulfite as preservatives), thai fish sauce (Anchovy Extract, Salt, Sugar, Water), canola/olive oil blend, egg, green onions, basil, cilantro, bean sprouts, dry roasted peanuts	Eggs, Seeds, Fish, Peanuts, Soy

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Chicken Paprikash	Chicken, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), paprika, vegetable oil, yellow oniones, paprika, kosher salt, white ground pepper, green pepper, tomatoes, tomato paste (Tomato paste, salt, citric acid), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), chicken stock (), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Milk, Seeds, Wheat, Soy
Poultry Entrees	Chicken Parmesan	chicken breast, canola olive blend, vegetable oil, red wine vinegar, salt, black pepper, parsley, oregano, thyme, marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes)	Milk
Poultry Entrees	Chicken Pasta Primavera	macaroni shells (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), carrot, broccoli, red bell pepper, peas, water, chicken base, arrowroot, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), basil, parsley, garlic, salt, black pepper, canola/olive oil, chicken, grape tomatoes, parsley	Wheat, Soy, Milk
Poultry Entrees	Chicken Patty Parmesan	chicken patty, canned marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parsley	Milk, Soy, Egg
Poultry Entrees	Chicken Pesto Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), pesto sauce (canola/olive oil blend, garlic, basil, salt, black ground pepper), stir fry chicken strips, tomatoes, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Soy, Wheat
Poultry Entrees	Chicken Piccata	chicken breast, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour.), salt, black pepper, canola olive blend, butter, onions, parsley, garlic, water, lemon juice, white cooking wine, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), white pepper, capers	Wheat, Milk, Soy
Poultry Entrees	Chicken Pot Pie	water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), black pepper, chicken breast, carrots, celery, onions, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), frozen peas, pastry crust (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin))	Wheat, Soy, Milk
Poultry Entrees	Chicken Quesadilla	chicken, cilantro, green chili, green pepper, red pepper, Monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Milk, Wheat, Soy
Poultry Entrees	Chicken & Roasted Pepper Strudel	Filo dough (Enriched, non-bromine bleached flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn starch, vital wheat gluten, salt, canola oil, preservatives (sodium and/or calcium propionate, potassium sorbate), citric acid), chicken breast, red bell peppers, green peppers, cilantro, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), red onions, canola/olive oil blend, whole kernel corn, black beans (Prepared black beans, water, sugar, salt, calcium chloride, (firming agent), ferrous gluconate), spinach, butter, eggs, 2% milk	Eggs, Wheat, Milk
Poultry Entrees	Chicken Salad (Block & Barrel)	Chicken (White), Salad Dressing (Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Starch, Modified Food Starch, Salt, Mustard Flour, Paprika, Spice, Natural Flavor, Dried Garlic), Celery, Sugar, Corn Syrup, Salt, Citric Acid, Carrageenan, and Spices.	Soy, Egg

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Chicken Schnitzel	tender pressed chicken, eggs, 2% milk, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), partially hydrogenated soybean oil, sugar, whey, salt, nonfat milk, yeast, mono and diglycerides), salt, black pepper, flour, salt, black pepper, grill shortening, lemons	Egg, Milk, Wheat, Soy, Seeds
Poultry Entrees	Chicken Stir Fry	sesame oil blend, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cornstarch, chicken strips, garlic, ginger, red pepper flakes, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), onions, carrots, broccoli, red peppers, green peppers	Soy, Wheat, Milk
Poultry Entrees	Chicken Taco Meat	chicken thighs, canola olive blend, onions, green peppers, garlic, ground cumin, chili powder, paprika, salt, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper)	
Poultry Entrees	Chicken Taco Salad	chicken taco meat, chopped fresh cilantro, head of lettuce, shredded cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), diced tomatoes, sliced black olives	Milk
Poultry Entrees	Chicken Tenders	chicken breast tenderloins, water, modified potato starch, salt, sodium phosphates, black pepper, onion powder, garlic powder, yeast extract and white pepper. Breaded with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, spices, leavening (sodium bicarbonate, sodium aluminum phosphate), flavor (maltodextrin, natural butter flavor, annatto, tumeric) corn syrup solids, dextrose, flavor (maltodextrin, autolyzed yeast extract, natural flavor, hydrolyzed corn protein, silicon dioxide), tortula yeast, caramel color, extractives of paprika and annatto, extractives of tumeric, yeast. Battered with water enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn starch, salt, sugar, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), dextrose, flavoring (maltodextrin butter flavor, annatto, tumeric), citric acid, sodium caseinate, extractives of paprika, predusted with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt, guar gum, breading set in vegetable oil.	Wheat
Poultry Entrees	Chicken Tortilla Chili	canola/olive oil blend, chicken breast, onions, garlic, chili powder, oregano leaves, crushed tomatoes, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), 6" corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase), green chilis, canned black beans, frozen whole kernel corn, granulated sugar, salt, cayenne pepper	Milk, Soy, Wheat
Poultry Entrees	Chicken Vegetable Pasta	broccoli, ziti noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), chicken strips, vegetable oil, ginger, garlic, onions, red peppers, sesame oil, tamari sauce (water, organic soybeans, sea salt, alcohol, koji), black pepper, sesame seeds	Wheat, Seeds, Soy
Poultry Entrees	Chicken Walnut Stir Fry	corn oil, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cornstarch, stir fry chicken strips, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), ginger, crushed red pepper, yellow onion, garlic, red bell pepper, broccoli, walnuts	Soy, Wheat, Tree Nuts, Milk
Poultry Entrees	Chicken Wings Of Fire	Chicken wing sections, water, wheat flour, modified food starch, sodium phosphates, salt, seasoning (salt, oil of garlic). COATED WITH: Hot sauce (fresh red ripe peppers, distilled vinegar, salt), water, soybean oil, chili pepper, cellulose gum, modified corn starch, salt, spice extractives. Blanched in vegetable oil.	Wheat, Soy
Poultry Entrees	Cornflake Chicken	chicken, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, white pepper, egg, 2% milk, cornflake crumbs (Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, reduced iron, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6), calcium pantothenate, thiamin hydrochloride (vitamin B1), vitamin A palmitate, vitamin B12, folic acid, vitamin D. To maintain quality, BHT has been added to the packaging), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Wheat, Egg, Milk

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Cream Style Chicken Enchilada	chicken, yellow onion, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), green chilies, chili powder, ground cumin, 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Milk, Soy, Wheat
Poultry Entrees	Chicken Curry with Cashews	cashews, corn oil, chicken thigh cubes, onions, garlic, fresh ginger, cayenne, tumeric, ground coriander, chili powder, salt, canned tomatoes, fresh cilantro, plain dannon yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus)	Milk, Tree Nuts
Poultry Entrees	Chicken With Red Pepper Sauce	Canola/olive oil blend, butter, red bell peppers, garlic, yellow onions, thyme, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), chicken stock (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), white ground pepper, chicken breast fillets, salt, black ground pepper	Milk, Seeds, Wheat, Soy
Poultry Entrees	Chicken Nicoise	Extra virgin olive oil, shallots, thyme, boneless skinless chicken breast, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), red potato, green beans, white cooking wine, chicken stock (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract)), sugar, tomato, garlic, kalamata olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), salt, black cracked pepper	Alcohol, Soy, Milk, Seeds, Wheat
Poultry Entrees	Don's Cheesy Chicken	Allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), creole spice (paprika, salt, garlic powder, black ground pepper, onion powder, cayenne pepper, oregano, thyme), white ground pepper, egg, parmesan, 2% milk, boneless skinless chicken breast, canola/olive oil blend, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), mushrooms, garlic, bay leaves, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), white ground pepper	Eggs, Wheat, Milk, Soy
Poultry Entrees	Drake Fried Chicken	Chicken, Drake's batter mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), water	Wheat
Poultry Entrees	Frankenmuth Style Fried Chicken	Chicken, cracker meal (Bleached wheat flour), drake's batter mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), garlic powder, salt, black pepper	Wheat, Milk
Poultry Entrees	Fried Chicken	chicken, eggs, evaporated milk, bread flour, salt, black pepper, paprika, canola oil, corn oil, TBHQ, citric acid, dimethylpolysiloxane OR chicken, water, drake's mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring)	Egg, Milk, Wheat
Poultry Entrees	Fried Chicken Drumsticks	chicken drumsticks, eggs, water, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), paprika, salt, black pepper	Egg, Wheat
Poultry Entrees	General Tsao's Chicken	chicken breast, soy sauce (water, soybeans, wheat, salt, sodium benzoate), garlic, ginger, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C red color #40), sugar, rice wine vinegar, sesame oil blend, red chili peppers, green onion	Egg, Wheat, Soy, Seeds
Poultry Entrees	Grilled Chicken Breast	chicken breast, canola/olive oil	

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Ground Nut Chicken Stew	Vegetable oil, yellow onions, green cabbage, sweet potatoes, V-8 juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Reconstituted Vegetable Juice Blend (Water And Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Salt, Vitamin C (Ascorbic Acid), Flavoring, Citric Acid), applie juice, cayenne pepper, salt, garlic, ginger root, cilantro, tomato, okra, chicken breast, peanut butter Jif Extra Chunky (Roasted peanuts and sugar, contains 2 percent or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides and salt)	Soy, Peanuts
Poultry Entrees	Hawaiian Chicken	pineapple, brown sugar, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), chili sauce (Tomato concentrate (water, tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, dehydrated onions, spice, natural flavors), ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), soy sauce (water, soybeans, wheat, salt, sodium benzoate), cornstarch, apple cider vinegar, chicken, vegetable (soy) oil, salt, black pepper	Soy, Wheat
Poultry Entrees	Herb Baked Chicken	chicken, white cooking wine, vegetable oil, rosemary, parsley, salt, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Soy
Poultry Entrees	Herb Grilled Chicken Breast	canola olive blend, garlic, sage, parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), dijon mustard, black pepper, thyme leaves, salt, chicken breast	Milk
Poultry Entrees	Hoisin Chicken	hoisin sauce (Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40), asian chili peppers, salt, green onions, red cooking wine, garlic, ginger, black pepper, chicken	Soy, Wheat, Seeds
Poultry Entrees	Honey BBQ Chicken	Chicken party wings, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper), honey	Soy
Poultry Entrees	Irish Chicken Stew	Chicken breast, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), carrots, celery, turnips, yellow onions, potato, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, white ground pepper, marjoram	Milk, Seeds, Wheat, Soy
Poultry Entrees	Italian Chicken Drumsticks	chicken drumsticks, canola olive blend, lemon juice, balsamic vinegar, oregano leaves, salt, black pepper, garlic, thyme leaves, basil leaves	
Poultry Entrees	Jerk Chicken	green onion, habanero pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate), lime juice, allspice, mustard, bay leaves, garlic, salt, sugar, thyme, cinnamon, vegetable (soy) oil, nutmeg, chicken	Wheat, Soy
Poultry Entrees	Kung Pao Chicken With Peanuts	minced ginger, minced garlic, soybean sesame oil, chili powder, ground cayenne pepper, granulated sugar, cornstarch, water, salt, vegetable oil, chicken breast strips, broccoli, waterchestnuts, green onions, salted spanish peanuts, rice	Soy, Seeds, Peanuts
Poultry Entrees	Lemon Chicken	chicken, canola/olive oil, corn oil, kosher salt, black pepper, oregano, lemons, garlic	
Poultry Entrees	Lemon Pepper Chicken Breast	chicken breast, canola oil, olive oil, black pepper, oregano leaves, lemon juice, garlic, salt, seasoned salt	
Poultry Entrees	Marinated Chicken Breast	chicken breast, dijon mustard, balsamic vinegar, water, garlic, salt, black pepper, granulated sugar, canola olive oil blend	Seeds
Poultry Entrees	Lime Tarragon Chicken	corn oil, kosher salt, black pepper, fresh tarragon, limes, garlic, chicken	
Poultry Entrees	Monterey Chicken Breast	corn oil, kosher salt, cracked black pepper, chicken breast, onions, jalapeno peppers, green peppers, red peppers, ground cumin, cayenne pepper, salt, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), crushed tomatoes, cilantro, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), green onions	Milk

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Poultry Entrees	Moo Shoo Chicken	wood ears, green cabbage, ginger, garlic, sesame oil, chicken strips, carrots, green onions, green peppers, oyster sauce (water, sugar, salt, anchovy fish), housin sauce (Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40) , waterchestnuts, bamboo shoots, celery	Seeds, Fish, Soy, Wheat
Poultry Entrees	Moroccan Chicken	Garlic, cumin, coriander, paprika, cayenne pepper, canola/olive oil blend, cinnamon, salt, ground black pepper, lemons, chicken	
Poultry Entrees	Personal Chicken Broccoli Bake	Stir fry chicken strips, long grain rice, water, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), water, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half & half, broccoli, white ground pepper, parmesan	Milk, Seeds, Wheat, Soy
Poultry Entrees	Personal Chicken Dianne	chicken strips, onion powder, cayenne pepper, garlic powder, white pepper, ground mustard, sage, cumin, black pepper, thyme, salt, chicken soup base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), mushroom, water, canola/olive oil, cornstarch, butter (cream), parsley, macaroni shells (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid)	Milk, Wheat, Soy
Poultry Entrees	Personal Chicken Enchiladas	chicken, yellow onion, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla) , sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), green chilies, chili powder, ground cumin, 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Milk, Soy, Wheat
Poultry Entrees	Personal Potato & Chicken Casserole	Chicken gravy (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, black ground pepper), whipped fresh potatoes (potatoes, water, salt, white ground pepper), carrots, celery, yellow onions, mushrooms, dark/white chicken meat	Milk, Seeds, Wheat, Soy
Poultry Entrees	Personal Turkey Fresca	Chicken gravy (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), spinach fettuccine (Durum Semolina, Durum Flour, Spinach, Niacin, Ferrrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), yellow onions, carrots, broccoli, white cooking wine, 2% milk, italian seasoning, parmesan, oven roasted turkey breast, tomato	Alcohol, Milk, Seeds, Wheat, Soy

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Poached Chicken w/ Vegetable Panache	chicken, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), mushroom base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), white cooking wine, thyme, bay leaves, balsamic vinegar, carrots, red bell peppers, red onion, zucchini squash, spinach, mushroom	Milk, Soy, Wheat
Poultry Entrees	Potato & Chicken Casserole	chicken gravy (water, chicken soup base, whey free margarine, bread flour, salt, black pepper), fresh whipped potatoes (potatoes, 2% milk, whey free margarine, salt, white pepper), carrots, celery, yellow onions, mushrooms, chicken	Milk, Soy, Wheat
Poultry Entrees	Pulled Roasted Chicken	Chicken, salt, black ground pepper, garlic powder, onion powder, canola/olive oil blend, thyme, garlic, rosemary	
Poultry Entrees	Roast Chicken Pizza	homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), chicken, black pepper, italian seasoning, pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives))	Wheat (crust), Soy (crust)
Poultry Entrees	Roasted Turkey Breast	turkey breast	
Poultry Entrees	Santa Fe Chicken Breast	chicken breast, tomato juice, V-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), lemon juice, mild salsa sauce, sugar, cayenne pepper, oregano leaves, cumin, chili powder, black pepper, salt, ground coriander	
Poultry Entrees	Satay Style Peanut Chicken	chicken breast, dry roasted peanuts, garlic, sesame oil blend, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cilantro, jalapeno peppers, black pepper, sugar, lime juice, honey, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts))	Milk, Wheat, Soy, Peanuts, Seeds
Poultry Entrees	Sesame Chicken Breast	water, eggs, sesame seeds, salt, cayenne pepper, chicken breast, bread flour, green peppers, red bell pepper, chinese cabbage, green onions, waterchestnuts, bamboo shoots, sugar, white vinegar, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), pimentoes, salt, cornstarch, paprika, soy sauce (water, soybeans, wheat, salt, sodium benzoate)	Egg, Milk, Soy, Wheat, Seeds
Poultry Entrees	Sliced Turkey	turkey breast	
Poultry Entrees	Southwest Chicken Chili	dried navy beans, lime juice, cumin, salt, corn oil, chicken breast, corn oil, yellow onion, celery, jalapeno, garlic, all purpose flour, water (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), white pepper	Wheat, Soy, Milk
Poultry Entrees	Southwest Chicken Pie	water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), cumin, black pepper, chicken thigh cubes, onions, celery, carrots, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), green onions, cilantro	Milk, Wheat, Soy, Egg
Poultry Entrees	Southwest Chicken Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), salsa, stir fry chicken strips, black beans (Prepared black beans, water, sugar, salt, calcium chloride, (firming agent), ferrous gluconate), whole kernel corn, cilantro, tomatoes, red onions, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), cheddar cheese	Wheat, Milk, Soy

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Spanish Chicken with Rice	corn oil, chicken thighs, taco seasoning (Paprika, cumin, oregano, chile pepper, onion, salt, garlic, potato flour, enriched wheat flour (flour, niacin, thiamin, riboflavin, folic acid, iron) cocoa, corn syrup solids, citric acid, natural flavor), chili powder, cumin, long grain rice, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), jalapeno peppers, whole kernel corn, green peppers, red peppers, cilantro	Milk, Wheat, Soy
Poultry Entrees	Spicy Chicken	vegetable (soy) oil, thyme, garlic, black pepper, paprika, kosher salt, chicken	Soy
Poultry Entrees	Spicy Chicken Pasta	fettuccine noodles (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), chicken strips, canola oil, olive oil, jalapeno peppers, red peppers, green peppers, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half & half, salt, white pepper, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), chili powder, cayenne pepper, arrowroot, water, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Wheat, Soy
Poultry Entrees	Sweet and Sour Chicken	eggs, cornstarch, soy sauce (water, soybeans, wheat, salt, sodium benzoate), salt, chicken breast, celery, carrots, pineapple, cider vinegar, pineapple juice, salt, granulated sugar, water, green peppers, onions	Wheat, Soy, Egg
Poultry Entrees	Tandori Chicken	plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus.), spanish onions, garlic, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), paprika, cumin, turmeric, ginger, salt, black pepper, ground cloves, chicken	Milk
Poultry Entrees	Teriyaki Chicken Breast	chicken breast, lemon juice, lemon, soy sauce (water, soybeans, wheat, salt, sodium benzoate), garlic, ground ginger, white pepper, vegetable oil, granulated sugar, cooking sherry	Soy, Wheat, Alcohol
Poultry Entrees	Teriyaki Chicken w/ Vegetables	ginger, garlic, pineapple juice, brown sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), chicken breast, carrots, zucchini, frozen pea pods, green peppers, onions	Soy, Wheat
Poultry Entrees	Teriyaki Chicken Wings	Soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), chicken stock (water, Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), sugar, cornstarch, water, chicken party wings	Seeds, Wheat, Milk, Soy
Poultry Entrees	Thai Chicken Pizza	canola/olive oil, soy sauce (water, soybeans, wheat, salt, sodium benzoate), garlic, chicken, ginger, red pepper, brown sugar, water, chicken base, lemon juice, sesame oil, peanut butter, pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), canola/olive oil, cabbage, carrot, green onion, cilantro, dry roasted peanuts, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes)	Milk, Wheat, Soy, Peanuts, Seeds
Poultry Entrees	Thai Grilled Chicken With Pineapple	Pineapple chunks, boneless skinless chicken breast, coriander, unsweetened pineapple juice (Filtered water, pineapple juice concentrate, ascorbic acid (Vitamin C)), cumin, garlic, chili powder, salt, plain nonfat yogurt, cilantro, extra virgin olive oil	Milk
Poultry Entrees	Tomato Rosemary Chicken Pasta	Chicken breast, rosemary, canola/olive oil blend, garlic, whole peppercorns, salt, ziti noodles (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), mushrooms, black pepper, salt, mushrooms, grape tomatoes, parsley	Wheat
Poultry Entrees	Turkey A La King	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), bread flour, 2% milk, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), white ground pepper, water, green peppers, pimentoes, mushrooms, sherry cooking wine	Alcohol, Milk, Seeds, Wheat, Soy
Poultry Entrees	Turkey Cheddar Pizza	homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), turkey breast, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), pizza crust	Wheat (crust)

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Turkey Chili	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, celery, garlic, ground turkey, water, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)), chili powder, paprika, bay leaves, oregano, cayenne pepper, cumin, sugar, diced tomato, kidney beans, pinto beans	Soy, Milk, Wheat
Poultry Entrees	Turkey Divan	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, swiss cheese, parmesan, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), salt, white ground pepper, oven roasted turkey breast, broccoli spears	Milk, Soy, Wheat
Poultry Entrees	Turkey Fresca	chicken gravy (water, chicken soup base, wehy free margarine, bread flour, salt, black pepper), spinach fettuccini (Durum Semolina, Durum Flour, Spinach, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), yellow onions, carrots, broccoli, white cooking wine, 2% milk, italian seasoning, grated parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), turkey breast, tomato	Soy, Milk, Wheat
Poultry Entrees	Turkey Pot Pie	water, turkey base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), black pepper, celery, onions, carrots, turkey breast, potatoes, wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), peas, pastry crust (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin))	Soy, Wheat
Poultry Entrees	Turkey Stew	turkey breast, vegetable (soy) oil, salt, black pepper, carrots, onions, parsnips, celery, chicken base, thyme leaves, water, wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Milk, Wheat, Soy
Poultry Entrees	Turkey Tenderloins	grill shortening, turkey tenderloins	Soy
Poultry Entrees	Turkey Tenderloin Dakota	turkey tenderloins, carrots, zucchini, parsley, apple juice, vegetable (soy) oil, canola/olive oil blend, fresh lemon juice, brown sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), whole peppercorns, garlic, whole bay leaves, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)	Soy, Wheat
Poultry Entrees	Turkey Tenderloin with French Marinade	dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), red cooking wine, canola oil blend, oregano, rosemary, garlic, coriander, black pepper, turkey tenderloin	Alcohol
Poultry Entrees	Turkey Tenderloin with Herb Butter	turkey, apple juice, white vinegar, bay leaves, butter (cream), oregano, chives, thyme, sage, rosemary, garlic, Dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), black pepper	Milk
Poultry Entrees	Turkey Tetrazzini	kosher salt, granulated sugar, black pepper, water, turkey breast, wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), turkey base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), lemon juice, white cooking wine, nutmeg, thyme, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), onions, celery, mushrooms, spaghetti (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), red peppers	Wheat, Milk, Soy, Alcohol

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Category	Menu Item	Ingredients	Allergens
Poultry Entrees	Turkey White Bean Chili	navy bean, turkey, onion, green pepper, garlic, oregano, cumin, chili powder, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)) diced tomato, cilantro, onion, lime juice, parsley, salt, black pepper	Milk, Soy, Wheat
Poultry Entrees	Turkey with Chimichurri Sauce	garlic, lime juice, canola olive blend, salt, ground black pepper, chopped jalapeno, chopped oregano, ground cumin, ground coriander, granulated sugar, turkey tenderloins, parsley, white wine vinegar	
Poultry Entrees	Turkey with Pasta & Red Peppers	Spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola/olive oil blend, green onions, red bell peppers, oven roasted turkey breast, basil, parsley, garlic, black ground pepper, lemon juice, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), parmesan	Milk, Soy, Seeds, Wheat
Poultry Entrees	Turkey with Thyme Butter	Whole mustard seed, white cooking wine, apple cider vinegar, apple cider (Apple Juice From Whole Apples, Less Than 1/10 of 1% of Potassium Sorbate, Sodium Benzoate Added To Preserve), sugar, black ground pepper, thyme, rosemary, garlic, sage, kosher salt, vegetable oil, boneless turkey breast, butter, dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice)	Alcohol, Milk, Soy
Poultry Entrees	Whole Roasted Chicken	Chicken, salt, black ground pepper, garlic powder, onion powder, canola/olive oil blend, thyme, garlic, rosemary	
Poultry Entrees	Whole Roasted Turkey	Whole frozen turkey	
Sandwiches	All Beef Hot Dogs	Beef, Water, Salt, Sorbitol, Flavoring, Dextrose, Sodium Ascorbate (Vitamin C), Oleoresin of Paprika, Sodium Nitrite	
Sandwiches	Hamburger	Beef patties, bun (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid)	Wheat
Sandwiches	Ham & Salami Muffeletta	bread (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal), provolone, ham, salami, lettuce, tomatoes, black olives, pepperoncini, red bell peppers, green peppers, yellow peppers, canola oil, garlic, parsley, white wine vinegar	Wheat
Sandwiches	Ham & Swiss Submarine	Ham, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), hoagie (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal)	Wheat, Milk
Sandwiches	Honey Lime Chicken Sandwich	chicken breast fillet, kosher salt, lime juice, granulated sugar, canola and olive oil blend, ground black pepper, ground cumin, hamburger buns (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less: salt, wheat gluten, corn starch, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), sesame seeds)	Wheat (bun), Soy (bun), Seeds (bun)
Sandwiches	Hot Roast Beef Sandwich	roast beef, salt, pepper, bread (Enriched Wheat flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamin hydrochloride, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, sodium stearoyl lactylate, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, azodicarbonamide)	Wheat
Sandwiches	Hot Turkey Sandwich	Oven roasted turkey breast, bread (Enriched Wheat flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamin hydrochloride, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, sodium stearoyl lactylate, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, azodicarbonamide)	Wheat (bread), Soy (bread)
Sandwiches	Hummus Tabbouleh Wrap	wheat lavash bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), hummus (garlic, canola olive oil, garbanzo beans, lemon juice, sesame tahini, salt, cayenne pepper), tabbouleh salad (canola olive oil, salt, bulgar, tomatoes, parsley, green onions, lemon juice, mint, dill, white pepper)	Wheat, Soy, Seeds
Sandwiches	Hummus Vegetable Wrap	wheat lavash bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), head lettuce, carrots, cucumbers, tomatoes, green onions, hummus (garlic, canola olive oil, garbanzo beans, lemon juice, sesame tahini, salt, cayenne pepper)	Seeds, Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Sandwiches	Italian Beef Steak	beef roast, salt, black pepper, american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), balsamic vinaigrette, yellow onions, red bell peppers, green peppers, bread (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal)	Soy, Milk, Wheat
Sandwiches	Italian Meatball Sandwich	yellow onions, garlic, canola/olive oil, split top white bread, 2% milk, ground beef, eggs, salt, black pepper, oregano, grated parmesan, water OR Beef, water, textured soy protein concentrate (soy protein concentrate, caramel color), eggs, contains less than 2% of the following: Romano cheese (Sheeps milk, rennet, salt), dehydrated onion, pepper, garlic powder, parsley, spices, flavorings, corn syrup solids, bread crumbs (enriched flour [containing: wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid], corn syrup, sugar, vegetable shortening [one or more of the following: hydrogenated soy bean oil and/or cottonseed oil], yeast, contains 2% or less of the following: salt, soy flour, whey, dough conditioner [sodium-stearoyl, 2 lactylate], calcium propionate), soy protein concentrate, salt, sodium phosphate	Wheat, Soy, Milk, Egg
Sandwiches	Italian Meatloaf Sandwich	ground beef, bulk Italian sausage, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), parsley, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), oregano leaves, salt, ground black pepper, eggs, provolone cheese (Cultured pasteurized milk, salt, enzymes), marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices.), ciabatta loaf (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal)	Wheat, Soy, Milk, Egg, Seeds
Sandwiches	Italian Sausage Lettuce Wrap	bulk italian sausage, onions, garlic, green peppers, red peppers, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), chili paste, fresh basil, canola olive blend	
Sandwiches	Italian Sausage Sandwich	Italian sausage links, hoagie bun (White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/45, pt-25, Calcium Propanate)	Wheat (bun)
Sandwiches	Italian Sub	club rolls (Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate), provolone cheese, ham, salami, pepperoni, tomatoes, lettuce, caesar dressing (garlic, sugar, salt, worcestershire sauce, red wine vinegar, black pepper, lemon juice, parmesan cheese, tabasco sauce, dijon mustard, canola oil)	Wheat, Milk, Soy
Sandwiches	Italian Turkey Sub	club rolls (Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate), soybean oil, oven roasted turkey breast, red onions, green peppers, tomatoes, balsamic vinaigrette (dijon mustard, balsamic vinegar, garlic, salt, black pepper, sugar, canola oil)	Soy, Milk, Wheat
Sandwiches	Lamb Gyro	leg of lamb, salt, black pepper, canola oil, onions, salt, cooking sherry, oregano leaves, dried basil leaves, ground fennel, garlic, mint. May be served on a grecian fold (Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, yeast, soybean oil, salt, less than 1% of preservatives (calcium propionate, potassium sorbate), sugar, dough conditioner, monoglycerides, calcium sulfate, guar gum, sodium metabisulfite and ascorbic acid), vinegar)	Soy, Wheat (Grecian fold), Alcohol
Sandwiches	Lamb Kofta	ground lamb, onion, garlic, mint, cumin, coriander, parsley, pepper, salt, bread (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal)	Wheat

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Category	Menu Item	Ingredients	Allergens
Sandwiches	Loose Burger	ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), mustard, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), black pepper, salt, ground beef, onions, bread (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal)	Soy, Wheat
Sandwiches	Mediterranean Lavash	wheat lavash (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), hummus (garlic, canola oil, garbanzo beans, water, lemon juice, tahini sesame paste, salt), calamata olives, spinach, carrots, red peppers, tomatoes, basil	Wheat, Soy, Seeds
Sandwiches	Mushroom Burger	corn oil, mushrooms, yellow onions, celery, garlic, garbanzo beans, eggs, water, parsley, salt, black pepper	Egg
Sandwiches	Ope's Black Bean Sandwich	Organic non GMO textured soy protein, organic grains (brown rice, oats), organic shredded vegetables (carrots, black beans, dried diced onions), organic vegetable gum, organic spices	Soy
Sandwiches	Ope's Classic Veggie Sandwich	Organic non GMO textured soy protein, organic grains (brown rice, oats), organic shredded vegetables (carrots, kidney beans, dried diced onions), organic vegetable gum.	Soy
Sandwiches	Ope's Organic Stuffed Pizza Sandwich	Organic spelt flour, filtered water, organic Ope's pizza sauce (organic tomatoes and herbs), baking yeast, organic non-lactose soy and organic rice cheese	Soy, Wheat
Sandwiches	Ope's Organic Stuffed Tomato Cilantro Sandwich	Organic spelt flour, filtered water, organic vegetables (tomatoes, cilantro, onions), baking yeast, sea salt, organic non-lactose soy and organic rice cheese	Soy, Wheat
Sandwiches	Ope's Organic Mushroom Onion Stuffed Sandwich	Organic spelt flour, filtered water, organic portabella mushrooms and white onions, organic non-lactose soy and organic rice cheese, organic seasonings, baking yeast, sea salt	Wheat, Soy
Sandwiches	Ope's Organic Reuben Stuffed Sandwich	Organic spelt flour, filtered water, organic sauerkraut, sea salt, baking yeast, organic non-lactose soy and organic rice cheese	Wheat, Soy
Sandwiches	Ope's Organic Garden Stuffed Sandwich	Organic spelt flour, filtered water, organic vegetables (spinach, red pepper, sundried tomatoes, black olives), organic seasonings, sea salt, organic non-lactose soy and organic rice cheese organic spelt flour, filtered water, organic vegetables (spinach, red pepper, sundried tomatoes, black olives), organic seasonings, sea salt, organic nonlactose soy and organic rice cheese*	Wheat, Soy
Sandwiches	Ope's Organic Spicy Veggie Stuffed Sandwich	Organic spelt flour, filtered water, organic shredded vegetables (broccoli, cauliflower, carrots, hot peppers), organic non-lactose soy and organic rice cheese, organic seasonings, baking yeast, sea salt	Wheat, Soy
Sandwiches	Ope's Veggie Stuffed Sandwich	Organic spelt flour, filtered water, organic shredded vegetables (broccoli, cauliflower, carrots), organic non-lactose soy and organic rice cheese, organic seasonings, baking yeast, sea salt	Wheat, Soy
Sandwiches	Open Faced Turkey Melt	turkey breast, tomatoes, shredded muenster (Cultured pasteurized milk, salt, enzymes), texas toast (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative)), mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice)	Egg, Soy, Wheat, Milk
Sandwiches	Pastrami and Swiss Ciabatta	ciabatta loaf (Unbleached flour (wheat flour, malted barley flour), water, sour culture, contains less than 2% of each of the following: extra virgin olive oil, salt, yeast wheat germ, semolina, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, ferrous sulfate), yellow onion, soybean oil, pastrami, mustard, swiss cheese (Part-skim milk, cheese culture, salt, enzymes)	Wheat, Milk, Soy
Sandwiches	Philly Cheese Steak Sandwich	cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), American cheese (milk, salt, cheese culture enzymes, water, cream, sodium citrate, ascorbic acid, soy lecithin, APO carotenal), provolone cheese (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, spice and coloring, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (preservative)), heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), banana pepper rings, onions, salt, ground black pepper, sliced beef chunk, club rolls (Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate.)	Milk, Soy, Wheat (bread)

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Category	Menu Item	Ingredients	Allergens
Sandwiches	Poor Boy w/ Andouille Sandwich	club roll, andouille sausage, yellow onion, green pepper, red bell pepper, soybean oil	Soy
Sandwiches	Portobella Mushroom Sandwich	portobella mushrooms, bulk lite italian dressing (Water, Distilled Vinegar, High Fructose Corn Syrup, Soybean Oil, Salt, Contains less than 2% Xanthan Gum, Dehydrated Garlic and Onion, Propylene Glycol Alginate, Potassium Sorbate as a preservative, Spice, Dehydrated Red Bell Pepper, Caramel Color, Calcium Disodium EDTA added to protect flavor, Yellow 5 & 6)	Soy
Sandwiches	Portobella Mushroom Sandwich on Rye	basil, portobella mushrooms, garlic, cooking sherry, salt, black pepper, red wine vinegar, canola/olive oil, pesto mayonnaise dressing (basil, cilantro, garlic, parmesan cheese, mayonnaise, salt, black pepper), rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid), provolone cheese (Cultured pasteurized milk, salt, enzymes)	Egg, Milk, Wheat, Alcohol
Sandwiches	Ratatouille Sandwich	eggplant, zucchini, summer squash, green peppers, diced tomatoes, olive oil, onions, garlic, basil leaves, ground coriander, parsley, lemon juice, sugar, black pepper, salt, ground oregano, hoagie (White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/45, pt-25, Calcium Propanate)	Wheat
Sandwiches	Reuben Sandwich	corned beef eye of round chuck, deli rye, 1000 island dressing (Soybean Oil, Water, High Fructose Corn Syrup, Vinegar, Pickles, Egg Yolk, Tomato Paste, Salt, Corn Syrup, Contains less than 2% of Xanthan Gum, Spice, Onion*, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA (preservatives), Peppers*, Oleoresin Paprika, Turmeric, Natural Flavor), swiss cheese (Part-skim milk, cheese culture, salt, enzymes), sauerkraut (sauerkraut, water, salt), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Milk, Soy, Wheat, Egg
Sandwiches	Rib Sandwich	vegetable oil, pork patty (Pork, Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Seasoning [Salt, Dextrose, Sugar, Hickory Smoked Yeast, Vinegar, Flavorings and Garlic]), bbq sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper), roll (Unbleached flour (wheat flour, malted barley flour), water, sour culture, contains less than 2% of each of the following: extra virgin olive oil, salt, yeast wheat germ, semolina, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, ferrous sulfate)	Wheat, Soy
Sandwiches	Roast Beef Submarine Sandwich	roast beef, provolone cheese (Cultured pasteurized milk, salt, enzymes), hoagie (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Milk, Wheat, Soy
Sandwiches	Roast Beef & Cheddar Submarine	roast beef, cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto), hoagie (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Milk, Wheat, Soy
Sandwiches	Seafood Roll	shrimp, hot dog bun (Enriched wheat flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamin hydrochloride, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of the following: salt, wheat gluten, sodium stearoyl lactylate, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, azodicarbonamide), soybean oil, imitation crab, celery, green onions, lemon juice, cayenne pepper, salt, mayonnaise dressing (Soybean oil, water, corn syrup, egg, vinegar, contains less than 2% of salt, spice, xanthan gum, sugar, sodium benzoate and calcium disodium EDTA (preservatives), phosphoric acid), lettuce	Wheat, Soy, Egg
Sandwiches	Shaved Turkey on Kaiser	roasted turkey breast, tomatoes, lettuce, kaiser rolls (White flour, water, roma #5, shortening, active dry yeast, bro-soft, calcium propanate)	Wheat
Sandwiches	Slider Sandwich	beef pattie, white roll (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Wheat, Soy
Sandwiches	Slider with Cheese Sandwich	sauteed onion, beef pattie, american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), white roll (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Milk, Wheat, Soy

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Sandwiches	Sloppy Joes	ground beef, onions, ketchup (tomato concentrate (made from red ripe) tomatoes, high fructose corn syrup, vinegar, corn syrup, salt, spices, onion powder, natural flavoring), tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), black pepper, salt, garlic powder, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (distilled vinegar, red pepper, salt), paprika, mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices)	Soy
Sandwiches	Smart Dogs	Water, soy protein isolate, wheat gluten, evaporated cane juice, salt, yeast extract, soy sauce (water, soybeans, wheat, salt), granulated garlic, carrageenan, spice extract, natural flavors (from vegetable sources), vegetable gum, natural smoke flavor, potassium chloride, tomato pulp.	Soy, Wheat
Sandwiches	Spicy Black Bean Burger	black bean burger (Cooked Brown Rice, Soy Protein Concentrate-Hydrated, Black Beans, Onions, Corn, Anaheim Chilies, Bulgur Wheat-Hydrated, Isolated Soy Protein, Red Bell Peppers. Contains less than 2% of the following: Canola Oil, Vegetable Gum, Salt, Chili Powder (Chili Pepper, Garlic Powder, Spices), Spices, Cilantro, Yeast Extract, Sugar, Dried Tomato, Caramel Color, Dried Garlic, Natural Flavor)	Soy, Wheat
Sandwiches	Submarine Sandwich	ham, salami, provolone cheese (Cultured pasteurized milk, salt, enzymes), hoagie (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Milk, Wheat, Soy
Sandwiches	Subs by the Inch	french bread (Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, contains less than 2% of the following: salt, high fructose corn syrup, dextrose, wheat gluten, datem, sodium stearoyl lactylate, ascorbic acid, enzyme), salami, bologna, pullman ham, provolone cheese (Cultured pasteurized milk, salt, enzymes), onions, fresh tomatoes, lettuce	Wheat, Milk
Sandwiches	Turkey Burger	turkey burgers (White turkey, turkey fat, seasoning (autolyzed yeast extract, salt, flavor (contains wheat, soybeans) maltodextrin, sugar, onion powder, garlic powder, spice, disodium inosinate, disodium guanylate), salt, natural flavoring (extractive of rosemary)), hamburger buns (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, high fructose corn syrup, yeast, soybean oil, wheat gluten, salt, calcium propionate, mono and diglycerides, sodium stearyl lactylate, grain vinegar, calcium sulfate, fumaric acid, sesame seeds, soy lecithin)	Wheat (bun), Soy (bun), Seeds (bun)
Sandwiches	Turkey Chipotle Wrap	turkey, chipotle peppers, chicken base, cornstarch, water, salt, red onions, cilantro, lettuce, tomatoes, flour tortilla (Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites)	Wheat (wrap), Soy
Sandwiches	Turkey Club Wrap Sandwich	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), dijon mustard, lettuce, turkey breast, bacon, white lavash bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Soy, Egg, Wheat
Sandwiches	Turkey Cranberry Wrap	white lavash bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), cranberry cream cheese (cream cheese, dried cranberry, white pepper, water), spinach, oven roasted turkey breast	Wheat, Milk, Soy
Sandwiches	Turkey Grinder	club rolls (Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate), grill shortening, turkey breast, provolone cheese (Cultured pasteurized milk, salt, enzymes), red onions, green peppers, tomatoes, balsamic vinegar dressing	Soy, Wheat, Milk
Sandwiches	Turkey and Muenster Bagel	turkey breast, muenster (Pasteurized milk, cheese culture, salt, enzymes and annatto color), fresh tomatoes, leaf lettuce, lenders plain bagels (Enriched wheat flour (flour, enzyme, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup. Contains 2% or less of: yeast, salt, vital wheat gluten, soybean oil, mono and diglycerides, dough conditioners (calcium sulfate, l-cysteine), guar gum, yellow corn meal)	Wheat, Milk, Soy

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Category	Menu Item	Ingredients	Allergens
Sandwiches	Turkey and Swiss on Rye	salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic), mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), sweet pickle relish, rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid), swiss cheese (Part-skim milk, cheese culture, salt, enzymes), oven roasted turkey breast	Soy, Egg, Wheat (bread), Milk
Sandwiches	Turkey Bacon Club	lettuce, oven roasted turkey breast, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), tomatoes, bacon, italian bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, wheat gluten, yeast, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), calcium propionate (preservative), yeast nutrients: calcium sulfate, ammonium chloride, corn starch.)	Milk, Soy (bread), Wheat (bread)
Sandwiches	Turkey Grinder	club rolls (Flour enriched, granulated beet sugar, compressed bakers yeast, granulated salt, yellow cornmeal, soy oil, sesame seeds, natural dough conditioner (soy flour, sodium stearoyl lactylate, gaur gum, diacetyl tartaric acid esters of mono-diglycerides, soy oil, ascorbic acid, azodicarbonamide, enzyme), calcium propionate), grill shortening, turkey breast, provolone cheese (Cultured pasteurized milk, salt, enzymes), red onions, green peppers, tomatoes, balsamic vinegar dressing	Soy, Milk, Wheat (bun)
Sandwiches	Turkey Hot Dogs	turkey hot dog (Mechanically separated turkey, water, salt, contains 2% or less of the following: corn syrup solids, potassium lactate, spices, sodium phosphate, sodium diacetate, flavorings, sodium erythorbate, sodium nitrite)	
Sandwiches	Turkey Sub by the Inch	french bread (Enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, contains less than 2% of the following: salt, high fructose corn syrup, dextrose, wheat gluten, datem, sodium stearoyl lactylate, ascorbic acid, enzyme), lettuce, tomatoes, yellow onions, oven roasted turkey breast, swiss cheese (Part-skim milk, cheese culture, salt, enzymes)	Wheat, Milk
Sandwiches	Turkey Wrap Sandwich	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), lettuce, tomatoes, turkey breast, lavash wheat bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)	Egg, Soy, Wheat
Sandwiches	Turkey Vegetable Wrap	white lavash bread (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides.), lettuce, carrots, tomato, green onion, oven roasted turkey breast	Wheat, Soy
Sandwiches	Vegan Burger	Soy Protein Concentrate-Hydrated, Mushrooms, Rolled Oats, Onions, Broccoli, Bell Peppers (Red, Yellow), Carrots, Cooked Barley, Water Chestnuts, Cooked Triticale, Cooked Wheat, Isolated Soy Protein. Contains less than 2% of: Salt, Bulgur Wheat-Hydrated, Vegetable Gum, Water, Canola Oil, Wheat Fiber, Dried Garlic, Mustard Seed, Dried Onion, Autolyzed Yeast Extract, Spices, Distilled Vinegar, Natural Flavor, Sugar, Malted Barley, Annatto (Vegetable Color), Corn Starch, Garlic, White Wine.	Wheat, Soy
Sandwiches	Vegan Grilled Cheese	Split Top Wheat bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, whole wheat flour, wheat bran, soybean oil, contains 2% or less of each of the following:wheat gluten, brown sugar, salt, molasses, yeast, raisin juice, dough conditioners (sodium stearoyl lactylate, ethoxylated monoglycerides, monoglycerides, calcium peroxide), vinegar, yeast nutrients (calcium sulfate, ammonium chloride), corn starch), american soy "cheese" (Soy Beverage (Filtered Water, GMO-Free Isolated Soy Protein, Soymilk Solids, Calcium Sulfate), Maltodextrin, Corn Starch, Carrageenan (a natural Seaweed Fiber), Natural Vegetable Locust Bean Gum, Salt, Soy Lecithin, Citric Acid, Natural Flavors (no MSG), and Natural Annatto Color), vegetable (soy) oil	Wheat, Soy
Sandwiches	Vegetable Bagel Deluxe	cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), dried dill weed, ranch dressing mix (water, maltodextrin, vinegar, sugar, corn syrup, salt, contains less than 2% of: modified food starch, sweet cream (sweet cream solids, lecithin and tocopherols), cellulose gel and gum, artificial color, garlic, onion, cultured buttermilk, autolyzed yeast extract, xanthan gum, natural flavor, sodium binzoate, potassium sorbate, lactic and phosphoric acids, spill, disodium inosinate, disodiumguanitate), Plain Bagel (water, flour, yeast, sugar, salt, malt, molasses, mono-diglycerides, ascorbic acid, L. cysteine, azodicarbonamide enzyme and ammonium chloride)s, broccoli, cauliflower, green onions, carrots, cheddar cheese, monterey jack cheese	Egg, Soy, Milk, Wheat
Sandwiches	Vegetable Cranberry Spinach Wrap	white lavash bread, cranberry cream cheese, spinach, red pepper, red onion	Wheat, milk

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Sandwiches	Vegetable Grinder	ciabatta loaf (Enriched bromated flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamine mononitrate, potassium bromate, riboflavin, folic acid), water, contains less than 2% of each of the following: salt, yeast, malt syrup, degerminated yellow corn meal), balsamic vinegar, thyme leaves, black pepper, canola olive blend, red peppers, green peppers, onions, carrots, mushrooms, provolone cheese (Cultured pasteurized milk, salt, enzymes), banana peppers	Wheat, Milk
Sandwiches	Vegetable Submarine	Hoagie (Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Salad Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), provolone cheese (Cultured pasteurized milk, salt, enzymes), tomatoes, mushrooms, green pepper	Milk, Soy, Wheat
Sandwiches	Wisconsin Reuben	Oven roasted turkey breast, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic), mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), sweet pickle relish, sauerkraut, rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 12% or less: soybean oil, yeast, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium sulfate, ammonium chloride), monocalcium phosphate, corn starch, calcium propionate (preservative), phosphoric acid)	Wheat, Soy, Milk, Egg
Sandwiches	Wolverine Burger	beef patties round	
Seafood Entrees	Baked Scrod	fresh lemon juice, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), salt, paprika, white pepper, scrod filets, parsley	Soy, Fish
Seafood Entrees	Baked Whitefish	Fresh whitefish fillet	Fish
Seafood Entrees	Breaded Catfish Strips	Catfish strips, yellow corn meal, yellow corn flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, soy flour, dried whole egg, disodium inosinate and disodium guanylate, nonfat dry milk, and spice extract.	Fish, Wheat, Egg
Seafood Entrees	Broccoli Stuffed Sole	Sole, broccoli, white ground pepper, salt, butter, garlic, thyme, black ground pepper, lemons	Fish, Milk
Seafood Entrees	Cajun Shrimp and Pepper Pizza	Pizza crust (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), homemade pizza sauce (tomato sauce, crushed, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), shrimp, garlic, green peppers, red onions, cajun seasoning (Garlic, salt, onion, paprika, oregano, white pepper, red pepper and spice)	Milk, Shellfish, Wheat, Soy
Seafood Entrees	Caribbean Catfish	catfish filets, red onion, red wine vinegar, dijon mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), lemon, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), corn oil, cumin, garlic, paprika, black pepper, salt, gumbo file	Fish
Seafood Entrees	Cedar Planked Salmon	Butter, salmon filets, kosher salt, black ground pepper	Milk, Fish
Seafood Entrees	Clam Sauce	butter (cream, salt), garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), half and half, chopped clams, white cooking wine, parsley, thyme leaves, salt, white pepper	Shellfish, Wheat, Milk, Alcohol
Seafood Entrees	Diamond Cut Cod	Cod, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, yellow corn flour, salt, sodium acid pyrophosphate, soybean oil, disodium inosinate, sodium bicarbonate, natural and artificial flavor, lactic acid, autolyzed yeast extract, gelatin, propylene glycol, smoke flavor, ethyl alcohol, oleoresin turmeric, tocopherols. Fried in soybean oil	Fish, Wheat, Soy
Seafood Entrees	Diamond Cut Fish Portions	Diamond cut cod (Cod, water, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched bleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified food starch, yellow corn flour, salt, sodium acid pyrophosphate, soybean oil, disodium inosinate, sodium bicarbonate, natural and artificial flavor, lactic acid, autolyzed yeast extract, gelatin, propylene glycol, smoke flavor, ethyl alcohol, oleoresin turmeric, tocopherols. Fried in soybean oil)	Fish, Wheat, Soy
Seafood Entrees	Drake's Fried Cod	Water, Drake's Batter Mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), fresh cod filets	Fish, Wheat, Milk
Seafood Entrees	Fish Nuggets	breaded fish nuggets (65% Cod, Sodium Trypolyphosphate (To Retain Moisture); 20% Batter: Water, Yellow Corn Flour, Sugar, Salt, Nonfat Milk, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Guar Gum, Egg, Bleached Wheat Flour; 15% Breading: Enriched Bleached Wheat Flour (Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Bleached Wheat Flour, Soybean Oil, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Dough Conditioners (Ascorbic Acid, L-Cysteine Monohydrochloride), Natural Flavor)	Fish, Wheat, Soy, Milk, Egg

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Seafood Entrees	Fish Taco	perch fillet, green cabbage, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), cilantro, garlic, water, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), drake's batter mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), ground cumin, chili powder, black pepper, salt, flour tortillas 6" (Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites)	Fish, Wheat, Soy, Egg, Milk
Seafood Entrees	Fried Catfish	catfish fillets, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, black pepper, canola oil	Fish, Wheat
Seafood Entrees	Fried Clams	Breaded clams (Sliced fresh surf clams, bleached wheat flour, yellow corn flour, water, enriched flour (flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, whey, yeast, nonfat milk, soybean oil, dextrose, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), dried whey, spices, colored with oleoresin paprika and annatto, product fried in partially hydrogenated soybean oil), liquid oil ZTF (Canola Oil and Corn Oil with TBHQ and Citric Acid added to protect flavor and Dimethylpolysiloxane, an anti-foaming agent added)	Soy, Shellfish, Wheat, Milk, Egg
Seafood Entrees	Fried Perch	egg, 2% milk, perch fillet, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds)	Fish, Egg, Milk, Wheat, Soy, Seeds
Seafood Entrees	Ginger Steamed Fish	cilantro, ginger, garlic, leeks, salt, granulated sugar, rice wine vinegar, soybean sesame oil, green onions, red pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate), granulated sugar, cooking sherry, cilantro, whitefish fillets	Soy, Wheat, Fish, Seeds, Alcohol
Seafood Entrees	Grilled Rainbow Trout	rainbow trout fillet, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), cayenne pepper, black pepper, salt, paprika, canola/olive oil blend	Fish, Wheat
Seafood Entrees	Herbed Fish Fillets	Lemon juice, creole spice, garlic, parsley, oregano, black pepper, salt, canola olive blend, chives, catch of the day	Fish
Seafood Entrees	Joyua's Chumbo Chili	Ground beef, italian rope sausage (Pork, Water, Salt, corn syrup solids, spices, flavoring, BHA, BHT and citric acid), yellow onion, andouille smoked rope sausage, garlic, chili powder, paprika, oregano, cumin, gumbo, sugar, salt, cayenne pepper, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), tomato puree, diced tomato, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), water, kidney beans, pinto beans, celery, green peppers, shrimp, whole kernel corn, cilantro	Milk, Shellfish, Wheat, Seeds, Soy
Seafood Entrees	Lemon Baked Cod	lemon juice, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, white pepper, paprika, fresh cod filets, parsley	Fish, Soy
Seafood Entrees	Lemon Peel and Eat Shrimp	peel and eat shrimp, butter (cream, salt), lemon juice	Shellfish, Milk
Seafood Entrees	Lemon Pepper Shrimp Kabob	Yellow onions, garlic, extra virgin olive oil, lemon pepper, shrimp, mushrooms, green peppers, red onions, bamboo skewers	Shellfish
Seafood Entrees	Linguini Bandiera Shrimp	Shrimp, linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), broccoli, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), garlic, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), half & half (Milk, cream, dipotassium phosphate), salt, white ground pepper, basil, tomatoes, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More.)	Milk, Shellfish, Wheat, Soy

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Seafood Entrees	Maple Soy Fillet	Maple syrup (55% Maple Syrup Blend: 55% Pure Maple Syrup, 45% Pure Cane Syrup), soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), black crushed pepper, salmon fillets	Fish, Soy, Wheat
Seafood Entrees	Maple Soy Salmon	fresh salmon fillet, maple marinade (maple syrup, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), pineapple juice, ginger root, garlic, sugar)	Fish, Soy, Wheat
Seafood Entrees	Moo Shoo Shrimp	Shrimp, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), oyster sauce (Water, Sugar, Salt, Oyster Extractives, Modified Corn Starch, and Caramel Color), hoisin sauce (Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40), sesame blend oil (Soybean oil, Sesame oil), ginger root, garlic, green cabbage, carrots, mushrooms, green peppers, waterchestnuts, bamboo shoots, green onions	Shellfish, Wheat, Seeds, Soy
Seafood Entrees	Moqueca de Piexe	fresh tilapia fillet, vegetable (soy) oil, salt, white pepper, yellow onion, jalapeno, tomato, garlic, fresh cilantro, lemon juice, white pepper, cumin, salt, sugar	Fish, Soy
Seafood Entrees	Mussels Mariniere	mussels, white cooking wine, onions, garlic, lemon, salt, cracked black pepper, butter (cream, salt), parsley, chives	Shellfish, Milk, Alcohol
Seafood Entrees	Newburg Seafood	Shrimp, crab meat, light tuna in water (Chunk light tuna, water, vegetable broth (contains soy), salt), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, paprika, whole milk, half & half, water, egg, cooking sherry	Alcohol, Eggs, Milk, Soy, Shellfish, Wheat
Seafood Entrees	Oven Baked Catfish	catfish fillets, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), yellow cornmeal, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), thyme, black pepper, salt, egg, water, corn oil	Fish, Wheat, Egg, Milk
Seafood Entrees	Pan Roasted Rainbow Trout	Rainbow trout fillet, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), sweet potato, baby lima beans, whole kernel corn, shallots, maple syrup (55% Maple Syrup Blend: 55% Pure Maple Syrup, 45% Pure Cane Syrup), water, chives, canola/olive oil blend, leeks	Fish, Wheat
Seafood Entrees	Parmesan Crusted Fish	Catch of the Day, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More.), black crushed pepper, parsley	Eggs, Milk, Fish, Soy
Seafood Entrees	Parmesan Shrimp	Shrimp, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, yellow onions, salt, white ground pepper, paprika, cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)), mushrooms, spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Shellfish, Wheat, Soy
Seafood Entrees	Personal Tuna Noodle Casserole	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, kluski egg pasta (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), cheddar cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More.), paprika, yellow onions, salt, ground black pepper, light tuna in water (Light Tuna (Fish), Water, Vegetable Broth (Soybeans), Salt), mushrooms	Fish, Soy, Egg

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Seafood Entrees	Popcorn Shrimp	Shrimp, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, bleached wheat flour, salt, modified corn starch, soybean oil, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), yellow corn flour, maltodextrin, garlic and onion powder, white pepper, egg whites, dry buttermilk, spices, sugar, black pepper, lemon juice powder (with corn syrup solids), disodium inosinate and guanylate (as flavor enhancers), natural butter flavor, spice extracts (including paprika and turmeric), xanthan gum, parsley, sodium bisulfite (as a preservative).	Wheat, Soy, Egg, Milk, Shellfish
Seafood Entrees	Potato Crusted Fish Cod	Cod, water, enriched bleached wheat flour (flour niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, potato blend (dehydrated potato (potatoes, monoglycerides, diglycerides, sodium acid pyrophosphate (citric acid), dry potato mix (potatoes, corn starch, guar gum, salt, methylcellulose, sodium bisulfite (preservative), BHT (preservative, potatoes, partially hydrogenated soybean oil, dextrose), salt, cheddar cheese powder (cheddar cheese [pasteurized milk, cheese cultures, salt, enzymes), whey, salt, disodium phosphate, yellow 5 and yellow 6], yellow corn flour, potato sticks (potatoes, palm oil, salt), white corn flour, disodium inosinate, disodium guanylate, egg white, partially hydrogenated soybean oil, soy bean, chives, artificial flavors, torula yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), onion powder, dextrose, garlic powder, vinegar, natural flavor, ethylalcohol, monoglycerides, sodium stearoyl lactylate, spices, yeast, lactic acid, mixed tocopherols, paprika (for color), dough conditioners dough conditioners (L-cysteine monohydrochloride, ascorbic acid, azodicarbonamide), sodium tripolyphosphate (to retain moisture). Prefried in cottonseed, sanola and/pr soybean oil. Contains: fish (cod), wheat, soybean, milk, and eggs.	Eggs, Seeds, Fish, Milk, Wheat, Soy
Seafood Entrees	Potato Crusted Whitefish	Whitefish fillet, salt, black ground pepper, shredded potato, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Fish, Soy
Seafood Entrees	Pub Style Fish	Cod, Bleached Wheat Flour, Yellow Corn Flour, Beer (Water, Malted Barley, High Maltose Syrup, Hops, Caramel), Modified Wheat Starch, Water, White Corn Flour, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Partially Hydrogenated Vegetable Oil (Soybean And/Or Cottonseed), Spice, Sugar, Natural Flavor, Xanthan Gum, Garlic. Fried In Soybean Oil.	Fish, Wheat, Soy
Seafood Entrees	Salmon Asparagus Pinwheels	Salmon fillets, asparagus	Fish
Seafood Entrees	Salmon Patties	Eggs, 2% milk, water, salt, paprika, split top white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), yellow onions, pink fancy salmon, lemon juice	Eggs, Milk, Wheat, Fish, Soy
Seafood Entrees	Salmon with Roasted Greens	balsamic vinegar, onions, garlic, oregano, basil, cilantro, parsley, salt, black pepper, granulated sugar, canola oil, olive oil, spinach, water, salmon fillets, dijon mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), chives	Fish
Seafood Entrees	Seafood Chicken and Andouille Paella	Chicken, paprika, canola/olive oil, kosher salt, yellow onion, mussels, garlic, green pepper, red pepper, yellow pepper, diced tomato, creole spice, ground turmeric, black pepper, water, long grain rice, andouille sausage, shrimp	Shellfish
Seafood Entrees	Seafood Primavera	Rotini (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half & half, arrowroot, water, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), salt, white ground pepper, canola/olive oil blend, shrimp, imitation crab (Pollock, water, snow crabmeat, egg whites, mirin (rice wine), potato starch, wheat starch, modified food starch, contains 2% or less of the following: salt, sugar, sorbitol, natural and artificial flavors, soybean oil, soy protein isolate, calcium carbonate, sodium tripolyphosphate, paprika, color added), garlic, broccoli, mushrooms, zucchini, green peas, tomatoes, pea pods, parsley, basil	Eggs, Milk, Shellfish, Wheat, Fish, Soy
Seafood Entrees	Seafood Roll	PDQ Shrimp 70-90 Ct, hot dog buns (Enriched wheat flour (wheat flour, malted barley flour, ferrous sulfate, niacin, thiamin hydrochloride, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less of each of the following: salt, wheat gluten, sodium stearoyl lactylate, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, azodicarbonamide), grill shortening, minced lobster meat, imitation crab meat, celery, green onions, lemon juice, cayenne pepper, salt, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), head lettuce	Egg, Soy, Wheat, Fish
Seafood Entrees	Seafood Stew With Coconut	Cod fillets, salt, black ground pepper, lime juice, canola/olive oil blend, yellow onions, carrots, cumin, jalapeno, red bell pepper, green pepper, yellow pepper, crushed tomato, diced tomato, unsweetened coconut milk (Coconut milk and water), parsley, cilantro, water, lime juice	Fish, Shellfish

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Category	Menu Item	Ingredients	Allergens
Seafood Entrees	Shrimp and Andouille Gumbo	Canola/olive oil blend, shrimp, gumbo file spice, yellow onions, green peppers, celery, garlic, creole spice, butter, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), bay leaves, cayenne pepper, andouille smoked rope sausage (Pork, Water, Salt, Calcium Reduced Dry Skim Milk, Dextrose, Paprika, Natural Spices, Smoked Flavorings, Flavorings, Sodium Erythorbate, Sodium Nitrate, Oleoresin of Paprika), green onions	Milk, Seeds, Soy, Shellfish, Wheat
Seafood Entrees	Shrimp and Andouille Jambalaya	corn oil, onions, garlic, dried thyme, spice creole, mushrooms, oriental style rice, shrimp pieces, andouille sausage, water, red peppers, green peppers, salt	Milk, Shellfish
Seafood Entrees	Shrimp and Andouille Pasta	canola/olive oil, yellow onions, andouille sausage, prepeeled garlic, shrimp, roma tomatoes, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), green onions, salt, black pepper, vermicelli pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Shellfish, Milk, Wheat
Seafood Entrees	Shrimp and Pork Stir Fry	Lime juice, thai fish sauce (Anchovy Extract, Salt, Sugar, Water), sugar, vegetable (soy) oil, prepeeled garlic, black pepper, lemongrass, shrimp, pork loin stir fry strips, fresh cilantro	Shellfish, Fish, Soy
Seafood Entrees	Shrimp Bandiera	shrimp, linguini (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), broccoli, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), garlic, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), half & half, salt, white pepper, parmesan, fresh basil, tomatoes	Shellfish, Soy, Wheat, Milk
Seafood Entrees	Shrimp Creole	garlic, onions, celery, vegetable oil, salt, thyme, bay leaves, parsley, tomatoes, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), paprika, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), green peppers, red peppers, chili powder, gumbo file, cornstarch, water, shrimp	Shellfish, Soy, Wheat
Seafood Entrees	Shrimp Fried Rice	Long grain rice, water, shrimp, vegetable oil, garlic, green onions, mushrooms, red bell peppers, green peppers, egg, white ground pepper, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative)	Eggs, Shellfish, Wheat, Soy
Seafood Entrees	Shrimp Kabob	Yellow onions, garlic, extra virgin olive oil, black ground pepper, old bay seasoning (celery salt (salt, celery seed), spices (including mustard, red pepper, black pepper, bay (laurel) leaves, cloves, allspice (pimento), ginger, mace, cardamom, cinnamon) and paprika), shrimp, mushrooms, green peppers, red onions, bamboo skewers	Shellfish
Seafood Entrees	Sole Almondine	Sole fillets, almonds, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.), lemon juice, water, salt, white ground pepper	Fish, Soy, Tree Nuts
Seafood Entrees	Spicy Peel and Eat Shrimp	easy peel shrimp, spice creole, old bay seasoning	Shellfish
Seafood Entrees	Striped Bass Nicoise	Catch of the Day, kalamata olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), chives, parsley, roma tomatoes, shallots, basil, sherry cooking wine, French cut green beans, balsamic vinegar, dijon mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), canola/olive oil blend, yukon gold potatoes	Shellfish, Fish, Seeds
Seafood Entrees	Szechwan Sole	sesame oil blend, garlic, cooking sherry, cider vinegar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), ketchup (tomato concentrate (made from red ripe) tomatoes, high fructose corn syrup, vinegar, corn syrup, salt, spices, onion powder, natural flavoring), cayenne pepper, ground ginger, sugar, cornstarch, water, eggs, fresh sole fillets, green onions	Seeds, Fish, Soy, Wheat, Egg, Alcohol
Seafood Entrees	Tuna Noodle Casserole	extra wide egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), yellow onions, whole bay leaves, all purpose flour (enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tabasco sauce (distilled vinegar, red pepper, salt), salt, ground white pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), canned tuna, fresh lemon juice, canned diced pimentos, canned mushrooms, water	Wheat, Soy, Milk, Fish, Egg

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Seafood Entrees	Tuna Salad	tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, starch, modified food starch, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dried garlic), celery, sugar, sweet pickle relish (cucumbers, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alum, pepper, natural flavors, guar gum, yellow #5, sodium benzoate (preservative), poly sorbate 80), sweet peppers, corn syrup solids, textured soy protein, salt, citric acid, modified food starch, carrageenan dehydrated onion, and spices. Contains: fish, soy, egg.	Fish, Soy, Egg
Seafood Entrees	Tuna Salad Stuffed Tomato	tuna salad (White Tuna, Salad Dressing (Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Starch, Modified Food Starch, Salt, Mustard Flour, Paprika, Spice, Natural Flavor (may contain soy), Dried Garlic), Celery, Sugar, Sweet Pickle Relish [Cucumbers, High Fructose Corn Syrup, Distilled Vinegar, Water, Salt, Spices, Xanthan Gum, Alum, Pepper, Natural Flavors, Guar Gum, Yellow #5, Sodium Benzoate (preservative), Poly Sorbate 80], Sweet Peppers, Corn Syrup Solids, Textured Soy Protein, Salt, Citric Acid, Modified Food Starch, Carrageenan, Dehydrated Onion, and Spices), tomatoes, head lettuce	Fish, Eggs, Soy
Seafood Entrees	Vegetable Shrimp Teriyaki	Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, waterchestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil	Alcohol, Soy, Shellfish, Wheat
Seafood Entrees	Whitefish w/ Spinach and Carrots	fresh whitefish fillet, spinach, carrots	Fish
Seafood Entrees	Beef Base	Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid.	Soy, Wheat
Soup Bases	Chicken Base	Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts)	Milk, Wheat, Soy
Soup Bases	Clam Base	Clams, salt, monosodium glutamate, sugar, butter (sweet cream, salt), dehydrated potato, artificial flavor, hydrolyzed corn gluten, onion powder, cod liver oil, spice and natural flavoring, annatto	Shellfish, Milk
Soup Bases	Ham Base	Smoked Ham Ground and Formed (cured with water, salt, sodium lactate, natural hickory smoke flavor, corn syrup, dextrose, sodium phosphates, sugar, sodium diacetate, sodium erythorbate, sodium nitrite), Salt, Monosodium Glutamate, Sugar, Dextrose, Modified Cornstarch, Natural Flavors, Hydrolyzed Soy and Corn Proteins, Corn Oil, Yeast Extract, Water, Modified Potato Starch, Spices	Soy
Soup Bases	Mirepoix Soup Base	Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar	
Soup Bases	Mushroom Base	Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate	Soy, Wheat
Soup Bases	Pork Base	Roasted Pork and Pork Juices, Salt, Sugar, Flavor [Hydrolyzed Corn Gluten, Soy Protein and Wheat Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Thiamine Hydrochloride, Dextrose, Disodium Inosinate, Disodium Guanylate, Lactic Acid], Spice, Garlic Powder, Onion Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavorings.	Soy, Wheat
Soup Bases	Turkey Base	Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings	Milk
Soup Bases	Vegetarian "Chicken" Base	salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring	Milk
Soup Bases	Anasazi Beef & Bean Soup	dried pinto beans, water, beef, garlic, corn oil, yellow onions, jalapenos, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), coriander, cumin, black pepper, cornstarch	Wheat, Soy
Soups	Authentic Minestrone	canola/olive oil, garlic, yellow onions, zucchini, green peppers, carrots, celery, eggplant, potato, tomato, garbanzo beans, red kidney beans, crushed tomato, water, salt, garlic, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, onion salt, orzo, basil, romaine lettuce, spinach	Wheat

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Soups	Beef and Julienne Vegetable Soup	beef cubes, beef stock (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), carrot, yellow onions, celery, diced tomatoes, black pepper, green onions, green beans, green peppers, diced tomatoes	Wheat, Soy
Soups	Beef Barley Soup	beef stew meat cubes, onions, carrots, celery, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), black pepper, barley	Wheat, Soy
Soups	Beef Gumbo	Beef cubes, onions, carrots, beef stock (water, beef base), long grain rice, diced tomato, celery, black ground pepper, okra	Soy, Seeds, Wheat
Soups	Beef Noodle Soup	Beef cubes, onions, carrots, beef stock (water, beef base), long grain rice, diced tomato, celery, black ground pepper, okra	Soy, Wheat, Egg
Soups	Beef Noodle Soup Cn	Beef stock, water, cooked enriched egg noodles with added calcium (wheat flour, calcium carbonate, egg, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), seasoned cooked beef, tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose	Eggs, Wheat
Soups	Beef Vegetable Soup	beef stew meat cubes, beef stock (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), carrots, celery, onions, green cabbage, potatoes, diced tomatoes, black pepper	Wheat, Soy
Soups	Black Bean and Sausage Soup	black beans, italian rope sausage, beef stock (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), tomato juice, butter (cream, salt), garlic, onions, celery, carrots, bread flour, black pepper, cayenne pepper	Wheat, Soy, Milk
Soups	Black Bean Soup	black beans, water, vegetable (soy) oil, onions, carrots, celery, garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), diced tomatoes, salt, black pepper, cayenne pepper	Soy, Wheat
Soups	Broccoli Cheddar Soup	broccoli, carrots, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), onions, garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), 2% milk, half & half, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), nutmeg, white pepper	Milk, Soy, Wheat
Soups	Canadian Cheese Soup	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), paprika, salt, 2% milk, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), celery, onion, green pepper, carrot, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto)	Milk, Soy, Wheat
Soups	Chick Pea Soup	canola olive oil, onions, garlic, zucchini, red peppers, diced tomatoes, garbanzo beans, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, fresh rosemary	
Soups	Chicken Gumbo	chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), chicken thighs, diced tomatoes, okra, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, celery, carrots, green peppers, gumbo file, long grain rice, black pepper	Milk, Wheat, Soy

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Soups	Chicken Noodle Soup	chicken thighs, celery, onions, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), carrots, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), kluski egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), white pepper	Milk, Wheat, Soy, Egg, Seeds
Soups	Chicken Noodle Soup Cn	Chicken stock, cooked enriched egg noodles with added calcium (wheat flour, calcium carbonate, eggs, egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, cooked chicken meat, contains less than 2% of: salt, vegetable oil, potato starch, chicken fat, monosodium glutamate, dehydrated cooked chicken, onion powder, modified food starch, yeast extract, spice extract, soy protein isolate, sodium phosphates, chicken flavor (contains chicken stock, chicken powder, chicken fat), dehydrated garlic, beta carotene.	Eggs, Wheat, Soy
Soups	Chicken Rice Soup	chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), chicken thighs, onions, celery, long grain rice, salt, white pepper, fresh parsley	Milk, Wheat, Soy
Soups	Chicken Tortellini Soup	canola olive oil, onions, carrots, garlic, chicken thighs, oregano, basil, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), black pepper, red peppers, green peppers, zucchini, cheese tortellini (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, part skim ricotta cheese (whey [milk], cream, vinegar, carrageenan), bread crumbs (bleached wheat flour, dextrose, yeast, partially hydrogenated vegetable oil [soybean and/or cottonseed], salt), imported romano cheese made from sheep's milk (pasteurized sheep's milk, bacterial culture, salt, rennet), parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), eggs, salt, spice, dehydrated parsley flakes, nutmeg)	Milk, Wheat, Soy, Seeds, Eggs
Soups	Chicken Vegetable Soup	chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), onions, carrots, celery, potatoes, diced tomatoes, salt, black pepper, chicken thighs	Milk, Wheat, Soy
Soups	Colcannon Soup	bacon, butter (cream, salt), leeks, yellow onion, kale, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, white cooking wine, red potato, white pepper, chicken soup base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), salt, basil	Milk, Soy, Wheat
Soups	Corn & Crab Soup	corn oil, yellow onion, garlic, ginger root, lemon grass, water, vegetarian "chicken" soup base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), unsweetened coconut milk, corn, snow crab meat, thai fish sauce (Anchovy Extract, Salt, Sugar, Water), lime juice, brown sugar, salt, cilantro	Fish, Shellfish, Milk
Soups	Corn Chowder	yellow onions, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), green peppers, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, white pepper, canned cream style corn, potatoes	Soy, Wheat, Milk
Soups	Crawfish Corn Soup	Canola/olive oil blend, yellow onions, garlic, green peppers, red bell peppers, crawfish, salt, sugar, cayenne ground pepper, ground cumin, diced tomato, tomato puree, whole kernel corn, water, cornstarch, cilantro, parsley, green onions	Shellfish
Soups	Cream of Asparagus Soup	Asparagus, yellow onions, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), allpurpose flour 9Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, water, vegetarian chicken base (Vegetable puree(celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), salt, white ground pepper	Milk, Wheat, Soy

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Soups	Cream of Broccoli Soup	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), broccoli, onion, carrot, garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), 2% milk, half & half, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), nutmeg, white pepper	Milk, Soy, Wheat
Soups	Cream of Cauliflower Soup	Cauliflower, carrots, vegetarian chicken base (Vegetable puree(celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), yellow onions, 2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), white ground pepper, salt, parsley	Milk, Soy, Wheat
Soups	Cream of Chicken Soup	Chicken stock (water, Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), celery, yellow onions, carrots, salt, white ground pepper, 2% milk, chicken thigh cubes, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Milk, Seeds, Wheat, Soy
Soups	Cream of Mushroom Soup	mushrooms, onions, wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), water, 2% milk, salt, white pepper, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Milk, Soy, Wheat
Soups	Cream of Mushroom Soup Cn	Water, mushrooms, vegetable oil (corn and/or cottonseed oil), modified food starch, wheat flour, contains less than 2% of: salt, soy protein concentrate, MSG, cream powder (cream, soy lecithin), yeast extract, spice extract, dehydrated garlic	Milk, Seeds, Wheat, Soy
Soups	Cream of Potato Soup	yellow onions, celery, wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), potatoes, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), 2% milk, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, white pepper, parsley, celery salt	Milk, Soy, Wheat
Soups	Cream of Tomato Soup	canned tomato soup (Tomato Puree (Water, Tomato Paste), Water, High Fructose Corn Syrup, Wheat Flour, Salt, Vegetable Oil (Corn, Cottonseed, Canola and/or Soybean), Flavoring, Ascorbic Acid (Added to help retain color) and Citric Acid), 2% milk	Wheat, Soy, Milk
Soups	Domburi Broth	kelp, water, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar	Soy, Wheat
Soups	Egg Drop Soup	water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), ginger, ground white pepper, cornstarch, soy sauce (water, soybeans, wheat, salt, sodium benzoate), eggs, green onions, spinach	Milk, Soy, Wheat, Egg
Soups	Emerald Corn Chowder	Salsa verde (Tomatillos, jalapeno peppers, onions, salt, xanthan gum, garlic powder, 0.1% sodium benzoate added as preservative, citric acid and dehydrated cilantro), yellow onions, poblano peppers, garlic, canola/olive oil blend, whole kernel corn, mirepoix stock (water, Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, corn masa harina flour, jalapeno peppers, sugar, heavy whipping cream, cilantro, corn tortilla 6" frozen (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase)	Milk

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Category	Menu Item	Ingredients	Allergens
Soups	French Onion Soup	yellow onions, garlic, grill shortening, water, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), black pepper, cornstarch, ground mustard, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), cooking sherry	Soy, Wheat, Milk, Alcohol
Soups	Gazpacho	V-8 juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Reconstituted Vegetable Juice Blend (Water And Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Salt, Vitamin C (Ascorbic Acid), Flavoring, Citric Acid), garlic, caraway seeds, canola/olive oil blend, cider apple vinegar, celery, cucumbers, tomatoes, green onions, green peppers, red bell pepper, ground cayenne pepper, ground cumin, salt, water, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), carrots, yellow onions, parsley, bay leaves, oregano, egg, ground beef, whole black peppercorns, whole cloves	Eggs, Seeds, Wheat, Soy
Soups	Greek Lemon Soup	Water, vegetarian chicken base (Vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), oriental style rice, egg, lemon juice, white ground pepper	Eggs, Soy
Soups	Hearty Beef Soup	beef meat cubes, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, garlic, celery, parsnips, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, potatoes, black pepper, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin)	Soy, Wheat
Soups	Hearty Vegetable Chowder	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), onions, carrots, celery, mushrooms, broccoli, potatoes, peas, whole kernel corn, basil leaves, savory, salt, black pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate)	Soy, Wheat, Milk
Soups	Hot and Sour Soup	water, lily buds, wood ears, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), stir fry pork strips, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cornstarch, bamboo shoots, tofu, black pepper, rice wine vinegar, green onions, eggs	Milk, Wheat, Soy, Egg
Soups	Italian Beef Minestrone	navy bean, canola/olive oil, onion, celery, carrot, zucchini, garlic, green pepper, green cabbage, white pepper, oregano, basil, beef base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid), egg noodle (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), sugar, lemon juice, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), spinach	Milk, Wheat, Soy, Egg
Soups	Italian Style Chicken Soup	onions, green onions, garlic, canola oil, olive oil, spinach, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (turmeric and annatto extracts), long grain rice, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), nutmeg, chicken thigh cubes	Milk, Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Soups	Lemon Carrot Bisque	vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), parsley, butter (cream, salt), onions, bay leaves, carrots, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, lemon juice, lemon peel, white pepper	Milk, Wheat
Soups	Lentil Soup	green lentils, vegetable oil, onions, carrots, celery, water, granulated sugar, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, dry mustard, nutmeg, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Soy, Wheat
Soups	Manhattan Clam Chowder	bacon, yellow onion, celery, thyme, carrots, tomato, water, clam juice, potato, parsley, clams (Sea clam juice and salt), salt	Shellfish
Soups	Mexican Tomato Lime Soup	vegetable (soy) oil, garlic, cumin, tomato juice, lime juice, limes, green chilies, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), cayenne pepper, tomatoes, cilantro, tortilla chips (Whole White Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, or Soybean Oil), and Salt)	Soy, Seeds
Soups	Michigan Bean Soup	Dried red kidney beans, dried black beans, dried navy beans, dried pinto beans, vegetable oil, yellow onions, garlic, carrots, celery, rosemary, thyme, water, crushed tomato, ground black pepper, vegetarian chicken base (Vegetable puree(celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), sugar	Soy
Soups	Minnesota Wild Rice	butter (cream, salt), leeks, celery, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), wild long grain rice blend, parsley, white pepper	Milk, Wheat
Soups	Miso Broth	water, ginger, shitake mushrooms, soy sauce (water, soybeans, wheat, salt, sodium benzoate), granulated sugar, green onions, miso paste (Soybeans, rice, salt), salt	Soy, Wheat
Soups	Mohawk Inn Chowder	Dried baby lima beans, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, garlic, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, clam juice, chopped fancy clams, clam base, white ground pepper, thyme, whole kernel corn	Milk, Shellfish, Wheat, Soy
Soups	Mushroom Barley Soup	lima beans, barley, onions, garlic, carrots, celery, vegetable (soy) oil, mushrooms, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, parsley	Wheat, Soy
Soups	Mushroom Bisque	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, mushrooms, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid),r, garlic, vegetarian "chicken" stock (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), mushroom base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), 2% milk, half & half, ground nutmeg, cayenne pepper, mushrooms	Soy, Wheat, Milk
Soups	Nacho Corn Mexicali Soup	red chili beans, ground beef, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, garlic, green peppers, red peppers, cumin, paprika, chili powder, bread flour, stock chicken from base, whole kernel corn, white pepper, cayenne pepper, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto)	Wheat, Milk, Soy
Soups	Navy Bean Soup	dried navy beans, vegetable (soy) oil, onions, carrots, celery, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, salt, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Soy, Wheat

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Soups	New England Clam Chowder	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), garlic, celery, bay leaves, thyme, onions, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), clam juice, clams, 2% milk, potatoes, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), clam base (Clams, salt, monosodium glutamate, sugar, butter (sweet cream, salt), dehydrated potato, artificial flavor, hydrolyzed corn gluten, onion powder, cod liver oil, spice and natural flavoring, annatto), white pepper, parsley	Soy, Wheat, Shellfish, Milk
Soups	Oriental Chicken Soup	chicken stock (onion, celery, carrots, chicken backs, water, parsley, peppercorn, bay), chicken thigh, salt, black pepper, ground ginger, canned bean sprouts, mushrooms, fine egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), green pepper strips, green onions, celery, fresh spinach strips, chinese cabbage strips	Milk, Wheat, Soy, Egg
Soups	Oriental Vegetable Soup	water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), spinach, Chinese cabbage, green pepper, onion, celery, mushrooms, bean sprouts, ginger, garlic powder, black pepper, fine egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	Milk, Wheat, Egg
Soups	Parmesan Potato Soup	2% milk, wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), celery, onion, basil leaves, parsley, garlic, marjoram, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), vegetable chicken from base, white pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), parmesan cheese, potato	Soy, Milk, Wheat
Soups	Pennsylvania Dutch Chicken Soup	chicken thigh cubes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, celery, carrots, stock chicken base, salt, white pepper, kluski egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), whole kernel corn, celery leaves, parsley	Milk, Wheat, Soy, Egg
Soups	Pepper Pot Soup	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), green peppers, red peppers, onions, celery, garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, potatoes, marjoram, salt, red pepper, black pepper, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring)	Milk, Soy, Wheat
Soups	Potato Leek Soup	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), leeks, onions, bay leaves, thyme, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), white pepper, salt, potatoes, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)	Soy, Wheat, Milk
Soups	Potato, Spinach, and Tomato Soup	Canola oil blend, garlic, yellow onion, water, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), potato, diced tomatoes, nutmeg, black pepper, spinach	
Soups	Red Pepper and Fennel Soup	red peppers, garlic, onions, wehy free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), thyme, white pepper, bay leaves, vegetarian "chicken" base salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring, fennel, half and half, red cooking wine	Milk, Soy, Wheat, Alcohol
Soups	Ruby Lentil Soup	vegetable oil, onions, celery, carrots, garlic, tomatoes, water, green lentils, red cooking wine, parsley, black pepper, ground cloves, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), granulated sugar	Soy

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Category	Menu Item	Ingredients	Allergens
Soups	Salmon Chowder	water, lemons, salmon fillets, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), celery, onions, garlic, thyme, flour, 2% milk, potatoes, vegetarian chicken broth (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), salt, white pepper	Fish, Soy, Wheat, Milk
Soups	Shrimp and Corn Soup	canola olive blend, onions, garlic, green peppers, red peppers, shrimp, salt, sugar, cayenne pepper, cumin, diced tomatoes, tomato puree, whole kernel corn, water, cornstarch, cilantro, parsley, green onions	Shellfish
Soups	Smoked Salmon Chowder	bacon, whey free margarine Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), paprika, celery, carrots, onions, garlic, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), clam juice, 2% milk, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), potatoes, smoked salmon, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), cayenne pepper, white pepper, salt, parsley	Soy, Wheat, Shellfish, Milk, Fish
Soups	Southwestern Bean Soup	dried black bean, vegetable (soy) oil, yellow onions, carrots, celery, red peppers, green peppers, garlic, water, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), chili powder, diced tomato, garbanzo beans, corn, green chilies, cilantro	Soy
Soups	Spinach Shitake & Tofu Soup	soybean sesame oil, shitake mushrooms, ginger, water, white pepper, miso broth (water, ginger, mushrooms, soy sauce, sugar, green onion, red miso paste, salt), tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), spinach, green onions	Soy, Seeds, Wheat
Soups	Split Pea and Ham Soup	green split peas, onions, buffet ham, water, black pepper, ham base (Smoked Ham Ground and Formed (cured with water, salt, sodium lactate, natural hickory smoke flavor, corn syrup, dextrose, sodium phosphates, sugar, sodium diacetate, sodium erythorbate, sodium nitrite), Salt, Monosodium Glutamate, Sugar, Dextrose, Modified Cornstarch, Natural Flavors, Hydrolyzed Soy and Corn Proteins, Corn Oil, Yeast Extract, Water, Modified Potato Starch, Spices)	Soy
Soups	Split Pea Soup	split peas, yellow onions, carrots, celery, vegetable (soy) oil, parsley, basil, thyme, salt, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), water, potatoes	Soy
Soups	Tomato Florentine Soup	spinach, garlic, yellow onions, canola/olive oil, tomato puree, water, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), long grain rice, sugar, black pepper, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper)	Soy
Soups	Tomato Rice Soup	water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), tomato puree, diced tomatoes, green onions, onions, green pepper, long grain rice, sugar, black pepper, vegetable oil, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)	Wheat, Soy
Soups	Tuscan Bean Soup	water, navy beans, potatoes, rosemary leaves, oregano leaves, canola oil, olive oil, onions, leeks, garlic, carrots, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), tomatoes, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), black pepper, salt, granulated sugar, soup mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), spinach, parsley	Wheat

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Category	Menu Item	Ingredients	Allergens
Soups	Turkey Noodle Soup	yellow onions, celery, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), water, turkey soup base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), white pepper, carrots, turkey, fine egg pasta (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	Wheat, Egg, Milk, Soy
Soups	Turkey Rice Soup	turkey stock (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipolyzed Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Turmeric, Caramel Color, Natural Flavorings), turkey breast, onions, celery, long grain rice, white pepper, parsley	Milk
Soups	Vegetarian Andalusian Bean w/Almond Soup	Canola/olive oil blend, yellow onions, garlic, navy dried beans, water, black ground pepper, sliced almonds, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), parsley, green onions	Tree Nuts
Soups	Vegan Tomato Soup	water, canned tomato soup (Tomato Puree (Water, Tomato Paste), Water, High Fructose Corn Syrup, Wheat Flour, Salt, Vegetable Oil (Corn, Cottonseed, Canola and/or Soybean), Flavoring, Ascorbic Acid (Added to help retain color) and Citric Acid.	Wheat, Soy
Soups	Vegetable Barley Soup	barley, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), carrots, celery, onions, diced tomatoes, garlic, tabasco sauce (distilled vinegar, red pepper, salt), green cabbage, salt, peas	Wheat
Soups	Vegetable Noodle Soup	water, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), black pepper, onions, celery, carrots, tomatoes, corn, green peppers, potatoes, egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	Milk, Soy, Wheat, Egg
Soups	Vegetable Rice Soup	water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors) salt, black pepper, onion, celery, carrot, long grain rice, potato, tomato, corn, tomato juice, vegetable oil	Soy
Soups	Vegetable Soup Cn	Potatoes, Beef Stock, Tomato Puree (Water, Tomato Paste), Carrots, Peas, Green Beans, Corn, Enriched Macaroni Product (Wheat Flour, Egg White Solids, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Onions, Sugar, Contains Less Than 2% Of: Salt, Potato Starch, Barley, Celery, Hydrolyzed Yeast Protein, Monosodium Glutamate, Yeast Extract, Beef Fat, Dextrose, Flavoring, Oleoresin Paprika	Eggs, Wheat
Soups	Vegetable Soup	water, tabasco sauce (distilled vinegar, red pepper, salt), soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, black pepper, onions, celery, carrots, diced tomatoes, potatoes, corn, green cabbage, vegetable oil, peas	Soy
Soups	Vegetable Soup with Basil	canola/olive oil, leeks, yellow onions, garlic, carrots, zucchini, water, tomato, salt, black pepper, green beans, basil	
Soups	Vegetarian Borscht	vegetable (soy) oil, yellow onions, garlic, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, bay leaves, parsley, carrots, green cabbage, diced tomato, sugar, lemon juice, beets, salt, black pepper	Soy
Soups	Vegetarian Gumbo	yellow onions, carrots, celery, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), water, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), green peas, diced tomatoes, potatoes, corn, tomato juice, okra, long grain rice, salt, black pepper	Soy

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Category	Menu Item	Ingredients	Allergens
Soups	Vegetarian Minestrone	navy beans, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), garlic, onion, canola oil, olive oil, salt, sugar, white pepper, oregano, basil, carrot, long grain rice, diced tomato, parsley, red kidney beans, egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), green cabbage, potatoes, parmesan cheese, spinach	Milk, Wheat, Egg
Soups	Vegetarian Tuscan Bean Soup	Water, dried navy bean, dried navy beans, rosemary, oregano, canola/olive oil blend, yellow onions, leeks, garlic, carrots, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), diced tomato, lemon juice, black ground pepper, salt, sugar, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), spinach, parsley	Wheat
Soups	Broccoli Raisin Salad	bacon, broccoli, raisins, green onions, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), granulated sugar, white vinegar	Egg, Soy
Specialty Salads	Caesar Salad	Mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), lemon juice, garlic, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), white pepper, salt, romaine lettuce, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Egg, Soy, Milk
Specialty Salads	Chicken Pasta Salad	chicken breast cubes, rotini (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), celery, black olives, garlic, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), white pepper, fresh lemon juice, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice, salt)	Wheat, Soy, Egg
Specialty Salads	Corn Salsa	whole kernel corn, roasted red peppers, roasted green peppers, jalapeno peppers, lime juice, garlic, cumin, salt, ground black pepper, fresh cilantro, minced parsley	
Specialty Salads	Creamy Coleslaw	green cabbage, carrots, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic), cider vinegar, granulated sugar, salt, white pepper, dry mustard, celery seed	Soy, Egg, Seeds
Specialty Salads	Cucumber and Tomato Salad	celery, green onions, tomatoes, cucumbers, green peppers, apple cider vinegar, vegetable (soy) oil, salt, black pepper	Soy
Specialty Salads	Guacamole	Haas avocado, jalapeno puree (white vinegar, jalapeno peppers), dehydrated onion, salt, granulated garlic, erythorbic acid, sugar, citric acid	Milk
Specialty Salads	Guacamole (Fresh)	Avocados, tomatoes, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), chili powder, garlic, yellow onion, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), lemon juice	Milk
Specialty Salads	Jicama Slaw w/ Lime	jicama, canola/olive oil, lime, apple cider vinegar, salt, black pepper, sugar, cilantro	
Specialty Salads	Macaroni Pasta Salad	elbow macaroni (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), eggs, celery, onions, pimentos, salt, green peppers, black peppers, sweet pickle relish, cider vinegar, salad dressing (soybean oil, water, vinegar, high fructose	Wheat, Egg, Soy
Specialty Salads	Macaroni Tuna Salad	medium shell pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), eggs, celery, onions, salt, white pepper, sweet pickle relish, tuna, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified	Wheat, Egg, Soy, Fish
Specialty Salads	Marinated Raw Vegetables	red onions, mushrooms, carrots, green beans, celery, red peppers, green peppers, broccoli, canola oil, olive oil, red wine vinegar, parsley, garlic, salt, granulated sugar, black pepper, oregano, lemon juice	Alcohol
Specialty Salads	Mediterranean Salad	tomatoes, cucumbers, green onions, parsley, kalamata olives, canola and olive oil blend, white wine vinegar, salt, ground black pepper, white cooking wine, balsamic vinegar, granulated sugar	Alcohol
Specialty Salads	Mesclun Mix	lettuce mix	
Specialty Salads	Multigrain Salad	dried barley, dried lentils, dried red lentils, quinoa, couscous, garbanzo, red beans, cucumbers, green onions, garlic, red wine vinegar, salt, pepper, canola oil, cayenne pepper, parsley	
Specialty Salads	Napa Slaw	rice wine vinegar, chili paste, sugar, salt, black pepper, chinese napa cabbage, carrots, green onions, basil	
Specialty Salads	Orange Almond Salad	mandarin oranges, sliced almonds, romaine lettuce	Tree Nuts,

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Specialty Salads	Pacific Rim Salad	cucumbers, salt, carrots, salt, raisins, pea pods, rice wine vinegar, sugar, ginger root, sesame seeds	Seeds
Specialty Salads	Pacific Rim Pasta Salad	rotini (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), broccoli, green beans, red peppers, green peppers, carrots, rice wine vinegar, granulated sugar, salt, black pepper, garlic, sesame oil, corn oil, fresh ginger, red pepper flakes, fresh cilantro	Wheat, Seeds, Soy
Specialty Salads	Pasta Salad with Cucumbers	cucumbers, salt, black pepper, red wine vinegar, tomatoes, garlic, red onions, parsley, basil leaves, granulated sugar, canola oil, olive oil, garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Wheat, Milk
Specialty Salads	Potato Pesto Salad	potatoes, corn oil, black pepper, garlic, salt, basil, parsley, parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk
Specialty Salads	Potato Salad	potatoes, eggs, celery, green peppers, salt, white pepper, onions, mustard (distilled vinegar, water, mustard seed, salt, tumeric, paprika, spices), sweet pickle relish, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, mustard flour, paprika, spice, natural flavor, dried garlic)	Egg, Soy, Seeds
Specialty Salads	Potato Vegetable and Yogurt Salad	Potato, Broccoli, cauliflower, carrots, cucumbers, radishes, green onions, nonfat dannon yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus.), dijon mustard, salt, black pepper	Milk
Specialty Salads	Redskin Florentine Pasta Salad	medium shell pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), redskin potatoes, spinach, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), fresh basil, garlic, salt, black peppers, canola oil, olive oil, red wine vinegar, green onions	Wheat
Specialty Salads	Redskin Potato Salad	redskin potatoes, celery, pimentos, green onions, parsley, horseradish, white pepper, salt, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice, salad dressing (Water, soybean oil, vinegar, high fructose corn syrup, sugar, modified food starch, eggs, salt, mustard flour, artificial color, potassium sorbate as a preservative, paprika, spice, natural flavor, dried garlic), white vinegar	Soy, Egg
Specialty Salads	Rice and Lentil Salad	beans, long grain rice, green onions, parsley, green peppers, red peppers, celery, white wine vinegar, canola oil, salt, black pepper, oregano, sugar	
Specialty Salads	Rio Grande Salad	rice, black beans, pinto beans, red kidney beans, corn, vegetable (soy) oil, oregano leaves, salt, black pepper, chili powder, cumin, onions, green peppers, green chilis, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto)	Milk, Soy
Specialty Salads	Savory Coleslaw w/ apples	kale, granny smith apples, mayonnaise dressing (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA), apple cider vinegar, salt, white ground pepper, sugar, celery	Soy, Egg
Specialty Salads	Sesame Bowtie Pasta Salad	bow tie pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), sesame oil, light soy sauce (water, soybeans, wheat, salt, sodium benzoate), vegetable oil, garlic, salt, black pepper, fresh cilantro, canned pimentos, sesame seeds	Wheat, Seeds, Soy
Specialty Salads	South of the Border Salad	canola oil, olive oil, cider vinegar, garlic, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), cumin, salt, black pepper, onion, corn, red pepper, green pepper, celery, black beans, diced tomato, green onion, basil	Seeds
Specialty Salads	Southwest Coleslaw	green cabbage, jalapeno peppers, cider vinegar, granulated sugar, lime juice, salt, white pepper, cilantro, honey, corn oil, cayenne pepper	
Specialty Salads	Southwest Potato Salad	mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)), plain yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), salt, white pepper, garlic, potatoes, green onions, jalapeno peppers, cilantro	Egg, Soy
Specialty Salads	Spicy Broccoli Pasta Salad	broccoli, rotini (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), grape tomatoes, green onions, parsley, canola oil, olive oil, red wine vinegar, salt, black pepper, garlic, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), chili powder	Wheat, Soy
Specialty Salads	Spinach Salad	spinach, celery, yellow onions, eggs, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), salt, tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), apple cider vinegar	Egg, Milk
Specialty Salads	Spring Rice Salad	long grain rice, pea pods, green onions, spinach, broccoli, carrots, corn, red bell pepper, canola oil, lemon, basil, oregano, parsley, garlic, salt, white pepper, white wine vinegar, dijon mustard, sugar	Seeds
Specialty Salads	Sweet Potato Salad	Yams, white wine vinegar, dijon mustard, honey, salt, black pepper, sugar, vegetable oil, celery, red bell peppers, parsley, green onions	
Specialty Salads	Tabbouleh Salad	canola olive oil, water, salt, bulgar, tomatoes, parsley, green onions, lemon juice, mint, dill, white pepper	Wheat

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Category	Menu Item	Ingredients	Allergens
Specialty Salads	Texas Caesar Salad	fresh cilantro, plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), red wine vinegar, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose, garlic, jalapeno peppers, shallots, lemon juice, canola olive oil, seasoned croutons (Enriched Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Partially Hydrogenated Soybean Oil, Water, Yeast, High Fructose Corn Syrup, Whey, 2% Or Less Of The Following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Dough Conditioners (May Contain One Or More Of The Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Calcium Peroxide, Calcium Sulfate, Ammonium Sulfate, Calcium Iodate, Ascorbic Acid), Sugar, Spices, Parsley, Onion, Paprika, Turmeric (Color), Extractives Of Paprika, Spice Extractives, TBHQ (To Preserve Freshness)), red peppers	Milk, Soy, Wheat
Specialty Salads	Thai Cucumber Salad	cucumbers, yellow peppers, red peppers, rice wine vinegar, sugar, salt, crushed red pepper	
Specialty Salads	Thai Peanut Pasta Salad	rotini (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), green onions, roasted peanuts, red peppers, water, peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, sesame oil, garlic, ginger, tabasco sauce (distilled vinegar, red pepper, salt), salt, red peppers, sesame seeds	Wheat, Peanut, Soy, Seeds
Specialty Salads	Tomato Mozzarella Salad	tomatoes, mozzarella cheese (Cultured Pasteurized Milk, Enzymes, Salt. / Latte pastorizzato ottenuto mediante coltura, enzimi, sale), salt, black pepper, baslamic vinegar, basil	Milk
Specialty Salads	Vegetable Slaw	canola oil blend, yellow onions, garlic, carrots, celery, zucchini, summer squash, eggplant, parsley, diced tomato, v-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), tomato paste, salt, white pepper, bay, thyme	
Specialty Salads	Wild Greens with Apples	granny smith apples, mesclun lettuce mix, maple vinaigrette (granulated sugar, cider vinegar, maple syrup, black pepper, salt, sage, corn oil)	
Specialty Salads	Wild Rice w/ Mixed Greens	apple cider vinegar, canola oil, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper), soybean oil, corn, white rice blend, red bell peppers, red onions, bacon, chicken breast, romaine lettuce, mesclun lettuce mix	Soy, Seeds
Specialty Salads	Ziti Provencial Salad	ziti noodles (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), zucchini, summer squash, red pepper, green pepper, garlic, parsley, oregano, rosemary, fennel, salt, black pepper, V-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), red wine vinegar, canola oil, olive oil	Wheat
Starches and Legumes	Asian Style Rice	oriental style rice, water	
Starches and Legumes	Au Gratin Potatoes	onions, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, white pepper, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), potatoes	Soy, Wheat, Milk
Starches and Legumes	Baked Plantains	whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), cinnamon, brown sugar, plantains, vanilla extract	Soy
Starches and Legumes	Baked Potatoes	potatoes	
Starches and Legumes	Baked Sweet Potatoes	sweet potatoes	
Starches and Legumes	Barley Pilaf	dried barley, vegetable (soy) oil, yellow onion, water, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, black pepper, parsley	Wheat, Soy
Starches and Legumes	Basmati Rice	Basmati rice, water, salt	

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Starches and Legumes	BBQ Baked Beans	vegetarian baked beans (Prepared white, beans, water, brown sugar, sugar, salt, mustard (water, vinegar, mustard seed, salt, turmeric, spice), onion powder, caramel color, spices, garlic powder, and natural favor), onion powder, caramel color, spices, garlic powder, and natural flavor), vegetable (soy) oil, onions, BBQ sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic , chili powder, xanthan gum, red pepper), chili powder, black pepper	Soy, Seeds
Starches and Legumes	Black Beans Burrito Station	black beans, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), cayenne pepper, garlic, chili powder, onion powder	
Starches and Legumes	Blue Tortilla Chips	Whole Grain Blue Corn, Sunflower Oil and/or Corn Oil, Salt.	Seeds
Starches and Legumes	Boston Baked Beans	navy beans, yellow onions, sugar, molasses, mustard, salt, white pepper, baking soda	Seeds
Starches and Legumes	Bread Dressing	white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium cholride), corn starch, calcium propionate (mold inhibitor)), celery, yellow onions, vegetable (soy) oil, thyme, sage, salt, black pepper, celery salt, mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar)	Soy, Wheat
Starches and Legumes	Brown Rice	brown rice, water, salt	
Starches and Legumes	Bowtie Pasta	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.	Wheat
Starches and Legumes	Cajun Style Sweet Potatoes	yams, paprika, brown sugar, onion powder, thyme, rosemary, garlic powder, canola oil, salt, pepper	
Starches and Legumes	Chola	canola oil, olive oil, garbanzo beans, cinnamon, salt, cayenne, turmeric, garam masala (cardamom, cinnamon, cloves, cumin, black pepper, coriander), water	
Starches and Legumes	Cinnamon Sugar Sweet Potatoes	yams, vegetable (soy) oil, granulated sugar, ground cinnamon	Soy
Starches and Legumes	Cornbread Apple Dressing	cornbread (all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), sugar, egg, cornmeal, pastry flour, salt, milk), vegetable oil, yellow onion, celery, apple, sage, thyme, salt, black pepper, apple juice, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar)	Wheat, Milk, Soy, Seeds
Starches and Legumes	Corn Chips	Whole Corn, Corn Oil, and Salt	
Starches and Legumes	Corn Fritters	pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), salt, baking powder, sugar, egg, milk, all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), corn	Wheat, Eggs, Milk, Soy, Seeds
Starches and Legumes	Cottage Fries	Potatoes, Vegetable Oil (Contains One or More of the Following: Canola Oil, Soybean Oil, Cottonseed Oil, Sunflower Oil, Corn Oil), Dextrose, Sodium Acid Pyrophosphate Added to Preserve Natural Color.	Soy, Seeds
Starches and Legumes	Couscous	couscous, water, vegetable (soy) oil, salt, white pepper	Soy, Wheat
Starches and Legumes	Couscous with Dried Fruit	couscous, vegetable "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), water, dried apricots, dried cherries, white pepper, parsley	Milk, Soy, Wheat
Starches and Legumes	Couscous with Parsley	Couscous, water, garlic, lemon juice, cayenne pepper, parsley	Wheat
Starches and Legumes	Criss Cross Fries	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.	Soy, Seeds

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Starches and Legumes	Dirty Rice	corn oil, onions, celery, garlic, green peppers, basil, oregano, thyme, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), long grain rice, black pepper, cayenne pepper, green onions	
Starches and Legumes	Easy Twice Baked Potatoes	vegetable oil, green onions, milk, salt, white pepper, instant mashed potatoes (Potatoes, mono & diglycerides, sodium acid pyrophosphate, Vitamin C (ascorbic acid), calcium stearoyl-2-lactylate. Freshness preserved with sodium bisulfite and BHT), sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto)	Milk
Starches and Legumes	Fettucine Noodles	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.	Wheat
Starches and Legumes	Fiesta Rice	onions, long grain rice, vegetable (soy) oil, salt, white pepper, mushrooms, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), pimentos, parsley	Soy
Starches and Legumes	French Fries	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.	Soy, Seeds
Starches and Legumes	Fried Plantains	plantains	
Starches and Legumes	Garbanzo Beans	Prepared garbanzo beans, water, salt, disodium EDTA added for color retention.	
Starches and Legumes	Garden Rotini Pasta	Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Garlic Whipped Potatoes	garlic, 2% milk, white pepper, salt, instant whipped potatoes (potatoes, mono and diglycerides, ascorbic acid, calcium stearoyl-2-lactylate, sodium bisulfite, BHT)	Milk
Starches and Legumes	Garlicy Mashed Potatoes	garlic, milk, white pepper, salt, instant mashed potatoes (Potatoes, mono & diglycerides, sodium acid pyrophosphate, Vitamin C (ascorbic acid), calcium stearoyl-2-lactylate. Freshness preserved with sodium bisulfite and BHT)	Milk
Starches and Legumes	Glazed Sweet Potatoes	sweet potatoes, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar	Soy
Starches and Legumes	Green Barley & Kale Grain	pearled barley, kale, unsalted butter, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), mirepoix soup base, malted barley flour), salt, black pepper, allspice, nutmeg, swiss cheese (Part-skim milk, cheese culture, salt, enzymes)	Milk, Wheat
Starches and Legumes	Great Northern Beans	White beans, water, salt, calcium chloride, disodium EDTA	
Starches and Legumes	Hash Browns	potatoes, soybean oil, salt, black pepper	Soy
Starches and Legumes	Homemade Refried Beans	dried pinto beans, vegetable (soy) oil, salt, black pepper, chili powder, cumin, mild salsa	Soy
Starches and Legumes	Home Fries	vegetable (soy) oil, potatoes, salt, white pepper	Soy
Starches and Legumes	Honey Glazed Sweet Potatoes	yams, honey, vegetable oil, salt, cinnamon, nutmeg, white pepper, unsalted butter	Milk
Starches and Legumes	Hot German Potatoes	red potatoes, canola/olive oil, yellow onions, green onions, mustard, white pepper, apple cider vinegar, sugar, salt, paprika, parsley	Seeds
Starches and Legumes	Irish Dumplings	all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, egg, milk, parsley, white pepper	Wheat, Milk, Egg
Starches and Legumes	Italian Seasoned Vermicelli Noodles	vermicelli (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), garlic, black pepper, canola oil, parsley, salt	
Starches and Legumes	Kidney Beans, red	Prepared dark red kidney beans, water, sugar, salt, calcium chloride and disodium EDTA added for color retention.	

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Starches and Legumes	Lemon Parsley Rice	lemons rind, long grain rice, water, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), onions, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, white pepper, oregano, parsley	
Starches and Legumes	Linguini Noodles	Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Lone Star Rice	canola oil, long grain rice, yellow rice, garlic, jalapeno, green peppers, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, cumin, cilantro	
Starches and Legumes	Long Grain Rice	long grain rice, water, salt	
Starches and Legumes	Lyonnais Potatoes	potatoes, onions, vegetable (soy) oil	Soy
Starches and Legumes	Macaroni Pasta	Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Marshmallow Glazed Sweet Potatoes	sweet potatoes, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1)	Soy
Starches and Legumes	Mashed Sweet Potatoes	sweet potatoes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, white pepper	Soy
Starches and Legumes	Mexican Rice	vegetable (soy) oil, long grain rice, yellow onions, garlic, green peppers, salt, tomato paste, water, chili powder	Soy
Starches and Legumes	Mostaccioli Pasta	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Nacho Cheese Tortilla Chips	Whole Grain Corn, Sunflower Oil and/or Corn Oil, Salt, Cheddar, Romano, and Parmesan Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Whey, Colored Baked Wheat Flour (Wheat Flour, Dextrose, Sugar, Caramel Color), Tomato Solids, Monosodium Glutamate, Onion and Garlic Powder, Natural and Artificial Flavor, Artificial Color (Including Annatto Paprika, Turmeric, and Yellow #6), Citric Acid, Spices, Disodium Inosinate and Disodium Guanylate.	Seeds, Milk, Wheat
Starches and Legumes	O'Brien Potatoes	green pepper, pimentos, yellow onions, salt, white pepper, potatoes, vegetable (soy) oil	Soy
Starches and Legumes	Orange Rice	fresh orange rind, orange juice, long grain rice, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, onion, vegetable (soy) oil	Soy
Starches and Legumes	Orzo and Bulgar Pilaf	canola oil, orzo pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), garlic, green onion, bulgar, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), rosemary, basil, parsley	
Starches and Legumes	Orzo with Basil and Parmesan	orzo pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.), canola/olive oil blend, garlic, basil, lemons, salt, black pepper, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Wheat
Starches and Legumes	Oven Browned Potatoes	potatoes, vegetable (soy) oil, salt, paprika	Soy
Starches and Legumes	Oven Roasted Garlic Potatoes	red skin potatoes, garlic, black pepper, salt, dried rosemary, canola oil, olive oil	
Starches and Legumes	Parmesan and Green Onion Potatoes	potatoes, 2% milk, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, white pepper, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), green onions	Milk, Soy
Starches and Legumes	Personal Fresh Whipped Potatoes	potato, 2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, white pepper, butter (cream, salt), nutmeg	Milk, Soy
Starches and Legumes	Pinto Beans with Parsley & Garlic	dried pinto beans, yellow onions, garlic, bay leaves, black pepper, salt, canola/olive oil, apple cider vinegar, salt, garlic, tomatoes, parsley	

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Starches and Legumes	Potato Chips	Potatoes, Sunflower Oil, and Salt	Seeds
Starches and Legumes	Potatoes with Parsley	potatoes, parsley	
Starches and Legumes	Pretzels	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Corn Syrup, Corn Oil, Yeast, Malt Extract, Sodium Bicarbonate, Ammonium Bicarbonate, and Artificial Flavor.	Soy, Wheat
Starches and Legumes	Rajma	red chili beans, jalapeno pepper, garlic, cumin, chili powder, coriander, salt	
Starches and Legumes	Redskin Potatoes	redskin potatoes	
Starches and Legumes	Redskin Potatoes with Herbs & Cream	redskin potatoes, half & half (Milk, cream, dipotassium phosphate), garlic, rosemary, green onion, salt, white pepper, butter	Milk
Starches and Legumes	Rice Noodles	Rice flour, water	
Starches and Legumes	Rice Pilaf	long grain rice, vegetable (soy) oil, mushrooms, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, green onions	Soy
Starches and Legumes	Pinto Beans Burrito Station	pinto beans, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), garlic, chili powder, onion powder	
Starches and Legumes	Roasted Potato Duo	canola olive oil, salt, black pepper, idaho potatoes, sweet potatoes	
Starches and Legumes	Rotini Pasta	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Ruffles Potato Chips	Potatoes, vegetable oil (contains one or more of the following: corn, cottonseed, or sunflower oil), and salt. No preservatives	Seeds
Starches and Legumes	Savory Rice	long grain rice, water, onions, vegetable (soy) oil, mushrooms, celery, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), white pepper, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar)	Soy
Starches and Legumes	Scalloped Potatoes	potatoes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, white pepper	Milk, Soy, Wheat
Starches and Legumes	Seasoned Curly Fries	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Food Starch, Spices, Corn Meal, Garlic Powder, Onion Powder, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Colored with Oleoresin Paprika, Dextrose.	Soy, Wheat, Seeds
Starches and Legumes	Seasoned Redskins	redskin potatoes, vegetable (soy) oil, salt, granulated sugar, paprika, celery salt, nutmeg, garlic powder, onion powder, dry mustard	Soy
Starches and Legumes	Seasoned Vermicelli	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid, garlic, black pepper, canola/olive oil, parsley, salt	Wheat
Starches and Legumes	Shell Macaroni Pasta	Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid.	Wheat
Starches and Legumes	Shoestring French Fries	shoestring french fries (Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum), Canola Oil and Corn Oil with TBHQ and Citric Acid added to protect flavor and Dimethylpolysiloxane, an anti-foaming agent added	Soy, Seeds
Starches and Legumes	Smashed Onion & Garlic Potatoes	potato, unsalted butter, onion, garlic, salt, pepper, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate)	Milk

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Starches and Legumes	Smashed Potatoes	red potatoes, salt, white pepper, butter (cream, salt)	Milk
Starches and Legumes	South American Rice	dried black eyed peas, annato, bay leaves, corn oil, yellow onions, green peppers, jalapeno peppers, water, vegetarian "chicken" soup base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), lime juice, cumin, coriander, cayenne pepper, long grain rice	Milk
Starches and Legumes	Southern Style Potatoes	canola oil, olive oil, salt, black pepper, potatoes	
Starches and Legumes	Southwest Rice	onions, red peppers, green peppers, jalapeno peppers, vegetable (soy) oil, long grain rice, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, tomatoes, cilantro, parsley	Soy
Starches and Legumes	Spaghetti Noodles	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid	Wheat
Starches and Legumes	Spatzel Noodles	grill shortening, spatzel dumplings (Water, enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole egg, enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), salt, wheat gluten, oleoresin turmeric.), salt, white pepper	Wheat, Egg
Starches and Legumes	Spicy Black Beans	dried black beans, yellow onions, green peppers, garlic, bay leaves, cumin, coriander, salt, cayenne pepper, black pepper	
Starches and Legumes	Steak Fries	Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), dextrose, sodium acid pyrophosphate added to preserve natural color.	Soy, Seed
Starches and Legumes	Stewed Black Eyed Peas	dried black eyed peas, vegetable (soy) oil, yellow onions, carrots, celery, garlic, tomato, salt, black pepper, cayenne pepper	Soy
Starches and Legumes	Sweet Potatoes w/ Marshmallows	sweet potatoes, salt, brown sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1)	Soy
Starches and Legumes	Sweet Potato Fries	Oil, Sweet Potatoes, Vegetable Oil, (Soybean And/Or Canola), Water. Contains 2% or less of Artificial Flavor, Beta Carotene, Caramel Color, Corn Starch, Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Guar Gum, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Food Starch, Partially Hydrogenated Soybean Oil, Rice Flour, Salt, Sugar, Tapioca Dextrin.	Soy
Starches and Legumes	Taco Shells	Enriched limed corn (limed corn, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil blend (palm oil, contains one or more of the following: corn oil, partially hydrogenated * [corn or soybean oil]), TBHQ (preservative).	Soy
Starches and Legumes	Tator Tots	Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), salt, natural flavor, dextrose, sodium acid pyrophosphate added to preserve natural color.	Soy, Seeds
Starches and Legumes	Tortilla Chips	Whole White Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, or Soybean Oil), and Salt	Seeds, Soy
Starches and Legumes	Tortilla Shells (6" and 10")	Bleached enriched flour (bleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), water, shortening (partially hydrogenated soybean and cottonseed oils with mono glycerides), baking powder (sodium aluminum phosphate, sodium bicarbonate, cornstarch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, potassium sorbate (preservative), vegetable gum (cellulose gum, maltodextrin, carrageenan), metabisulfites	Wheat, Soy
Starches and Legumes	Tostada Shell	corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid, guar gum, amylase), salt	
Starches and Legumes	Tri Color Tortilla Chip	Ground Corn Treated with Lime, Water, Vegetable Oil (Contains One or More of the Following: Cottonseed Oil, Corn Oil), Salt, FD&C Red #40, FD&C Red #40 Lake, FD&C Blue #1, FD&C Yellow #5, FD&C Yellow #6, Sodium Benzoate, Propylene Glycol, Caramel Color, Monodiglycerides, Soybean Oil, Tragacanth Gum, Polysorbate 80, Canola Oil, Citric Acid, Mono- and Triglycerides, Lecithin.	Seeds, Soy
Starches and Legumes	Tritators	Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), salt, natural flavor, dextrose, sodium acid pyrophosphate added to preserve natural color	Soy, Seeds
Starches and Legumes	Twice Baked Potatoes	potatoes, butter (cream), half & half (Milk, cream, dipotassium phosphate), egg, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), onions	Milk, Egg

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Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Starches and Legumes	Vegetarian Baked Beans	prepared white beans, water, brown sugar, sugar, salt, mustard (water, vinegar, mustard seed, salt, tumeric, spices), onion powder, caramel color, spices, garlic powder, and natural flavor	Seeds
Starches and Legumes	Vegetarian Refried Beans	vegetarian refried beans (Cooked beans, water, canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor)	
Starches and Legumes	Vegetarian Refried Black Beans	dried black beans, vegetable (soy) oil, yellow onions, salt, black pepper, chili powder, cumin, mild salsa	Soy
Starches and Legumes	Vermicelli Noodles	Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.	Wheat
Starches and Legumes	Wheat Flour Tortillas	Water, Modified Food Starch, Whole Wheat Flour, Wheat Gluten, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), Wheat Protein Isolate (Wheat Gluten, Lactic Acid, Sulfite), Contains 2 or Less of Each of the Following: Salt, Leavening (Baking Soda, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Cellulose Gum, Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite), Calcium Propionate and Sorbic Acid (To Preserve Freshness), Canola Oil, Triglycerides, Artificial Flavor, Caramel Color, Sucralose.	Wheat, Soy
Starches and Legumes	Whole Wheat Penne Pasta	Durum Whole Wheat Flour	Wheat
Starches and Legumes	Whole Wheat Spaghetti Noodles	Durum Whole Wheat Flour	Wheat
Starches and Legumes	Whipped Potatoes	water, powdered skim milk, salt, white pepper, instant whipped potatoes (potatoes, mono and diglycerides, ascorbic acid, calcium stearoyl-2-lactylate, sodium bisulfite, BHT), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Milk, Soy
Starches and Legumes	Wide Egg Noodles	durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamin mono nitrate, riboflavin, folic acid, water, salt, oil, white pepper	Wheat, Egg
Starches and Legumes	Wild Mushroom Rice	long grain rice, shitake mushrooms, portobella mushrooms, cremini mushrooms, salt, black pepper, onions, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), grill shortening	Soy
Starches and Legumes	Wild Rice Blend	wild rice blend, water, vegetable (soy) oil	Soy
Starches and Legumes	Yellow Corn Arepas	whole kernel corn, masa harina corn flour, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), 2% milk, sugar, salt	Milk
Starches and Legumes	Yellow Rice Burrito Station	rice, vegetarian chicken base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), white pepper, onion powder, garlic powder, cumin	Milk
Starches and Legumes	Ziti Pasta	Durum semolina, ferrus sulfate, niacin, thiamin mononitrate, riboflavin, folic acid	Wheat
Starches and Legumes	Zucchini Fritters	zucchini, salt, black pepper, green onions, lemon zest, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), egg, garlic, canola oil	Egg, Wheat
Vegan Entrees	Acorn Squash Bake w/ Almonds	acorn squash, white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor)), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), green cabbage, yellow onion, apples, almonds, black pepper, thyme, sage, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar)	Tree Nuts, Wheat, Soy
Vegan Entrees	Algerian Chili	canola olive blend, onions, garlic, tomato paste (tomato paste, salt, citric acid), diced tomatoes, great northern beans, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), red pepper flakes, black pepper, ground cumin, bay leaves, cayenne pepper, salt, cilantro, parsley	
Vegan Entrees	Baba Ghanoush	eggplant, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), garlic, sesame tahini, parsley	Seeds

Ingredients are subject to change. Feel free to ask about ingredients in any item.

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Basil Garlic Tofu	tofu, basil, garlic, salt, black pepper, canola/olive oil	Soy
Vegan Entrees	Bean and Lentil Pie	black eyed peas, lentils, vegetable oil, garlic, garbanzo beans, salt, pepper, parsley, potatoes, rosemary	
Vegan Entrees	Black Bean Salsa with Rice	black beans, rice, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), coriander, parsley, cumin, salt, vegetable oil, red pepper, green pepper, chili powder, black pepper, garlic, yellow onions, hot tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder) , salt, rice wine vinegar, arrowroot, cilantro	
Vegan Entrees	Black-Eyed Peas	black-eyed peas, vegetable (soy) oil, onion, carrots, celery, garlic, tomatoes, salt, black pepper, cayenne pepper	Soy
Vegan Entrees	Broccoli Tofu with Peanut Sauce	water, cider vinegar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), red pepper, ginger, tofu, vegetable oil, garlic, onions, red peppers, green peppers, carrots, broccoli, green onions	Soy, Wheat, Peanut
Vegan Entrees	Broccoli Mushroom Linguini	broccoli, linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), canola oil, olive oil, garlic, mushrooms, basil leaves, red pepper, salt	Wheat
Vegan Entrees	Broccoli Mushroom Linguini w/ Edamame	edamame, broccoli, linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), canola oil, garlic, mushroom, basil, red pepper, salt	
Vegan Entrees	Bulgar Stuffed Peppers	bulgar wheat, vegetable (soy) oil, water, salt, garbanzo beans, ground coriander, cinnamon, ginger, lemon juice, green peppers, red peppers, garlic, sesame tahini (sesame seeds), soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), curry powder	Soy, Seeds, Wheat
Vegan Entrees	Burger Crumble Tacos	garlic, onions, green peppers, corn oil, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), chili powder, ground cumin, burger crumble (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices)	Soy, Wheat
Vegan Entrees	Butter Beans with Braised Leeks	lima beans, canola oil, olive oil, onion, garlic, carrot, leeks, white cooking wine, diced tomato, bay leaves, cardamom, salt, black pepper	Alcohol
Vegan Entrees	Cajun Peanut Rice	dried kidney beans, vegetable oil, rice, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), cayenne pepper, cumin, thyme, parsley, vegetable oil, yellow onions, garlic, green pepper, zucchini, mushrooms, tomatoes, peanut butter (Peanuts, sugar, hydrogenated vegetable (canola, cottonseed, soya) oil, salt), salt, black pepper	Seeds, Soy, Peanuts
Vegan Entrees	Cajun Tofu	firm tofu, vegetable oil, garlic powder, soy sauce (water, soybeans, wheat, salt, sodium benzoate), yellow cornmeal, dried thyme leaves, chopped parsley, ground black pepper, ground white pepper, cayenne pepper, paprika, gumbo file, salt	Soy, Wheat
Vegan Entrees	Cajun Tofu Pasta	soy sauce (water, soybeans, wheat, salt, sodium benzoate), vegetable oil, garlic powder, tofu, white bread (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), thyme, parsley, black pepper, white pepper, cayenne pepper, fettucine noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), vegetable oil, carrots, sweet potatoes, green onions, green peppers, red peppers, summer squash, garlic, gumbo file, salt, paprika, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water	Soy, Wheat, Seeds, Milk
Vegan Entrees	Chili Cornbread Pie	garlic, jalapeno pepper, red chili beans, water, onions, cumin, chili powder, salt, black pepper, whole kernel corn, corn oil, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), yellow cornmeal, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, all purpose shortening (partially hydrogenated soybean and cottonseed oils), granulated sugar, soymilk (Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, natural flavors, organic vanilla flavor, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12)	Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Couscous Cakes	water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), couscous, green onions, garlic, cilantro, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), salt, black pepper, garbanzo beans, canola oil, olive oil	Wheat
Vegan Entrees	Couscous Jambalaya	kidney beans, canola oil, olive oil, onions, celery, green peppers, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), carrots, garlic, tomato, bay leaves, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), tabasco sauce (distilled vinegar, red pepper, salt), mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, couscous, green onions	Soy, Wheat
Vegan Entrees	Couscous Moroccan w/ Almonds	couscous, raisins, cumin, lemon juice, canola oil, almonds, salt, pepper, oranges	Wheat, Tree Nuts
Vegan Entrees	Couscous Tagine	canola oil, olive oil, onions, garlic, carrots, butternut squash, green peppers, zucchini, turmeric, ginger, cinnamon, salt, cayenne pepper, tomatoes, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, garbanzo beans, raisins, couscous	Wheat
Vegan Entrees	Cuban Black Beans and Rice	water, long grain rice, dried black beans, carrots, whole bay leaves, cooking sherry, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), prepeeled garlic, fresh jalapeno peppers, apple cider vinegar, green onions, salt, ground allspice, ground black pepper, whole thyme leaves	Alcohol
Vegan Entrees	Curried Kidney Beans	canola oil, olive oil, garlic, black pepper, salt, turmeric, coriander, garam marsala, cayenne pepper, tomato, kidney bean, nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), cilantro	Milk, Tree Nuts
Vegan Entrees	Curried Lentils	vegetable (soy) oil, onions, garlic, curry powder, cayenne pepper, green lentils, soup base mirepoix (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), water, salt	Soy
Vegan Entrees	Dal	red lentils, vegetable (soy) oil, onions, ginger, garlic, whole mustard seed, cinnamon, ground cloves, nutmeg, coriander, chili powder, salt, turmeric, jalapeno peppers, water	Soy
Vegan Entrees	Empanadas	pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), all purpose shortening (partially hydrogenated soybean and cottonseed oils), salt, water, yellow onion, green pepper, vegetable (soy) oil, kidney beans, garbanzo beans, tomatoes, mushrooms, mirepoix base, black pepper, chili pepper, salt, cumin, tomato sauce, bread flour, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Wheat, Soy, Seeds
Vegan Entrees	Garbanzo Beans with Stewed Tomatoes	canola/olive oil blend, garlic, zucchini, garbanzo beans, tomatoes, salt, black pepper, lime juice, water, cilantro	
Vegan Entrees	Grilled Portobella	portobella mushrooms, balsamic vinegar, canola oil, salt, basil, black pepper, honey, garlic	
Vegan Entrees	Grilled Portobella with Barley	portobella mushrooms, dijon mustard, garlic, soy sauce (water, soybeans, wheat, salt, sodium benzoate), canola and olive oil blend, red cooking wine, black pepper, dried pearl barley, water, canola and olive oil blend, minced garlic, sliced zucchini, red onions, onion, eggplant, carrots, green onions, mirepoix soup (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, black pepper, spinach, fresh basil,	Soy, Wheat, Alcohol
Vegan Entrees	Hoisin Tofu	firm tofu, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C red color #40), asian chili peppers, salt, green onions, red cooking wine, garlic, ginger, ground black pepper	Soy, Seeds, Wheat, Alcohol
Vegan Entrees	Italian Rice and Beans	navy beans, canola oil, olive oil, onions, celery, tomatoes, basil, salt, red pepper, long grain rice, water, red kidney beans	
Vegan Entrees	Japanese Burger Crumbles	burger crumble (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), rice wine, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar	Wheat, Soy
Vegan Entrees	Jerk Tofu	tofu, onions, jalapeno peppers, soy sauce (water, soybeans, wheat, salt, sodium benzoate), red wine vinegar, vegetable oil, thyme, garlic, ginger, black pepper, cloves, nutmeg, allspice, cinnamon, brown sugar, salt	Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Jerk Tofu with Vegetables	tofu, summer squash, zucchini, leeks, red onions, carrots, broccoli, celery, red peppers, dried black beans, canola olive oil, salt, balsamic vinegar, paprika, black pepper, white pepper, garlic powder, onion powder, chili powder, ground cumin, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), cinnamon, allspice	Soy
Vegan Entrees	KC's Sunshine Pasta	fettucine pasta (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), vegetable oil, yellow onion, green onion, garlic, jalapeno, curry powder, tomato, soy suace (Water, Wheat, Soybeans, Salt, Sodium Benzoate), carrot, zucchini, mushroom	Soy, Wheat
Vegan Entrees	Khichri Rice	green lentils, red lentils, vegetable (soy) oil, onions, basmati rice, salt, black peppers, ground cardamom, cinnamon, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, green beans, Idaho potatoes, peas	Soy
Vegan Entrees	Korean Tofu BBQ	soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, green onion, sugar, garlic, ginger root, sesame oil, chili sauce, tofu, apples, mango, lime juice, sugar, sesame seeds	Soy, Wheat, Seeds
Vegan Entrees	Lebanese Lentil Stew	water, green lentils, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), onions, garlic, celery, carrots, potatoes, rosemary, tomatoes, tomato puree, salt, black pepper, green onions, parsley	
Vegan Entrees	Lemon Baked Tofu	firm tofu, lemon juice, canola and olive oil blend, garlic, salt, ground black pepper, granulated sugar	Soy
Vegan Entrees	Lentil Rice Bake	dried lentils, dried red lentils, salt, canola oil, yellow onions, garlic, rice, bay leaves, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar) , black pepper, mushroom	
Vegan Entrees	Lentil Stew	dried green lentils, green peppers, celery, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), mushrooms, salt, garlic salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), peas	Soy
Vegan Entrees	Linguini w/ Tomato & Basil	linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), canola oil, garlic, tomatoes, black pepper, salt, sugar, basil	Wheat
Vegan Entrees	Mandarin Greens Salad	tofu, rice wine vinegar, sugar, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), red pepper, sesame oil, spinach, chinese cabbage, sesame seeds, waterchestnuts, oranges	Wheat, Seeds, Soy
Vegan Entrees	Manicotti w/ Marinara	vegan manicotti (Pasta ingredients: extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid) and water.filling: tofu (water, organically grown soybeans, calcium sulfate, magnesium chloride), carrots, water, soy sauce powder [soy sauce (wheat, soybeans, salt), maltodextrin, salt], minced onions), marinara sauce (canola oil, yellow onion, garlic, tomato, fennel, sugar, salt, pepper, basil, oregano, red wine vinegar)	Wheat, Soy
Vegan Entrees	Moroccan Cous Cous with Almonds	couscous, water, raisins, cumin, realemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), canola oil, olive oil, garbanzo beans, green onions, slivered almonds, salt, black pepper, mandarin oranges	Wheat, Tree Nuts
Vegan Entrees	Moroccan Vegetable Stew	canola olive oil, onions, garlic, sweet potatoes, carrots, eggplant, tomatoes, green peppers, red peppers, garbanzo beans, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), salt, black pepper, cinnamon, cardamom, coriander, potatoes	
Vegan Entrees	Mushroom a la King	vegetable oil, celery, onion, bread flour, salt, white pepper, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), green pepper, red pepper, mushroom, peas, tofu	Wheat, Soy
Vegan Entrees	Parsley Garlic Pinto Beans	pinto beans, onions, garlic, bay leaves, black pepper, salt, canola oil, olive oil, cider vinegar, tomatoes, parsley	
Vegan Entrees	Pasta Fagioli	great northern beans, canola oil, olive oil, garlic, parsley, white cooking wine, yellow onions, tomatoes, tomato juice, basil leaves, thyme leaves, salt, parsley, water, rotini pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	
Vegan Entrees	Pasta Primavera (VN)	mostaccioli pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), broccoli, asparagus, zucchini, summer squash, green beans, peas, red peppers, carrots, basil, parsley, black pepper, kosher salt, garlic, canola/olive oil, cherry tomatoes	Wheat

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Pasta Toss with Tofu	mostaccioli noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), broccoli, carrots, green beans, onions, garlic, canola oil, olive oil, savory baked tofu, salt, black pepper, red pepper, parsley	Wheat, Soy, Seeds
Vegan Entrees	Pasta with Burger Crumbles	rotini (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola/olive oil blend, garlic, summer squash, zucchini, red pepper, green pepper, vegetarian burger crumbles, balsamic vinegar, tomatoes, salt, black pepper spice	Wheat
Vegan Entrees	Pasta with Tomato Basil Sauce	canola oil, olive oil, onions, garlic, crushed tomatoes, black olives, red peppers, lemon juice, sugar, basil leaves, salt, black pepper, ziti noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	Wheat
Vegan Entrees	Peanut Vegetable Rice	tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), vegetable oil, cumin, thyme leaves, white pepper, long grain pepper, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, vegetable oil, garlic, ginger, broccoli, onions, carrots, green peppers, red peppers, parsley, roasted peanuts, sunflower seed	Peanut, Soy, Wheat, Seeds
Vegetarian Entrees	Portobella Mushroom & Potato Casserole	wehy free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mushroom base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), fresh whipped potatoes (potato, 2% milk, wehy free margarine, salt, white pepper, nutmeg), carrots, celery, yellow onions, canola/olive oil, portobella mushrooms, zucchini	Milk, Wheat, Soy
Vegan Entrees	Potato Curry	soy vegetable oil, yellow onions, garlic, ground ginger, whole mustard seed, potatoes, ground tumeric, ground red pepper, salt, ground cumin, ground corriander, green onions, dried lentils	Soy
Vegan Entrees	Potato Curry	vegetable oil, yellow onion, garlic, ginger, mustard seed, potato, cayenne pepper, salt, cumin, coriander, green onion, lentils	
Vegan Entrees	Potato Pea Curry	potatoes, corn oil, whole mustard seed, tomato puree, water, peas, cayenne pepper, turmeric, ground coriander, ground cumin, masala, ground ginger, granulated sugar, salt, cilantro	Seeds
Vegan Entrees	Quinoa Casserole	vegetable oil, yellow onions, garlic, carrots, quinoa, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), black pepper, cumin, red kidney beans, tomato, cilantro, oregano	
Vegan Entrees	Red Beans and Rice	kidney beans, garlic, onions, corn oil, red pepper, garlic powder, oregano, black pepper, water, paprika, white vinegar, salt, green pepper, diced tomatoes, cayenne, tomato paste (tomato paste, salt, citric acid), mirepoix base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), rice, ketchup	Soy, Wheat
Vegan Entrees	Rice Noodles w/ Tofu and Vegetables	firm tofu, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C red color #40), black pepper, soybean sesame oil, garlic, cooking sherry, soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice noodles (rice, water), water, ginger, carrots, bok choy, sugar snap peas, red pepeprs, green onions, red pepper flakes, salt, water, arrowroot, soy sauce (water, soybeans, wheat, salt, sodium benzoate), granulated sugar, lime juice, cilantro, sesame seeds	Soy, Wheat, Seeds
Vegan Entrees	Rice with Black Bean Salsa	black bean, long grain rice, soup base mirepoix (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), ground coriander, parsley, water, cumin, salt, vegetable oil, red peppers, green peppers, chili powder, black pepper, garlic, onions, tabasco sauce (distilled vinegar, red pepper, salt), salt, rice wine vinegar, arrowroot, cilantro	Soy
Vegan Entrees	Roast Seitan with Stewed Vegetables	seitan, potato, carrot, yellow onion, water, mirepoix base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), soy sauce (water, soybeans, wheat, salt, sodium benzoate), sesame oil, rice wine, rice wine vinegar, garlic powder, ginger, sage	Wheat, Soy, Seeds
Vegan Entrees	Roasted Tempeh	eggplant, vegetarian tempeh, soy sauce, green pepper, red pepper, red onion, garlic, canola oil, salt	Soy
Vegan Entrees	Roasted Vegetable Strudel	eggplant, canola/olive oil, salt, black pepper, carrots, summer squash, filo dough (Enriched, non-bromine bleached flour (bleached wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn starch, vital wheat gluten, salt, canola oil, preservatives (sodium and/or calcium propionate, potassium sorbate), citric acid), oregano, basil, black pepper	Wheat
Vegan Entrees	Savory Baked Tofu	Tofu (firm pail), water, rice wine vinegar, garlic, yellow onion, ginger root, water, sambi no garlic chili paste, green onions, sesame oil	Soy, Seeds

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Vegan Entrees	Southwest Corn Cakes	water, yellow cornmeal, canola olive blend, diced onions, green peppers, red peppers, green onions, tofu, salt, ground black pepper, cayenne pepper, ground cumin, whole kernel corn, fresh cilantro, white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thaimin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor))	Soy, Wheat, Milk
Vegan Entrees	Spicy Black Beans	black beans, onions, green peppers, garlic, bay leaves, cumin, coriander, salt, cayenne pepper, black pepper	
Vegan Entrees	Spicy Kidney Beans	kidney beans, water, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), onions, carrots, canola oil, olive oil, thyme leaves, garlic, black pepper, salt, bay leaves	
Vegan Entrees	Squash, Corn and Bean Stew	canola oil, olive oil, onions, garlic, red pepper, green pepper, cayenne pepper, paprika, oregano, tomatoes, butternut squash, water, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), red kidney beans, whole kernel corn, basil	
Vegan Entrees	Stuffed Cabbage w/ Burger Crumbles	cabbage, vegetarian burger crumbles (Textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), water, corn oil, contains two percent or less of chicory root fiber (inulin), yeast extract, natural flavors from non-meat sources, black malt powder, salt, soy sauce (water, soybeans, salt, wheat), evaporated cane juice crystals, garlic powder, onion juice concentrate, spices, tomato powder, citric acid, niacinamide, iron (ferrous sulfate), thiamin mononitrate (vitamin B1), pyridoxane hydrochloride, (vitamin B6), riboflavin (vitamin B2), vitamin B12), rice, yellow onion, green pepper, red pepper, salt, black pepper, garlic, tomato, sugar, white pepper, parsley	Soy, Wheat
Vegan Entrees	Sweet and Spicy Tofu	tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), green pepper, red pepper, sesame oil, garlic, green onions, water, black pepper, red pepper, ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), granulated sugar, cornstarch, dry mustard, cooking sherry	Soy, Wheat, Seeds, Alcohol
Vegan Entrees	Szechwan Eggplant and Vegetables	chili paste, ginger, soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, sesame oil, garlic, granulated sugar, vegetable oil, red peppers, green peppers, eggplant, chinese celery cabbage, green onions, water, dry sherry, salt, arrowroot	Soy, Wheat, Seeds, Alcohol
Vegan Entrees	Taco Burger Crumbles	garlic, yellow onion, green pepper, corn oil, tomato sauce, chili powder, cumin, vegetarian burger crumbles (Textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), water, corn oil, contains two percent or less of chicory root fiber (inulin), yeast extract, natural flavors from non-meat sources, black malt powder, salt, soy sauce (water, soybeans, salt, wheat), evaporated cane juice crystals, garlic powder, onion juice concentrate, spices, tomato powder, citric acid, niacinamide, iron (ferrous sulfate), thiamin mononitrate (vitamin B1), pyridoxane hydrochloride, (vitamin B6), riboflavin (vitamin B2), vitamin B12)	Wheat, Soy
Vegan Entrees	Tangy Citrus Noodles	dried black beans, water, ground cumin, apple cider vinegar, iodized salt, red crushed pepper, spaghetti pasta, garlic, canola olive oil blend, sesame blend oil, soy sauce pail (water, soybeans, wheat, salt, sodium benzoate), granulated sugar, rice wine vinegar, hot tabasco, ground black pepper, fresh cilantro, lemons, orange, ginger root, ground cayenne pepper, carrots, green onions	Wheat, Soy, Seeds
Vegan Entrees	Tempeh Stir Fry	soy sauce (water, soybeans, wheat, salt, sodium benzoate), black pepper, cayenne pepper, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), sesame oil, dry sherry, water, cornstarch, vegetable oil, red onions, garlic, ginger, tempeh, carrots, zucchini, broccoli, chinese cabbage, green onions, waterchestnuts, sesame seeds	Soy, Wheat, Seeds, Alcohol
Vegan Entrees	Thai Hot & Sour Stir Fry w/ Peanuts	red peppers, peapods, garlic, lime juice, soy sauce (water, soybeans, wheat, salt, sodium benzoate), red peppers, peanut butter, vegetable oil, tofu, linguine noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), green onions, sesame seeds	Peanut, Soy, Wheat, Seeds
Vegan Entrees	Thai Sesame Noodles with Peanuts	linguine noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), peanut butter, salt, garlic, ginger, soy sauce (water, soybeans, wheat, salt, sodium benzoate), red pepper flakes, rice wine vinegar, water, sesame tahini, lemon juice, pimentos, lime juice, sugar, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), dry roasted peanuts, sesame seeds, red peppers, green peppers	Peanut, Soy, Wheat, Seeds
Vegan Entrees	Thai Style Fried Rice	red asian chili peppers, onions, garlic, lemons, ginger, water, long grain rice, firm tofu, sesame oil, green onions, cilantro, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cucumbers	Soy, Wheat, Seeds
Vegan Entrees	Thai Tofu Curry	firm tofu, ginger, cilantro, garlic, unsweetened coconut milk (coconut milk, water), soy sauce (water, soybeans, wheat, salt, sodium benzoate), brown sugar, jalapeno peppers, curry powder, soybean sesame oil, green onions	Soy, Wheat, Seeds

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Three Bean Chili	corn oil, onions, celery, garlic, chili powder, cayenne, black pepper, cumin, oregano, paprika, bay leaves, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, v-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), tomatoes, sugar, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, kidney beans, garbanzo beans, pinto beans	Wheat
Vegan Entrees	Tofu Panang	tofu, unsweetened coconut milk (coconut milk, water), soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), panang paste, white pepper, cayenne pepper, sugar, bay leaves, soy sauce (water, soybeans, wheat, salt, sodium benzoate), carrots, broccoli florets, red peppers	Soy, Wheat, Milk
Vegan Entrees	Tofu Stir Fry	tofu, chinese napa cabbage, pea pods, sesame oil, garlic, vegetable oil, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), cayenne pepper	Seeds, Soy, Wheat
Vegan Entrees	Tofu Triangles with Brown Rice	brown rice, water, firm tofu, cornstarch, soy sauce (water, soybeans, wheat, salt, sodium benzoate), brown sugar, ginger, sesame oil, red peppers, green peppers	Soy, Wheat, Seeds
Vegan Entrees	Tofu Vegetable Pasta	tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), ziti noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), vegetable oil, ginger, garlic, broccoli, onions, sesame oil, black pepper, salt, sesame seeds	Soy, Wheat, Seeds
Vegan Entrees	Tofu Vegetable Rice w/ Peanuts	tofu, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), vegetable oil, cumin, thyme, white pepper, rice, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), garlic, ginger, broccoli, yellow onion, carrot, green pepper, red pepper, parsley, peanuts, sunflower seeds	Peanuts, Soy, Wheat, Seeds
Vegan Entrees	Tofu with Hoisin Sauce	tofu, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&C Red color #40), red asian chili peppers, salt, green onion, red cooking wine, garlic, ginger root, black pepper	Wheat, Soy, Seeds, Alcohol
Vegan Entrees	Tomato Basil Linguini	linguini (Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola olive blend, garlic, tomatoes, cracked black pepper, salt, sugar, basil	Wheat
Vegan Entrees	Tomato Tofu Spinach Sauté	tofu, spinach leaf, thyme, sage, oregano, basil, fennel, white pepper, garlic, onion powder, tomatoes, stock mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), cayenne pepper	Soy
Vegan Entrees	Vegan Burrito	corn oil, carrots, celery, onions, garlic, green peppers, red peppers, cumin, chili powder, white pepper, salt, burger crumble (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), raisins, whole kernel corn, cilantro, mild salsa, flour tortillas (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid)	Wheat, Soy
Vegan Entrees	Vegan Calzone	canola oil, olive oil, onions, garlic, green peppers, red peppers, mushrooms, salt, black pepper, basil leaves, oregano leaves, spinach, tofu, homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Soy, Wheat
Vegan Entrees	Vegan Chili	corn oil, onions, celery, garlic, whole bay leaves, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chili powder, ground cumin, cayenne pepper, paprika, diced tomatoes, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), granulated sugar, salt, red kidney beans, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), black pepper	Wheat, Soy

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Vegan Entrees	Vegan Chili Cornbread Pie	garlic, jalapeno pepper, red beans, water, yellow onion, cumin, chili powder, salt, black pepper, whole kernel corn, corn oil, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), yellow cornmeal, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, all purpose vegetable shortening (Partially hydrogenated soybean and cottonseed oils), sugar, soy milk (Organic soymilk (filtered water, whole organic soybeans), organic cane sugar, calcium carbonate, sea salt, natural flavors, organic vanilla flavor, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12)	Soy, Wheat
Vegan Entrees	Vegan Fried Rice	long grain rice, sesame oil, garlic, ginger, green onions, peas, carrots, white pepper, soy sauce (water, soybeans, wheat, salt, sodium benzoate)	Seeds, Soy, Wheat
Vegan Entrees	Vegan Ravioli	vegan ravioli (Extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic Acid) and water. Filling: tofu (water, organically grown soybeans, calcium sulfate, magnesium chloride), carrots, soy sauce powder [soy sauce (wheat, soybeans, salt), maltodextrin, salt], minced onions)	Soy, Wheat
Vegan Entrees	Vegan Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), tofu, canola/olive oil, kosher salt, oregano, garlic, black pepper, tomato, green pepper, yellow pepper, red pepper, mushroom, yellow onion	Wheat (crust), Soy
Vegan Entrees	Vegan Pizza with Artichoke Hearts	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), artichokes, tomatoes, red pepper, mushrooms, basil, salt	Wheat
Vegan Entrees	Vegan Pizza with Vegetables	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), tofu, tomatoes, green pepper, mushroom, yellow onion	Soy, Wheat (crust)
Vegan Entrees	Vegan Pot Pie	vegetable oil, onion, rutabagas, parsnips, carrots, mushrooms, all purpose flour, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), onion powder, thyme, potato, pastry sheet (Enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oil, water, sugar, fructose, salt)	Wheat, Soy, Seeds
Vegan Entrees	Vegan Shepard's Pie	wehy-free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), mushrooms, onions, garlic, celery, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), peas, carrots, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), redskin potatoes, thyme, black pepper, salt, instant whipped potatoes (potatoes, mono and diglyderides, ascorbic acid, calcium stearoyl-2-lactylate, sodium bisulfite, BHT)	Soy, Wheat
Vegan Entrees	Vegan Stuffed Shells	extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin), water, spring patent flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), salt, canola oil, tofu (water, organically grown soybeans, calcium sulfate, magnesium chloride), carrots, soy sauce powder (wheat, soybeans, salt), and onions	Wheat, Soy
Vegan Entrees	Vegan Tex Mex Chili	corn oil, onions, celery, parsnips, carrots, garlic, red peppers, green peppers, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), chili powder, ground cumin, cayenne pepper, paprika, canned diced tomatoes, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, granulated sugar, salt, red kidney beans, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), black pepper, cilantro, lime juice	Wheat, Soy
Vegan Entrees	Vegan Tortellini	Extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamin mononitrate, riboflavin and folic acid) and water. Filling: tofu (water, organically grown soybeans, calcium sulfate, magnesium chloride), bread crumbs (bleached wheat flour, yeast, sugar, salt), carrots, soy flour, soy sauce powder [soy sauce (wheat, soybeans, salt), maltodextrin, salt], canola oil, granulated garlic and minced onion.	Wheat, Soy

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	Vegetable Creole	corn oil, garlic, yellow onions, celery, salt, thyme, bay, parsley, tomato, hot tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), paprika, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), chili powder, green pepper, potato, eggplant, green pepper, lima beans, corn, okra	Soy
Vegan Entrees	Vegetable Curry	yellow onions, garlic, canola oil, curry powder, cinnamon, cumin, chili, ginger, tamari sauce (Water, soybeans, salt, alcohol), carrots, garbanzo beans, tomato, green pepper, raisins, zucchini	Soy, Alcohol
Vegan Entrees	Vegetable Fajitas	corn oil, garlic, onions, carrots, celery, zucchini, summer squash, green peppers, red peppers, orange zest, red wine vinegar, salt, black pepper, chili powder, cumin, granulated sugar, cilantro	
Vegan Entrees	Vegetable Jambalaya	vegetable (soy) oil, onions, celery, carrots, garlic, green peppers, tomatoes, tomato puree, gumbo file, tempeh cubes, parsley, tabasco sauce (distilled vinegar, red pepper, salt)	Soy
Vegan Entrees	Vegetable Kabob w/ Tofu	carrots, yellow onion, zucchini, mushrooms, grape tomatoes, tofu (Water, non-GMO soybeans, terra alba (a natural earth mineral)), vegetable oil, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), lemon juice	Soy
Vegan Entrees	Vegetable Lo Mein	spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), corn oil, ginger, carrots, mushrooms, bamboo shoots, firm tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), corn oil, ginger, carrots, mushrooms, bamboo shoots, tofu, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), sherry cooking wine, sesame oil, salt, spinach	Alcohol, Soy, Wheat
Vegan Entrees	Vegetable Lo Mein with Tofu	spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), corn oil, ginger, carrots, mushrooms, bamboo shoots, firm tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cooking sherry, soybean sesame oil, salt, spinach	Wheat, Soy, Seeds, Alcohol
Vegan Entrees	Vegetable Paella	dried black beans, v-8 juice (Tomato Juice from Concentrate (Water, Tomato Paste), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Salt, Natural Flavoring, Vitamin C (Ascorbic Acid), Citric Acid), long grain rice, canola olive blend, garlic, carrots, green peppers, celery, onions, tofu (Water, non-GMO soybeans, terra alba (a natural earth mineral)), water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), tomato paste (tomato paste, salt, citric acid), paprika, black pepper, garbanzo beans, frozen green peas, canned sliced black, oregano, red peppers, oregano leaves, cumin, cilantro, salt	Soy
Vegan Entrees	Vegetable Pasty	water, salt, black pepper, yellow onion, rutabagas, carrots, parsnips, potatoes, vegetarian burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), pastry circles (Flour (unenriched, unbleached) Vegetable Shortening (Partially Hydrogenated Soy Bean Oil), Water, Dextrose, Salt, Baking Soda)	Wheat, Soy
Vegan Entrees	Vegetable Stew	canola oil, olive oil, onions, garlic, carrots, celery, zucchini, summer squash, green peppers, eggplant, parsley, tomatoes, v-8 juice (tomatoes, carrots, celery, beets, parsley, lettuce, watercress and spinach), tomato paste (tomato paste, salt, citric acid), salt, white pepper, bay leaves, thyme leaves	
Vegan Entrees	Vegetable Stew w/ Tofu	tofu, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate), canola oil, yellow onions, carrots, tomato, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), zucchini, green pepper, salt, black pepper, arrowroot, green peas	Soy, Wheat,
Vegan Entrees	Vegetable Stir Fry with Tofu	tofu, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sesame oil, onions, garlic, ginger, water, sugar, five spice, red pepper, cornstarch, vegetable oil, carrots, celery, red bell pepper, green pepper, mushrooms, pea pods, napa chinese cabbage, waterchestnuts, bamboo shoots	Soy, Wheat, Seeds
Vegan Entrees	Vegetarian Mostaccioli	burger crumble (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), onions, green pepper, tomatoes, tabasco sauce (distilled vinegar, red pepper, salt), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), salt, white pepper, bay leaves, water, tomato puree, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), mostaccioli noodles (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), pimentos	Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegan Entrees	White Bean and Potato Hash	canola oil, olive oil, onions, garlic, potatoes, northern beans, salt, black pepper, parsley	
Vegan Entrees	Xhosa Imifino Patty	spinach, water, salt, jalapeno pepper, yellow onions, white pepper, yellow cornmeal	
Vegan Entrees	Asian Greens	vegetable (soy) oil, ginger, garlic, onions, bok choy, sugar snap peas, spinach, chinese cabbage, green onions, black pepper, salt	Soy
Vegan Entrees	Asparagus Cuts and Tips	Asparagus	
Vegetables	Baby Carrots	baby carrots	
Vegetables	Baked Acorn Squash with Honey	acorn squash, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), brown sugar, ground cinnamon, salt, pure honey	Soy
Vegetables	Baked Acorn Squash with Maple Syrup	acorn squash, maple syrup	
Vegetables	Brazilian Kale	Purple flowering kale, kale, canola/olive oil, garlic, salt, black pepper, lime juice	Soy
Vegetables	Broccoli Cuts	Broccoli	
Vegetables	Broccoli Spears	Broccoli	
Vegetables	Brussel Sprouts	brussel sprouts	
Vegetables	Cabbage Wedges	Green cabbage	
Vegetables	California Blend	broccoli, cauliflower, crinkle cut carrots	
Vegetables	Canned Carrots	carrots	
Vegetables	Canned Peas	peas, water, sugar, salt	
Vegetables	Capri Blend	carrots, green beans, yellow squash, zucchini	
Vegetables	Carrot Coins	carrots	
Vegetables	Cauliflower	cauliflower	
Vegetables	Cauliflower and Peas	cauliflower, peas	
Vegetables	Cauliflower Au Gratin	whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, white pepper, 2% milk, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), frozen cauliflower, paprika	Soy, Wheat, Milk
Vegetables	Collard Greens	collard greens	
Vegetables	Collard Greens w/ Smoked Ham	smoked ham hock, water, black pepper, garlic powder, crushed red pepper, sugar, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), collard greens	Milk
Vegetables	Corn on the Cob	sweet corn OR frozen corn on the cob	
Vegetables	Corn with Cumin, Chile and Tomato	whole kernel corn, garlic, cumin, canola/olive oil, yellow onion, jalapeno, roma tomatoes, salt, cilantro	Soy
Vegetables	Cream Style Corn	corn, water, sugar, modified food starch, salt	
Vegetables	Edamame	edamame	Soy
Vegetables	French Cut Green Beans	green beans	
Vegetables	Fresh Aparagus Spears	Asparagus, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Soy
Vegetables	Fresh Cauliflower	cauliflower	
Vegetables	Fresh Pea Pods	pea pods	
Vegetables	Fresh Steamed Broccoli	broccoli	
Vegetables	Glazed Baby Carrots	baby carrots, brown sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Soy

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Category	Menu Item	Ingredients	Allergens
Vegetables	Green Bean Casserole	green beans, cream of mushroom soup (water, mushrooms, vegetable oil, corn oil, cottonseed oil, canola oil, soybean oil, modified food starch, wheat flour, cream (milk, salt, dried whey, monosodium glutamate, soy protein concentrate, yeast extract, spice extract, dehydrated garlic), salt, black pepper, fried vegetable onion rings (palm oil, wheat flour, onions, soy flour, salt, dextrose, Tbhq and citric acid)	Milk, Soy, Wheat, Seeds
Vegetables	Green Beans	green beans	
Vegetables	Green Beans with Roasted Walnuts	vegetable (soy) oil, walnut pieces, balsamic vinegar, tarragon, garlic, salt, black pepper, sugar, green beans	Soy, Tree Nuts
Vegetables	Green Peas	green peas	
Vegetables	Grilled Corn on the Cob	sweet corn	
Vegetables	Grilled Japanese Vegetables	rice wine, sugar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), red miso paste, sesame oil, sesame seeds, yellow onion, japanese eggplant, zucchini, shitake mushrooms	Soy, Wheat, Seeds
Vegetables	Grilled Marinated Vegetables	canola/olive oil, balsamic vinegar, fresh rosemary, thyme, basil, oregano, garlic, salt, black pepper, summer squash, zucchini, red onions, red peppers, carrots	
Vegetables	Grilled Vegetables Burrito Station	canola/olive oil, yellow onions, carrots, zucchini, summer squash, red pepper, green pepper, garlic, chili powder, salt, black pepper	
Vegetables	Grilled Zucchini and Carrots	carrots, vegetable (soy) oil, zucchini, brown sugar, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), garlic powder, soy sauce (water, soybeans, wheat, salt, sodium benzoate), black pepper, apple juice	Soy, Wheat
Vegetables	Herb Grilled Zucchini	zucchini, green peppers, onions, vegetable (soy) oil, salt, black pepper, oregano	Soy
Vegetables	Herbed Zucchini	zucchini, yellow onion, salt, black pepper, oregano	
Vegetables	Hubbard Squash	mashed hubbard squash	
Vegetables	Italian Green Beans	italian green beans	
Vegetables	Italian Blend	Zucchini, carrots, cauliflower, italian green beans, baby lima beans and salt	
Vegetables	Key Largo Blend	green beans, carrots, yellow carrots, red peppers	
Vegetables	Kyoto Blend	edamame (shelled soybeans), broccoli florets, julienne carrots, cut corn, diced red peppers.	Soy
Vegetables	Midori Blend	edamame (shelled soybeans), sugar snap peas, baby corn, red pepper strips, water chestnuts	Soy
Vegetables	Mixed Vegetables	corn, carrots, green beans, peas, lima beans	
Vegetables	Mushroom Nimono	mushrooms, rice wine, soy sauce (water, soybeans, wheat, salt, sodium benzoate)	Soy, Wheat
Vegetables	Native American Style Corn	bacon, yellow onion, green pepper, garlic, canned cream style corn (Corn, water, sugar, modified corn starch, and salt), salt, black pepper	
Vegetables	Oriental Blend	broccoli, red pepper, carrots, water chestnuts, chinese pea pods, straw mushrooms	
Vegetables	Peas and Carrots	peas and carrots	
Vegetables	Peas with Mushrooms	peas, mushrooms	
Vegetables	Peas with Rice and Almonds	peas, long grain rice, sliced almonds	Tree Nuts
Vegetables	Peppers and Onions	green peppers, onions, canola/olive oil	
Vegetables	Ratatouille	canola oil, olive oil, onions, garlic, oregano, basil leaves, black pepper, zucchini, summer squash, eggplant diced, eggplants, mushrooms, green peppers, tomatoes, salt, granulated sugar	
Vegetables	Roasted Michigan Vegetables	canola/olive oil, kosher salt, black pepper, coriander, yellow onion, rutabagas, carrots, parsnips, acorn squash, beets, asparagus, green pepper, red pepper	
Vegetables	Sauteed Mushrooms	mushrooms, margarine whey free (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)	Soy
Vegetables	Sautéed Onions	onions, canola/olive oil	
Vegetables	Sauteed Sugar Snap Peas	whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), sugar snap peas, black pepper	Soy

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Category	Menu Item	Ingredients	Allergens
Vegetables	Scalloped Corn	yellow cornmeal, brown sugar, salt, 2% milk, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), frozen whole kernel corn, pimentos, eggs	Milk, Soy, Egg
Vegetables	Scandinavian Blend	peas, zucchini, carrots, green beans, onions, trace of salt	
Vegetables	Sesame Green Beans	green beans, sesame oil, sesame seeds, crushed red pepper, salt	Seeds, Soy
Vegetables	Sliced Carrots	carrots	
Vegetables	Sliced Onions	onions	
Vegetables	Sliced Tomatoes	fresh tomatoes	
Vegetables	Spinach	leaf spinach	
Vegetables	Steamed Pea Pods	pea pods	
Vegetables	Zucchini and Carrots	carrots, zucchini	
Vegetables	Stir Fried Cabbage	vegetable oil, onion, salt, soy sauce (water, soybeans, wheat, salt, sodium benzoate), green cabbage	Soy, Wheat
Vegetables	Succotash	whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, dried baby lima beans, canned cream style corn, sugar, salt, black pepper	Soy
Vegetables	Sugar Snap Blend	broccoli cuts, sugar snap peas, red pepper strips, bean sprouts and water chestnuts	
Vegetables	Summer Squash	summer squash	
Vegetables	Sweet and Sour Cabbage with Apple	yellow onions, red cabbage, granny smith apples, salt, sugar, apple cider vinegar, black pepper	
Vegetables	Tempura Batter	egg, water, all-purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour.), baking powder, salt, white pepper	Egg, Wheat
Vegetables	Tunisian Greens with Peanuts	water, swiss chard, jif peanut butter, diced tomatoes, green onions, salt	Peanut
Vegetables	Turnip Greens	turnip greens	
Vegetables	Turnip Pickles	turnips, salt, kelp, lemons	
Vegetables	Vegetable Gratin	eggplant, vegetable oil, onions, zucchini, tomatoes, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), basil, oregano, salt, black pepper, garlic, rosemary	Soy, Wheat, Milk, Seeds
Vegetables	Vegetable Kabob	carrots, yellow onion, zucchini, mushrooms, cherry tomatoes, vegetable oil, lemon, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), lemon juice, garlic	Soy
Vegetables	Vinegar Cucumber Pickles	cucumbers, salt, kelp, lemons, rice vinegar, sugar, salt, water	
Vegetables	Whole Green Beans	whole green beans	
Vegetables	Whole Kernel Corn	frozen whole kernel corn	
Vegetables	Wilted Spinach	spinach, canola/olive oil, garlic, salt, black pepper	
Vegetables	Winter Blend	broccoli, cauliflower	
Vegetables	Zucchini and Summer Squash	zucchini, summer squash	
Vegetables	Zucchini Parmesan	zucchini, vegetable (soy) oil, tomatoes, mushrooms, salt, black pepper, sharp cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Soy
Vegetarian Entrees	Bean and Cheese Burrito	southwest rice, vegetarian refried beans, mexican cheese blend (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto), 10" flour tortillas (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness))	Wheat, Soy, Milk
Vegetarian Entrees	Azteca Olive Rice	Water, long grain rice, salt, chili sauce, cumin, chili powder (Chili pepper, cumin, oregano, salt, silicon dioxide, garlic), black olives, Dannon nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), green chilies, mozzarella (Cultured Pasteurized Milk, Enzymes, Salt)	Milk

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Baked Rotini	Garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), cauliflower, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), leeks, bread flour (Cream, sugar, mono and diglycerides, carrageenan, vanilla), 2% milk, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, white ground pepper, basil, swiss cheese, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Soy, Wheat
Vegetarian Entrees	Baked Vegetarian Spaghetti	Spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, garlic, green peppers, celery, tomato, crushed tomato, tomato puree, water, vegetarian chicken base (Vegetable puree (celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), oregano, salt, white ground pepper, parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Soy, Milk, Wheat
Vegetarian Entrees	Black Bean Enchiladas	black beans, corn, onions, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, citric acid, artificial flavors, beta carotene, vitamin A palmitate), chili powder, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), water, tomato paste (tomato paste, salt, citric acid), paprika, salt, cumin, garlic, black pepper, cilantro, 6" corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid, guar gum, amylase)	Soy, Wheat, Milk
Vegetarian Entrees	Black Bean Tortilla Casserole	onions, green peppers, diced tomatoes, mild salsa, black beans, garlic powder, ground cumin, flour tortillas (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tomatoes	Wheat, Soy, Milk
Vegetarian Entrees	Black Bean Tortilla Torte	yellow onions, green peppers, diced tomatoes, mild salsa sauce, black beans, garlic powder, ground cumin, corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid, guar gum, amylase), shredded cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tomatoes	Milk
Vegetarian Entrees	Bowtie Bandiera	bow tie pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), broccoli, canola oil, olive oil, garlic minced, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), half & half, salt, white pepper, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), tomatoes	Wheat, Milk
Vegetarian Entrees	Boxty	potato, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour.), salt, white pepper, baking powder, eggs, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), parsley, green onion	Egg, Wheat, Soy
Vegetarian Entrees	Broccoli Alfredo Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), alfredo sauce (butter, all purpose flour, heavy whipping cream, half and half, salt, pepper, parmesan cheese), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), mushrooms, broccoli	Wheat, Milk

Fall 2009 Ingredients List

Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Broccoli Potato Casserole	Broccoli, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, cheddar cheese, salt, white ground pepper, nutmeg, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), potato, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds.)	Soy, Milk, Seeds, Wheat
Vegetarian Entrees	Butternut Squash Ravioli	semolina flour, whole egg, water, butternut squash, red bell pepper, onion, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), butter (cream, salt), maple syrup, sage, & spices.	Egg, Wheat, Milk
Vegetarian Entrees	Carrot & Apple Kugel	eggs, sugar, carrots, red delicious apples, grape juice, lemon zest, lemon juice, potato starch	Eggs
Vegetarian Entrees	Cheese Enchilada	sharp cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), mexican cheese blend (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto), bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), yellow onions, water, cumin, enchilada sauce (Water, crushed tomatoes (water, concentrated crushed tomatoes), modified food starch, chili powder (chili pepper, cumin, oregano, dehydrated garlic), Vegetable Oil (corn, cottonseed, and/or canola), salt, onion powder, dehydrated garlic, spice, citric acid and sodium benzoate (preservative)), 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness))	Milk, Wheat, Soy, Seeds
Vegetarian Entrees	Cheese Lasagna	onions, garlic, vegetable (soy) oil, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), tomato paste, black pepper, basil leaves, oregano, salt, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), ricotta cheese (pasteurized whey, milkfat, and milk), pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs)	Wheat, Soy, Milk, Egg
Vegetarian Entrees	Cheese Lasagna Roll-ups with Marinara Sauce	Marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), Cheese Filling: Ricotta Cheese (pasteurized whey, milkfat, and milk), Water, Mozzarella Cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White.	Milk, Wheat, Egg
Vegetarian Entrees	Cheese Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), olive oil, canola oil	Wheat (crust), Milk, Soy
Vegetarian Entrees	Cheese Pizza 12" and 16"	Pizza crust 12" (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomatoes, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, and basil)	Milk, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Cheese Quesadilla	muenster cheese (pasteurized milk, cheese culture, salt, enzymes and annatto color), flour tortillas (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), vegetable oil	Wheat, Soy, Milk
Vegetarian Entrees	Cheese Ravioli Canned	Cheese ravioli (Part skim ricotta cheese (whey, cream, vinegar, carrageenan), enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), water, whole egg, cream cheese powder (cream cheese [cream, milk, skim milk, dried whey, cheese cultures, salt, enzymes], dried whey, natural flavor, tocopherols), parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), romano cheese made from cow's milk (pasteurized cultured milk, salt, enzymes), corn starch-modified, salt, garlic powder, dehydrated parsley flakes.), parmesan cheese (Grated Parmesan Cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), parsley	Milk, Cheese, Wheat, Egg
Vegetarian Entrees	Cheese Ravioli Jumbo	Part skim ricotta cheese (whey, cream, vinegar, carrageenan), enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), water, whole egg, cream cheese powder (cream cheese [cream, milk, skim milk, dried whey, cheese cultures, salt, enzymes], dried whey, natural flavor, tocopherols), parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), romano cheese (pasteurized cultured milk, salt, enzymes), corn starch-modified, salt, garlic powder, dehydrated parsley flakes.	Wheat, Egg, Milk
Vegetarian Entrees	Cheese Souffle	2% milk, eggs, salt, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), cheddar cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose), cream of tartar water	Eggs, Wheat, Milk, Soy
Vegetarian Entrees	Cheese Stuff Shells	Frozen vegetarian cheese stuffed shells (A. Filling: Whole milk Ricotta cheese (Milk, Whey, Cream, Vinegar, Salt, Carrageenan as stabilizer), Part Skim Ricotta Cheese (Whey, Milk, Vinegar, Salt, Carrageenan as Stabilizer), Water, Liquid Pasteurized Whole Eggs, Modified food starch, Salt, Romano cheese (Sheeps Milk, Rennet, Salt), Pepper, Parsley. B.Pasta:Extra Fancy Durum Flour (Enriched with Niacin, Ferrous Sulphate, Thiamine Mononitrate, Riboflavin, Folic acid), Salt, Canola oil.)	Eggs, Milk, Wheat
Vegetarian Entrees	Cheese Tortellini	Pasta (durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, and folic acid), water, liquid pasteurized whole eggs, romano cheese (sheep's milk, cultures, rennet, salt), part skim ricotta cheese (whey, milk, vinegar, carrageenan as a stabilizer), whole milk ricotta cheese (whey, whole milk, cream, vinegar), german swiss cheese (pasteurized milk, cheese culture, salt, rennet), swiss cheese (cow's milk, cheese cultures, salt, enzymes), bread crumbs (bleached wheat flour, yeast, sugar, salt), water, salt, canola oil, spices and nutmeg	Wheat, Egg, Milk, Soy
Vegetarian Entrees	Chili Relleno Casserole	Eggs, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking powder, salt, white ground pepper, lowfat cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), green chilies	Eggs, Wheat, Milk, Soy
Vegetarian Entrees	Con Queso Pizza	canola olive blend, onions, jalapeno peppers, garlic, homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cumin, chili powder, black pepper, sugar, salt, water, muenster (pasteurized milk, cheese culture, salt, enzymes and annatto color), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Milk, Wheat (crust)
Vegetarian Entrees	Couscous Vegetable Stew	Canola/olive oil blend, yellow onions, garlic, carrots, yams, eggplant, tomatoes, green peppers, red bell peppers, garbanzo beans, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), salt, black ground pepper, cinnamon, cardamon, coriander, potato, couscous, water, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), feta cheese (Pasteurized milk, salt, cheese cultures, enzymes), parsley, garlic, lemons, cayenne pepper	Milk, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Creamy Pasta Primavera	bowtie pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), carrots, zucchini, summer squash, canola/olive oil, yellow onions, garlic, tomatoes, green onion, red pepper, green pepper, basil, parsley, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, black pepper, cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), parmesan cheese (part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Wheat
Vegetarian Entrees	Creamy Pesto	2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), garlic, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), basil, salt, white ground pepper	Milk, Soy, Wheat
	Crispy Patty Parmesan	crispy patty (Textured vegetable protein (soy protein isolate, soy protein concentrate, wheat gluten, water for hydration), water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), wheat flour, egg whites, corn oil, yellow corn flour, corn starch. Contains 2% or less of salt, modified tapioca starch, wheat starch, cellulose gum, soy fiber, dextrose, autolyzed yeast extract, hydrolyzed corn and soy protein, sugar, potassium chloride, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural and artificial flavors from non-meat sources, whey, modified corn starch, paprika, disodium inosinate, soy protein isolate, soybean oil, guar gum, onion powder, spices, dried yeast, caramel color, paprika extract (for color), annatto extract (for color), xanthan gum, sodium alginate, carrageenan, garlic powder, celery extract, wheat fiber, vitamins and minerals (niacinamide, iron [ferrous sulfate], vitamin B1 [thiamin mononitrate], vitamin B6 [pyridoxine hydrochloride], vitamin B2 [riboflavin], vitamin B12 [cyanocobalamin]), lactic acid, non fat dry milk), canned marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), shredded mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), parsley	Egg, Milk, Wheat, Soy
Vegetarian Entrees	East African Vegetable Stir Fry	canola/olive oil, carrots, yellow onions, eggplant, green cabbage, yellow peppers, orange peppers, red peppers, unsweetened coconut milk, honey, black pepper, paprika, salt, cumin	
Vegetarian Entrees	Egg Curry	Eggs, vegetable oil, yellow onions, garlic, ginger root, cinnamon sticks, cardamon, coriander, turmeric, cayenne pepper, black ground pepper, tomato puree, kosher salt, masala spice (coriander, cayenne pepper, cumin, cinnamon, black ground pepper, ginger, cardamon, nutmeg, cloves, mustard, mace, caraway seeds)	Eggs, Soy, Seeds
Vegetarian Entrees	Eggplant Etouffee	canola/olive oil, yellow onions, green peppers, celery, garlic, salt, cayenne pepper, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, green onion, eggplant, creole spice, eggs, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), parsley, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Egg, Milk, Wheat, Soy, Seeds
Vegetarian Entrees	Eggplant Parmesan	diced tomatoes, ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), salt, white pepper, garlic salt, granulated sugar, tabasco sauce (distilled vinegar, red pepper, salt), ground oregano, canola oil, olive oil, eggplant, salt, black pepper, shredded mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), parmesan cheese (part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk
Vegetarian Entrees	Eggplant Rollatini With Nuts	Eggplant, salt, black ground pepper, eggs, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), canola/olive oil blend, pinenuts, spinach, ricotta (Pasteurized whey, milkfat, and milk), garlic, basil, parmesan, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), mozzarella (Cultured Pasteurized Milk, Enzymes, Salt)	Eggs, Wheat, Milk, Tree Nuts
Vegetarian Entrees	El Greco Pizza	white cooking wine, canola olive blend, garlic, mint, oregano, ground black pepper, salt, eggplant, onions, homemade pizza sauce, tomatoes (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), feta cheese (pasteurized milk, salt, cheese cultures, enzymes), sesame seeds, pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Wheat (crust), Seeds, Milk

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Fettuccine Alfredo	fettuccine noodles ((Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half & half (Milk, cream, dipotassium phosphate), arrowroot, water, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), salt, white pepper, canola oil, olive oil, mushrooms, basil	Wheat, Milk, Egg
Vegetarian Entrees	Fettuccine Con Pesto	Fettuccine (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), red potato, canola/olive oil, garlic, basil, salt, black cracked pepper, whole green beans, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Wheat
Vegetarian Entrees	Fettuccine with Pesto Sauce	fettuccine noodles (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), garlic, basil, salt, black pepper, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), canola/olive oil blend	Wheat, Milk, Egg
Vegetarian Entrees	Greek Pasta	rotini (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola/olive oil blend, red onions, green pepper, red pepper, garlic, tomato juice, white cooking wine, tomatoes, oregano leaves, thyme leaves, salt, black pepper, sliced black olives, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), parsley	Wheat, Milk
Vegetarian Entrees	Greek Pizza	pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), cheese blend (pasteurized milk, cheese cultures, salt, enzymes, annatto), red onion, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), black olives	Wheat (crust), Milk
Vegetarian Entrees	Harvest Bean Vegetable Cobbler	Navy beans, butternut squash, parsnips, carrots, canola/olive oil, leeks, potato, tomatoes, sage, marjoram, salt, black ground pepper, bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Seeds, Wheat, Soy
Vegetarian Entrees	Herbed Potato Pizza	pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil), red potatoes, rosemary, basil, canola/olive oil blend, salt, black pepper, onions, garlic, jalapeno, muenster cheese (pasteurized milk, cheese culture, salt, enzymes and annatto color)	Wheat (crust), Milk
Vegetarian Entrees	Huevos Rancheros	Corn tortilla 6" frozen (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum, amylase), yellow onion, jalapeno peppers, garlic, corn oil, tomatoes, crushed tomatoes (Vine-Ripened Tomatoes, Tomato Puree, Salt, and Citric Acid), oregano, black ground pepper, cumin, salt, eggs, corn oil, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), parsley	Eggs, Milk
Vegetarian Entrees	Irish Vegetable Stew	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), leeks, carrots, parsnips, garlic, yellow onions, celery, turnips, green cabbage, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, salt, black ground pepper, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), marjoram, thyme, green peas	Milk, Soy, Wheat
Vegetarian Entrees	Korean Bi Bim Bop	oriental rice, water, cucumbers, salt, spinach, carrots, sesame oil, soy sauce (water, soybeans, wheat, salt, sodium benzoate), garlic powder, green onions, garlic, granulated sugar, eggs, kim-chi (Chinese cabbage, onion, garlic, ginger, scallion, red pepper, salt, sugar, anchovy sauce)	Soy, Wheat, Egg, Seeds, Fish
Vegetarian Entrees	Korean Vegetable Pancakes	soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, sugar, crushed red pepper, sesame seeds, sesame oil blend, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, eggs, green onion, zucchini, carrots, garlic, vegetable (soy) oil	Soy, Seeds, Egg, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Lasagna Cheese Rollups	Marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), frozen lasagna cheese rollups (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Rice Flour and Cellulose Powder added to prevent caking), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White), mozzarella (Cultured Pasteurized Milk, Enzymes, Salt)	Eggs, Milk, Wheat
Vegetarian Entrees	Lasagna Florentine	chopped spinach, pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), corn oil, tofu, garlic, onions, white cooking wine, basil leaves, salt, black pepper, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), 2% milk, ground nutmeg, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), fennel, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), ricotta cheese (pasteurized whey, milkfat, and milk)	Milk, Egg, Soy, Wheat
Vegetarian Entrees	Linguini Bandiera	Linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), broccoli, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), half & half, salt, white ground pepper, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), tomatoes	Milk, Soy, Wheat
Vegetarian Entrees	Linguini Stroganoff	Linguini (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), broccoli, carrots, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), mushrooms, yellow onions, garlic, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, black ground pepper, dijon mustard, nonfat Dannon yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), swiss cheese (Part-skim milk, cheese culture, salt, enzymes)	Milk, Wheat, Soy
Vegetarian Entrees	Macaroni and Cheese	elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), salt, water, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), 2% milk, white pepper, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds)	Wheat, Milk, Soy, Seeds
Vegetarian Entrees	Margherita Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil.), canola/olive oil blend, garlic, extra virgin olive oil, basil, tomatoes, mozzarella balls (Cultured Pasteurized Milk, Enzymes, Salt. / Latte pastorizzato ottenuto mediante coltura, enzimi, sale)	Milk, Soy, Wheat
Vegetarian Entrees	Marzetti With Ricotta Cheese	Spinach, extra wide egg pasta (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), celery, yellow onions, corn oil, tomatoes, tomato sauce (Tomato Concentrate (Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), ketchup (Tomato concentrate (water and tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), salt, ricotta (Pasteurized whey, milkfat, and milk), garlic powder, black ground pepper, oregano, cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored))	Eggs, Milk, Wheat

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Vegetarian Entrees	Mexican Mac & Cheese Casserole	elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), nacho cheese sauce (Water, partially hydrogenated soybean oil, aged cheddar cheese (cultured milk, salt, enzymes, annatto color), corn starch-modified, corn starch, nonfat dry milk, contains 2% or less of whey, salt, sodium phosphate, casein, lactic acid, tomato powder, yeast extract, calcium phosphate, mono and diglycerides, jalapeno peppers, annatto color, natural flavors, turmeric color, maltodextrin, FD&C yellow no. 6, artificial flavor, acetic acid), pimentos, green chilies, cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), cilantro	Milk, Wheat, Soy
Vegetarian Entrees	Mexican Vegetarian Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil.), vegetable oil, garlic, vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), cumin, salt, crushed tomatoes, crushed red pepper, oregano, salt, sugar, cilantro, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), red bell peppers, green onions, black olives, green peppers, jalapeno peppers	Milk, Seeds, Wheat, Soy
Vegetarian Entrees	Mixed Pepper Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), homemade pizza sauce (tomato sauce, crushed tomatoes, tomato puree, oregano, garlic, fennel, black ground pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), green peppers, red bell peppers, orange peppers	Milk, Soy, Wheat
Vegetarian Entrees	Mushroom & Potato Casserole	margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, mushroom base (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate), fresh whipped potatoes (potato, milk, margarine, salt, white pepper), carrots, celery, yellow onions, canola/olive oil, portobella mushrooms, zucchini	Milk, Wheat, Soy
Vegetarian Entrees	Mushroom Chive Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), canola/olive oil blend, shitake mushrooms, cremini mushrooms, portobella mushrooms, red onions, garlic, kosher salt, black crushed pepper, extra virgin olive oil, chives, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Soy, Wheat
Vegetarian Entrees	Mushrooms over Vermicelli	vermicelli (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola oil, olive oil, mushrooms, garlic, spice creole, whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), chives	Milk, Wheat
Vegetarian Entrees	Mushroom Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizze sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), mushrooms, green onions	Milk, Wheat (crust)
Vegetarian Entrees	Pad Thai Noodles With Peanuts	Rice noodles (Rice, water), vegetable oil, garlic, firm tofu (Water, Non-GMO Soybeans, Terra Alba (a natural earth mineral)), rice wine vinegar, tamari sauce (Water, soybeans, salt, alcohol), sugar, chili powder, green onions, bean sprouts, cayenne pepper, salt, dry roasted peanuts	Alcohol, Eggs, Peanuts, Soy
Vegetarian Entrees	Pad Thai Noodles With Peanuts and Shrimp	Shrimp, rice noodles (Rice, water), vegetable oil, garlic, firm tofu (Water, Non-GMO Soybeans, Terra Alba (a natural earth mineral)), eggs, rice wine vinegar, tamari sauce (Water, soybeans, salt, alcohol), sugar, chili powder (Chili pepper, cumin, oregano, salt, silicon dioxide, garlic), green onions, vegetable bean sprouts, cayenne pepper, salt, dry roasted peanuts	Alcohol, Eggs, Peanuts, Soy, Shellfish
Vegetarian Entrees	Pasilla Tortilla Casserole	corn oil, garlic, pasilla chili peppers, water, black pepper, cumin, oregano, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), cilantro, salt, onions, black beans, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate), corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid, guar gum, amylase), mexican blend cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto), green onions	Milk

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Vegetarian Entrees	Pasta Primavera	rotini (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), heavy whipped cream (cream (milk) and carrageenan), half & half (milk, cream, dipotassium phosphate), arrowroot, water, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), salt, ground white pepper, canola olive blend, garlic minced, fresh broccoli florets, mushrooms, sliced zucchini, green peas, diced tomatoes, chopped parsley, chopped basil	Wheat, Milk
Vegetarian Entrees	Pasta Puttanesca	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), split top white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor)), canola/olive oil blend, garlic, parsley, yellow onions, white cooking wine, tomato, crushed tomato (Vine-Ripened Tomatoes, Tomato Puree, Salt, and Citric Acid), salt, crushed red pepper, oregano, black ground pepper, rotini pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), capers, kalamata olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Alcohol, Milk, Soy, Wheat
Vegetarian Entrees	Personal Cheese Lasagna	lasagna cheese rollups (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Rice Flour and Cellulose Powder added to prevent caking), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), canned marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices)	Egg, Milk, Wheat, Soy
Vegetarian Entrees	Personal Creamy Pasta Primavera	Bowtie pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), carrots, zucchini, summer squash, canola/olive oil blend, yellow onions, garlic, tomatoes, green onions, red bell peppers, green peppers, basil, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, black ground pepper, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Wheat
Vegetarian Entrees	Personal Eggplant Parmesan Casserole	Fried breaded eggplant (eggplant, 2% milk, eggs, salt, white ground pepper, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Eggs, Milk, Wheat
Vegetarian Entrees	Personal Lasagna Rollup Casserole	Frozen lasagna cheese rollups (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Rice Flour and Cellulose Powder added to prevent caking), Modified Corn Starch, Spinach, Salt, Spices. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg White.), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar)	Eggs, Wheat, Milk
Vegetarian Entrees	Personal Mexican Mac & Cheese Casserole	Elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), nacho cheese sauce (Water, partially hydrogenated soybean oil, aged cheddar cheese (cultured milk, salt, enzymes, annatto color), corn starch-modified, corn starch, nonfat dry milk, contains 2% or less of whey, salt, sodium phosphate, casein, lactic acid, tomato powder, yeast extract, calcium phosphate, mono and diglycerides, jalapeno peppers, annatto color, natural flavors, turmeric color, maltodextrin, FD&C yellow no. 6, artificial flavor, acetic acid), pimentoes, green chilies, cilantro, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Personal Mushroom & Potato Casserole	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, mushroom base soup (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins), whipped potatoes (potatoes, 2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, white ground pepper), carrots, celery, yellow onions, canola/olive oil blend, portobella mushrooms, zucchini	Milk, Wheat, Soy
Vegetarian Entrees	Personal Pasta Primavera	Bowtie pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), carrots, zucchini, summer squash, extra virgin olive oil, yellow onions, garlic, tomatoes, green onions, red bell peppers, green peppers, basil, parsley, salt, black ground pepper, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Wheat
Vegetarian Entrees	Personal Portabella and Potato Casserole	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mushroom base soup (Sauteed Mushrooms (mushrooms, water, salt), Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Wheat Proteins, Palm Oil, Soybean Oil, Natural Flavors, Onion Powder, Corn Oil, Canola Oil, Disodium Inosinate/Disodium Guanylate. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins), whipped potatoes (potatoes, 2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, white ground pepper), carrots, celery, yellow onions, canola/olive oil, portobella mushrooms, zucchini	Milk, Soy, Wheat
Vegetarian Entrees	Personal Spinach & Mushroom Enchiladas	yellow onions, mushrooms, canola/olive oil, spinach, garlic, black beans, lemon juice, green onions, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, enchilada sauce (Water, crushed tomatoes (water, concentrated crushed tomatoes), modified food starch, chili powder (chili pepper, cumin, oregano, dehydrated garlic), Vegetable Oil (corn, cottonseed, and/or canola), salt, onion powder, dehydrated garlic, spice, citric acid and sodium benzoate (preservative)), 6" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), cilantro	Milk, Soy, Wheat
Vegetarian Entrees	Personal Tri Color Noodles Casserole	Rotini pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), yellow onions, green peppers, marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), italian seasoning spice (marjoram, thyme, rosemary, savory, sage, oregano, and basil), salt, black ground pepper, garlic, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Milk, Wheat, Soy
Vegetarian Entrees	Personal Vegan Stuffed Shells	Frozen vegan pasta shells (Extra fancy durum flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin), water, spring patent flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), salt, canola oil. Filling: Tofu (water, organically grown soybeans, calcium sulfate, magnesium chloride), carrots, soy sauce powder (wheat, soybeans, salt) and onions), marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices)	Soy, Wheat
Vegetarian Entrees	Pineapple Kugel	Extra wide egg noodles (Durum Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), butter, eggs, sugar, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), whole milk, vanilla extract, crushed pineapples, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), cinnamon	Eggs, Milk, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Portobella Over Vermicelli	Portobella mushrooms, vermicelli pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), salt, black ground pepper, garlic, creole spice (paprika, salt, garlic powder, black ground pepper, onion powder, cayenne pepper, oregano, thyme), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)), parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), chives	Milk, Wheat
Vegetarian Entrees	Potato Cheese Pierogies	potato cheese pierogies (Water, Flour (Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), Durum Flour (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Foic Acid), Potato Flakes (Idaho Russet Potato Flakes, Mono and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Dehydrated Potatoes (Potatoes, Maltodextrin, Shortening Powder [Partially Hydrogenated Soybean Oil, Milk Protein (Whey Powder, Sodium Caseinate), Disodium Phosphate], Partially Hydrogenated Vegetable Oil (Cottonseed, Soybean), Mono and Diglycerides, Artificial Flavor, Artificial Color, Freshness Preserved with Sodium Bisulfate and BHT), Dehydrated Cheese (Whey, Cheddar Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Salt, Butter [Cream, Salt], Natural Flavors, Maltodextrin, Disodium Phosphate, Sodium Caseinate, Buttermilk, Yeast Extract, Yellow 4 and Yellow 6), Liquid Margarine (Liquid Soybean Oil, Water, Salt, Partially Hydrogenated Soybean Oil, Mono and Diglycerides, Lecithin, Sodium Benzoate Added as a Preservative, Natural and/or Artificially Flavored, Artificially Colored With Beta Carotene, Vitamin A Palmitate Added), Vegetable Oil, Minced Onions, Salt, Onion Powder), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)	Milk, Soy, Wheat
Vegetarian Entrees	Potato Kugel	eggs, potato, yellow onions, matzo meal (Enriched Unbleached Wheat Flour (Flour, Ferric Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), salt, black pepper	Wheat, Eggs
Vegetarian Entrees	Potato Pancakes	hash browns, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), salt, white pepper, baking powder, green onions, eggs, fresh parsley	Wheat, Soy, Egg
Vegetarian Entrees	Rainbow Rotini With Arugula & Tomato	Garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), canola/olive oil, garlic, crushed red pepper, spinach, arugula, salt, roma tomatoes, parsley, parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More)	Milk, Wheat
Vegetarian Entrees	Rio Grande Burger Crumble Casserole	Garlic, yellow onions, vegetable oil, green peppers, vegetarian burger crumbles (Textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), water, corn oil, contains two percent or less of chicory root fiber (inulin), yeast extract, natural flavors from non-meat sources, black malt powder, salt, soy sauce (water, soybeans, salt, wheat), evaporated cane juice crystals, garlic powder, onion juice concentrate, spices, tomato powder, citric acid, niacinamide, iron (ferrous sulfate), thiamin mononitrate (vitamin B1), pyridoxane hydrochloride, (vitamin B6), riboflavin (vitamin B2), vitamin B12), chili powder (Chili pepper, cumin, oregano, salt, silicon dioxide, garlic), cumin, tomato sauce, vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), cheddar cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored))	Milk, Seeds, Wheat, Soy
Vegetarian Entrees	Roasted Mushroom With Spinach Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfite, thiamine, mononitrate, enzyme, riboflavin, folic acid), canola/olive oil blend, thyme, shitake mushrooms, cremini mushrooms, portobella mushrooms, extra virgin olive oil, spinach, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.)	Soy, Milk, Wheat
Vegetarian Entrees	Roasted Potato & Onion Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), red potatoes, red onions, italian seasoning	Milk, Wheat (crust)
Vegetarian Entrees	Roasted Vegetable Casserole	red peppers, summer squash, zucchini, eggplant, red onion, canola/olive oil, basil, dijon mustard, balsamic vinegar, garlic, salt, black pepper	
Vegetarian Entrees	Roasted Vegetable Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfite, thiamine, mononitrate, enzyme, riboflavin, folic acid), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), summer squash, zucchini, red bell peppers, red onions, mushrooms, extra virgin olive oil, kosher salt, black crushed pepper, garlic	Milk, Soy, Wheat

Ingredients are subject to change. Feel free to ask about ingredients in any item.

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Samosa Vegetable	Canola/olive oil blend, yellow onions, garlic, ginger root, potato, whole mustard seed, tumeric, cayenne pepper, salt, cumin, coriander, green peas, cilantro, pie shell 5" (Flour (unenriched, unbleached), lard, water, dextrose, salt, baking soda)	Seeds, Wheat
Vegetarian Entrees	Shells and Three Cheeses	shell macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), salt, water, margarine whey free (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, white pepper, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), bread crumbs (Enriched flour (flour, malted barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, butter, dough conditioners (mono and diglycerides, sodium and/or calcium stearoyl lactylate, soy lecithin, calcium carbonate), yeast nutrients (ammonium sulfate, calcium sulfate, monocalcium phosphate), distilled vinegar, skim milk, buttermilk, lactic acid, calcium propionate (preservative), potassium sorbate (preservative), sesame seeds)	Wheat, Soy, Milk, Seeds
Vegetarian Entrees	Singapore Noodles	rice stick noodles (rice, water), curry powder, turmeric, cornstarch, water, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), vegetable oil, eggs, sesame oil, garlic, carrots, mushrooms, firm tofu (water, non-GMO soybeans, terra alba), green onions, sesame seeds	Milk, Egg, Soy, Seeds
Vegetarian Entrees	Soft Polenta With Cheese	Water, yellow commeal, butter, provolone, parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), salt	Milk
Vegetarian Entrees	Southern Fried Okra	Creole spice, breaded okra (Okra, water, bleached wheat flour, wheat flour, whey, contains 2% or less of: modified food starch, salt, onion powder, yellow corn flour, sugar, leavening (sodium acid pyrophosphate, sodium bicarbonate), spice, natural flavor, dextrose, soybean oil, oleoresin paprika (coloring), partially hydrogenated soybean oil, garlic powder)	Wheat, Soy, Milk
Vegetarian Entrees	Spaghettios	Water, tomato puree (water, tomato paste), enriched macaroni product (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), high fructose corn syrup, contains less than 2% of: salt, enzyme modified cheddar cheese (cheddar cheese [cultured milk, salt, enzymes, calcium chloride], water, disodium phosphate, enzymes), natural flavoring, potassium chloride, vegetable oil (corn, cottonseed, canola and/or soybean), enzyme modified butter (milk), oleoresin paprika, spice extract, citric acid, nonfat dry milk.	Milk, Seeds, Soy, Wheat
Vegetarian Entrees	Spaghetti Pie	Green peppers, yellow onions, canola/olive oil blend, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), eggs, parmesan cheese (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), eggplant, summer squash, zucchini, salt, white ground pepper, mozzarella (Cultured Pasteurized Milk, Enzymes, Salt), spaghetti (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid)	Eggs, Milk, Wheat
Vegetarian Entrees	Spinach and Mushroom Enchiladas	yellow onions, mushrooms, canola/olive oil, spinach, garlic, black beans, lemon juice, green onions, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, enchilada sauce (Water, crushed tomatoes (water, concentrated crushed tomatoes), modified food starch, chili powder (chili pepper, cumin, oregano, dehydrated garlic), Vegetable Oil (corn, cottonseed, and/or canola), salt, onion powder, dehydrated garlic, spice, citric acid and sodium benzoate (preservative)), 10" flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), cilantro	Milk, Wheat, Soy
Vegetarian Entrees	Spinach and Red Onion Pizza	pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), spinach, red onion, italian seasoning	Milk, Wheat (crust)
Vegetarian Entrees	Spinach Feta Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), extra virgin olive oil, feta cheese, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), tomatoes, spinach, garlic	Milk, Soy, Wheat

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Spinach Feta Quesadilla	spinach, corn oil, yellow onions, garlic, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, black pepper, oregano, fennel, flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness))	Wheat, Soy, Milk
Vegetarian Entrees	Spinach Lasagna	yellow onions, garlic, tomato sauce, tomato puree, water, salt, black pepper, sugar, oregano, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), sharp cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose, lasagna pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), spinach, ricotta cheese (pasteurized whey, milkfat, and milk)	Wheat, Milk, Egg
Vegetarian Entrees	Spinach Manicotti	Marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes (Vine-Ripened Tomatoes, Tomato Puree, Salt, and Citric Acid), fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), manicotti pasta (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), yellow onions, garlic, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), spinach, ricotta (Pasteurized whey, milkfat, and milk), eggs, lemon juice, salt, white ground pepper, mozzarella (Cultured Pasteurized Milk, Enzymes, Salt), parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Eggs, Milk, Soy
Vegetarian Entrees	Spinach Mushroom Enchilada	onions, mushrooms, canola olive blend, spinach, garlic, black beans, lemon juice, green onions, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), salt, casa solana enchilada sauce (water, crushed tomatoes, (tomato and concentrated crushed tomatoes), 10" flour tortillas (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), cilantro	Wheat, Soy, Milk
Vegetarian Entrees	Spinach Palak	frozen chopped spinach, vegetable (soy) oil, onions, garlic, jalapeno peppers, ginger, plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), heavy whipped cream (Cream (milk) and carrageenan), turmeric, ground coriander, ground cumin, salt, black pepper	Milk, Soy
Vegetarian Entrees	Spinach Pie	filo dough (Enriched, Non-Bromine Bleached Flour (bleached wheat flour, thiamin mononitrate, riboflavin, niacin, iron, folic acid), onions, Vegetable Oil (corn and/or canola), Salt, Preservatives (sodium and/or calcium propionate, potassium sorbate), Citric Acid.), eggs, feta cheese (Pasteurized milk, salt, cheese cultures, enzymes), fennel, oregano, salt, black ground pepper, butter (cream, salt)	Wheat, Egg, Milk
Vegetarian Entrees	Spinach Souffle	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, 2% milk, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), spinach, yellow onions, nutmeg, eggs	Eggs, Soy, Milk, Wheat
Vegetarian Entrees	Thai Vegetable Pizza	pizza crust (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), sweet and sour sauce, mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes), provolone cheese (Cultured pasteurized milk, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), red bell peppers, cucumbers, green onions, bean	Milk, Wheat, Soy
Vegetarian Entrees	Thai Vegetable Pizza w/ Peanuts	pizza crust (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), canola/olive oil blend, garlic, ginger, red pepper flakes, brown sugar, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), lemon juice, soy sauce (water, soybeans, wheat, salt, sodium benzoate), soybean sesame oil, peanut butter, cabbage, carrots, green onions, cilantro, dry roasted peanuts, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes)	Peanut, Soy, Wheat, Seeds, Milk

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Category	Menu Item	Ingredients	Allergens
Vegetarian Entrees	Three Cheese Macaroni	Elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), salt, water, 2% milk, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), white ground pepper, cheddar cheese (Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose), colby cheese (Milk pasteurized, cheese culture, salt, enzymes, annatto), mozzarella (Cultured Pasteurized Milk, Enzymes, Salt)	Wheat, Milk, Soy
Vegetarian Entrees	Tomato Parmesan Pizza	homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), tomatoes, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), italian seasoning	Milk, Wheat (crust), Soy
Vegetarian Entrees	Torta de Papas	canola olive blend, hash browns, salt, black pepper, diced green, eggs, louisiana hot sauce, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), green onions, cilantro	Egg, Milk
Vegetarian Entrees	Tri Color Noodle Casserole	garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), yellow onions, green peppers, marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), italian seasoning, salt, black pepper, garlic, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes)	Milk, Wheat, Soy
Vegetarian Entrees	Triple Onion Cheese Pizza	Pizza crust 14" (Enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking.), red onions, yellow onions, green onions, italian seasoning spice (marjoram, thyme, rosemary, savory, sage, oregano, and basil)	Milk, Soy, Wheat
Vegetarian Entrees	Vegetable Cannelloni	canola oil, olive oil, onions, carrots, zucchini, summer squash, ricotta cheese (pasteurized whey, milkfat, and milk), vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), basil leaves, oregano leaves, black pepper, salt, cayenne pepper, egg, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), mushrooms, leaf spinach, pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (vitamin B3), folic acid), water, eggs), marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices)	Milk, Egg, Wheat
Vegetarian Entrees	Vegetable Cashew Koorma	cashews, water, canola olive oil, cloves, cinnamin sticks, ground turmeric, carrots, ginger root, masala spice, tomatoes, salt, plain yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), green peas, cauliflower, potato, cilantro	Tree Nuts, Milk, Peanut
Vegetarian Entrees	Vegetable Dumplings/Potstickers	bleached and enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), cabbage, water, celery, carrot, water chestnuts, green beans, bamboo shoots, onion, vermicelli (green mung beans, water), shiitake mushrooms, cottonseed oil, rice, salt, dry portabella mushroom, sugar, spice blend (dextrose, dehydrated soy sauce (soy sauce {soy sauce [wheat, soybeans, salt], maltodextrin and salt}), modified food starch, garlic powder, spice, flavoring [autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils and lactic acid], dried shiitake mushroom powder, disodium inosinate/disodium guanylate), modified food starch, natural flavor (contains torula yeast, salt), sesame seed oil, soy sauce (water soya bean, salt, and wheat flour), spice, garlic, sodium benzoate, portabella mushroom powder	Wheat, Soy, Seeds
Vegetarian Entrees	Vegetable Fried Rice	rice, sesame oil, garlic, ginger, green onions, red peppers, sugar snap peas, white pepper, eggs, soy sauce (water, soybeans, wheat, salt, sodium benzoate)	Seeds, Soy, Wheat
Vegetarian Entrees	Vegetable Lasagna Roll-ups with Alfredo Sauce	Vegetable Lasagna Rollups (Cheese filling-- Ricotta cheese made from part skim milk (pasteurized whey, pasteurized milk, vinegar, carrageenan), mozzarella cheese made from part-skim milk (cultured pasteurized milk, powdered cellulose, salt, enzymes) carrots, spinach, water, salt, modified food starch, onion powder, garlic powder, basil. Blanched pasta (water, enriched semolina (durum wheat semolina, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), egg white) Alfredo sauce, basil, grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose)	Milk, Wheat

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Vegetarian Entrees	Vegetable Mexican Pizza	pizza crust (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), vegetable oil, garlic, vegetarian refried beans (Cooked beans, water, canola oil, salt, distilled vinegar, chile pepper, onion powder, spices, garlic powder, natural flavor), cumin, salt, tomatoes, red pepper flakes, oregano, salt, sugar, cilantro, parmesan cheese, cheddar cheese, monterey jack cheese, red peppers, green onions, black olives, green pepper, jalapenos	Wheat (crust), Milk, Soy
Vegetarian Entrees	Vegetable Pizza	pizza crusts (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), mozzarella cheese, onions, green peppers, mushrooms, olive oil	Wheat (crust), Milk, Soy
Vegetarian Entrees	Vegetable Pot Pie	Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, garlic, carrots, celery, red bell peppers, green peppers, green onions, mushrooms, potatoes, red kidney beans, green beans, green peas, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), vegetarian chicken base (Vegetable puree(celery, onions, carrots, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, Xanthan gum, soy lecithin), 9x11-inch frozen pastry sheets (Enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oil, water, sugar, fructose, salt)	Seeds, Wheat, Soy
Vegetarian Entrees	Vegetable Quesadilla	pinto beans, kidney beans, whole kernel corn, onions, green peppers, red pepper, cilantro, chili powder, black pepper, cumin, jalapeno pepper, muenster cheese, flour tortillas (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), vegetable oil	Wheat, Soy, Milk
Vegetarian Entrees	Vegetable Spring Rolls	Cabbage, water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), carrots, bamboo shoots, onions, mushrooms, contains 2 percent or less of modified food starch, sugar, salt, flavor (autolyzed yeast extract, salt, dextrose, natural flavor), cottonseed oil, hydrolyzed lecithin, spice, garlic powder, dextrose, citric acid.	Wheat, Seeds,
Vegetarian Entrees	Vegetable Ziti w/ Feta	ziti pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), feta cheese, green peppers, red peppers, red onions, stuffed queen olives, white wine vinegar, dijon mustard, thyme, black pepper, salt	Milk, Wheat
Vegetarian Entrees	Vegetarian Calzone	canola/olive oil blend, onions, garlic, green peppers, red peppers, mushrooms, salt, black pepper, basil, canned pizza sauce (Vine-Ripened Tomatoes, Salt, and Basil), mozzarella cheese, parmesan cheese, pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, ammonium sulfate, calcium sulfate, ascorbic acid, partially hydrogenated soybean oil)	Wheat, Milk, Soy
Vegetarian Entrees	Vegetarian Mexican Pizza	pizza crust (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), vegetable (soy) oil, garlic, vegetarian refried beans, cumin, salt, crushed tomatoes, crushed red peppers, oregano, sugar, cilantro, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), sharp cheddar cheese, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto), red peppers, green onions, black olives, green peppers, jalapenos	Wheat (crust), Milk, Soy
Vegetarian Entrees	Veggie Delight Pizza	pizza crust (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium proprionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), mozzereela cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), provolone cheese (Cultured pasteurized milk, salt, enzymes), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), green peppers, yellow onions, mushrooms, italian seasoning	Wheat (crust), Milk, Soy

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Vegetarian Entrees	Vegimax Cheese "Steak" Sandwich	Canola/olive oil blend, yellow onions, mushrooms, red bell peppers, salt, black ground pepper, banana pepper rings, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), provolone, american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), vegimax patties (Vegetables (mushrooms, water chestnuts, onions, carrots, green bell peppers, red bell peppers, black olives), textured vegetable protein (soy protein concentrate, wheat gluten, water for hydration), egg whites, cooked brown rice (water, brown rice), rolled oats, corn oil, calcium caseinate, soy sauce (water, soybeans, salt, wheat). Contains 2% or less of onion powder, corn starch, salt, hydrolyzed corn, soy, and wheat protein, autolyzed yeast extract, natural flavors from non-meat sources, sugar, soy protein isolate, spices, garlic powder, dextrose, jalapeno pepper powder, celery extract. Contains wheat, soy, milk, and egg ingredients), split top hoagie 6" (White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/45, Pt-25, Calcium Proponate)	Eggs, Wheat, Milk, Soy
Vegetarian Entrees	Wild Rice Pancakes	Long grain rice, wild rice, garlic, yellow onions, mushrooms, parsley, butter, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), eggs, salt, mozzarella (Cultured Pasteurized Milk, Enzymes, Salt), parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)	Eggs, Wheat, Milk, Soy