



Beverages

Cappuccino/Latte Ingredients: espresso, milk, vitamin A palmitate, vitamin D3. May contain wheat, soy, milk, nuts.
Cappuccino/Latte with Soy Milk Ingredients: espresso, Soymilk (filtered water, whole soybeans), cane sugar, sea salt, carrageenan, natural flavor. May contain wheat, soy, milk, nuts.
Chai Tea Ingredients: milk, water, organic dried cane sugar syrup, organic black tea, organic vanilla, organic spices, organic honey, citric acid, vitamin A palmitate, vitamin D3 and natural flavors. May contain wheat, soy, milk, nuts.
Chai w/Soy Milk Ingredients: soymilk (filtered water, whole soybeans), cane sugar, sea salt, carrageenan, natural flavor, water, organic dried cane sugar syrup, organic black tea, organic vanilla, organic spices, organic honey, citric acid, and natural flavors. May contain wheat, soy, milk, nuts.
Mocha Ingredients: milk, espresso, high fructose corn syrup, corn syrup, water, cocoa, sugar, potassium sorbate, salt, mono-and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor, vitamin A palmitate, vitamin D3. May contain wheat, soy, milk, nuts.
Mocha w/Soy Milk Ingredients: soymilk (filtered water, whole soybeans), cane sugar, sea salt, carrageenan, natural flavor, espresso, high fructose corn syrup, corn syrup, water, cocoa, sugar, potassium sorbate, salt, mono-and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor. May contain wheat, soy, milk, nuts.
Hot Chocolate w/Soy Milk Ingredients: soymilk (filtered water, whole soybeans), cane sugar, sea salt, carrageenan, natural flavor, high fructose corn syrup, corn syrup, water, cocoa, sugar, potassium sorbate, salt, mono-and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor. May contain wheat, soy, milk, nuts.
Hot Chocolate Ingredients: milk, high fructose corn syrup, corn syrup, water, cocoa, sugar, potassium sorbate, salt, mono-and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor, vitamin A palmitate, vitamin D3. May contain wheat, soy, milk, nuts.
Americano Ingredients: water, espresso. May contain wheat, soy, milk, nuts.
Fruit Pie Smoothie (Cherry Crumb Pie) Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), cherries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of alcohol, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.
Cream Pie Smoothie (Chocolate Cream Pie) Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.
Cherry Fruit Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), cherry. May contain wheat, soy, milk, nuts.
Chocolate Cherry Specialty Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), cherry, chocolate syrup (high fructose corn syrup, corn syrup, water, cocoa, sugar, contains 2% of less of potassium sorbate [preservative], salt, mono and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor). May contain wheat, soy, milk, nuts.
Coffee and Flavor Specialty Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), caramel syrup (pure cane sugar, water, natural & artificial flavor, sodium benzoate & potassium sorbate [preservative], citric acid, caramel color), espresso. May contain wheat, soy, milk, nuts.
Mocha Specialty Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), espresso, chocolate syrup (high fructose corn syrup, corn syrup, water, cocoa, sugar, contains 2% of less of potassium sorbate [preservative], salt, mono and diglycerides, xanthan gum, polysorbate 60, vanillin, artificial flavor). May contain wheat, soy, milk, nuts.
Peach Fruit Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), peach (peach, ascorbic acid, citric acid), may contain: wheat, soy, milk, nuts
Raspberry Fruit Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), raspberry. May contain wheat, soy, milk, nuts.
Straw/Ban Smoothie Ingredients: fruit ([strawberry puree, banana puree], pure cane or beet liquid sugar, water, natural flavors, fruit and vegetable juice for color, locust bean and guar gum, malic acid, vitamins and minerals [vitamin a palmitate, calcium phosphate, dl-alpha tocopheryl acetate, folic acid, selenomethionine, chromium chloride, sodium molybdate, selenomethionine, chromium chloride, sodium molybdate ascorbic acid], citric acid), half & half (grade a milk and cream). May contain wheat, soy, milk, nuts.
Strawberry Fruit Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), strawberry. May contain wheat, soy, milk, nuts.
Strawberry/Banana Smoothie Ingredients: yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetra sodium pyrophosphate, cellulose gum, carrageenan, polysorbate 80, vanilla), strawberry, banana. May contain wheat, soy, milk, nuts.



Baked Goods

Apple Muffins Ingredients: Sugar, flour, apples, eggs, canola oil, palm and palm kernel oil, soybean oil, water, cinnamon, molasses, whole grain oats, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, beta carotene (color), vitamin A palmitate added, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Banana Nut Muffin Ingredients: Sugar, flour, wheat flour, egg, canola oil, banana, pecans, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, palm and palm kernel oil, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: non-fat dry milk solids, soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Blueberry Muffin Ingredients: Sugar, flour, blueberry, eggs, canola oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Cherry Bran Muffin Ingredients: wheat flour, malted barley flour, cherries, water, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, dextrose, sugar, soybean oil, wheat bran, dry honey powder (honey, wheat starch, soy flour, calcium stearate (anti-caking agent) and lecithin (processing aid)), molasses powder (molasses, wheat starch, calcium stearate (anti-caking agent), soy flour, and lecithin (processing aid)). Contains 2% or less of each of the following: eggs, sodium bicarbonate, salt, sodium acid pyrophosphate. May contain: wheat, soy, milk, nuts.

Cherry Pecan Muffin Ingredients: Sugar, flour, wheat flour, egg, canola oil, cherries, pecans, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, palm and palm kernel oil, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: non-fat dry milk solids, soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Double Chocolate Muffin Ingredients: Sugar, flour, eggs, canola oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, corn syrup solids, cocoa alkali processed, chocolate liquor, cocoa butter, dextrose, soybean oil, powered whey (a milk derivative), water, vanillin, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, Titanium dioxide for color, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), colored with caramel color, salt, propylene glycol mono and diesters of fats and fatty acids, mono & diglycerides, natural and artificial flavor, nonfat dry milk, honey, high fructose corn syrup, wheat starch, corn syrup, sodium stearoyl lactylate, soy flour, calcium stearate, soy lecithin, artificial color (red 40 lake), to preserve freshness (sulfating agents). May contain: wheat, soy, milk, nuts.

Gluten Free Apple Muffin Ingredients: organic unrefined cane sugar, canola oil, apples, tapioca starch, arrowroot, millet flour, potato starch, pinto bean flour, navy bean flour, chia flour, chickpea flour, cream of tartar, baking soda, apple fiber, xanthan gum*, sea salt, cinnamon, high fructose corn syrup, corn syrup and water, ascorbic acid to maintain color, powdered honey, tapioca starch, arrowroot, millet flour, potato starch, pinto bean flour, navy bean flour, chia flour, chickpea flour, cream of tartar, baking soda, apple fiber, xanthan gum, sea salt, cinnamon, apples, coarse sugar. May contain soy, milk, nuts.

Lemon Poppy Seed Muffin Ingredients: Sugar, flour, eggs, canola oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, water, lemon juice concentrate, poppy seeds, modified corn starch, powered whey (a milk derivative), concentrated orange juice, contains less than 2% of the following: soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, honey, high fructose corn syrup, wheat starch, corn syrup, lemon oil, soy flour, calcium stearate, sodium, benzoate, soy lecithin, artificial color (yellow 5 lake), contains sulfites. May contain: wheat, soy, milk, nuts.

Pumpkin Muffin Ingredients: Sugar, pumpkin, wheat flour, egg, canola oil, water, baking soda, salt, cinnamon, spices, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

Raspberry Muffins Ingredients: Sugar, flour, raspberries, eggs, canola oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.



Baked Goods

Apple Turnovers Ingredients: wheat flour, apples, sugar, palm & soybean oil, salt, water, cinnamon, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, titanium dioxide for color, salt, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin. May contain: wheat, soy, milk, nuts.

Cherry Turnovers Ingredients: wheat flour, cherries, sugar, palm & soybean oil, tapioca starch, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, titanium dioxide for color, salt, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin. May contain: wheat, soy, milk, nuts.

Bavarian Cream Turnovers Ingredients: wheat flour, palm & soybean oil, water, sugar, corn syrup, modified corn starch, high fructose corn syrup, water, cocoa processed with alkali, milk, salt, partially hydrogenated soybean and cottonseed oil, mono & diglycerides, propylene glycol mono- and diesters of fats, polysorbate 60), corn starch, salt, natural and artificial flavor, sorbic acid, titanium dioxide, sodium benzoate (preservative, phosphoric acid, beta carotene (yellow color), niacin, reduced iron, soy lecithin, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, citric acid, potassium sorbate (preservative). May contain: wheat, soy, milk, nuts.

Raspberry Turnovers Ingredients: wheat flour, raspberries, sugar, palm & soybean oil, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, titanium dioxide for color, salt, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin. May contain: wheat, soy, milk, nuts.

Peach Turnovers Ingredients: wheat flour, raspberries, sugar, palm & soybean oil, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, titanium dioxide for color, salt, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin. May contain: wheat, soy, milk, nuts.

Blueberry Turnovers Ingredients: wheat flour, blueberries, sugar, palm & soybean oil, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, contains less than 2% of the following: hydrogenated palm kernel oil, acetylated monoglycerides, agar, artificial flavor, titanium dioxide for color, salt, to preserve freshness (potassium sorbate), cellulose gum, citric acid soy lecithin. May contain: wheat, soy, milk, nuts.

Lemon Poppy Seed Bread Ingredients: Sugar, flour, eggs, canola oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, water, lemon juice concentrate, poppy seeds, modified corn starch, powered whey (a milk derivative), concentrated orange juice, contains less than 2% of the following: soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, honey, high fructose corn syrup, wheat starch, corn syrup, lemon oil, soy flour, calcium stearate, sodium, benzoate, soy lecithin, artificial color (yellow 5 lake), contains sulfites. May contain: wheat, soy, milk, nuts.

Pumpkin Bread Ingredients: Sugar, pumpkin, wheat flour, egg, canola oil, water, baking soda, salt, cinnamon, spices, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

Cherry Pecan Bread Ingredients: Sugar, flour, wheat flour, egg, canola oil, cherries, pecans, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, palm and palm kernel oil, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: non-fat dry milk solids, soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Banana Nut Bread Ingredients: Sugar, flour, wheat flour, egg, canola oil, banana, pecans, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn syrup solids, palm and palm kernel oil, modified corn starch, powered whey (a milk derivative), contains less than 2% of the following: non-fat dry milk solids, soybean oil, mono& diglycerides, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, powdered cellulose, propylene glycol monoesters, natural and artificial flavor, sodium stearoyl lactylate, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added honey, high fructose corn syrup, wheat starch, corn syrup, soy flour, calcium stearate, soy lecithin, artificial color (yellow 5 lake). May contain: wheat, soy, milk, nuts.

Caramel Pecan Rolls Ingredients: wheat flour, sugar, brown sugar, water, pecans, cream, salt, dextrose, corn syrup, vegetable shortening (palm oil, mono and diglycerides, polysorbate 60), mono and diglycerides, agar, to preserve freshness (potassium sorbate and sulfiting agents), pectin, ammonium alginate, calcium alginate, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid, high fructose corn syrup, yeast, soybean oil, eggs, salt, cinnamon, modified cornstarch, sodium stearoyl lactylate, rice flour, datem, maltodextrin, molasses, natural and artificial flavor, cellulose gel, colored with (caramel color, beta carotene), ascorbic acid, cellulose gum, enzyme. May contain wheat, soy, milk, nuts.



Baked Goods

<p>Cinnamon Rolls w/ cream cheese icing Ingredients: wheat flour, sugar, cultured nonfat milk, cream, niacin, palm oil, high maltose corn syrup, corn starch, hydrogenated palm oil, distilled monodiglycerides, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid, water, high fructose corn syrup, yeast, cream, salt, soybean oil, eggs, cinnamon, mono and diglycerides, modified cornstarch, sodium stearoyl lactylate, rice flour, datem, maltodextrin, molasses, natural and artificial flavor, enzyme, modified food starch (corn), corn syrup, calcium sulfate, locust bean gum, polysorbate 80 & 60, carrageenan, sodium citrate, vitamin a palmitate, vitamin d3, sodium bicarbonate, potassium sorbate - a preservative, natural flavor and artificial flavor, phosphoric acid, caramel color, colored with (caramel color, beta carotene), ascorbic acid, cellulose gum, citric acid, sodium benzoate, yellow 5&6 and other color added, sodium acid pyrophosphate, nonfat milk. May contain wheat, soy, milk, nuts.</p>
<p>Cinnamon Rolls w/ maple icing Ingredients: wheat flour, sugar, cultured nonfat milk, cream, water, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid, water, high fructose corn syrup, yeast, cream, salt, soybean oil, eggs, cinnamon, mono and diglycerides, modified cornstarch, sodium stearoyl lactylate, rice flour, datem, maltodextrin, molasses, natural and artificial flavor, enzyme, modified food starch (corn), corn syrup, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, sodium citrate, vitamin a palmitate, vitamin d3, sodium bicarbonate, potassium sorbate - a preservative, natural flavor and phosphoric acid, caramel color, artificial color, colored with (caramel color, beta carotene), stearic acid, agar, guar gum, pectin, dextrose, sodium hexametaphosphate, ascorbic acid, cellulose gum, citric acid, sodium benzoate. May contain wheat, soy, milk, nuts.</p>
<p>Brownies w/Fudge & Pecans Ingredients: Sugar, wheat flour, eggs, pecans, vanillin, cream, salt, chocolate liquor processed with alkali, cocoa butter, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, , dextrose, soy lecithin and vanillin, vegetable oil (partially hydrogenated soy and cottonseed), high fructose corn syrup, water, corn syrup, milk, mono & diglycerides, polysorbate 60, citric acid, potassium sorbate (preservative), artificial flavor. May contain: wheat, soy, milk, nuts.</p>
<p>Brownies w/Fudge Icing Ingredients: Sugar, wheat flour, eggs, vanillin, cream, salt, chocolate liquor processed with alkali, cocoa butter, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, , dextrose, soy lecithin and vanillin, vegetable oil (partially hydrogenated soy and cottonseed), high fructose corn syrup, water, corn syrup, milk, mono & diglycerides, polysorbate 60, citric acid, potassium sorbate (preservative), artificial flavor. May contain: wheat, soy, milk, nuts.</p>
<p>GF Brownie Ingredients: sugar, garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, cocoa, eggs, chocolate liquor processed with alkali, molasses, vanillin, baking powder, water, pasteurized milk and cream, cheese culture, salt, stabilizers (xanthan and/or carob bean and/or guar gums). May contain: soy, milk, nuts.</p>
<p>Fruit Bars Ingredients: Sugar, wheat flour, fruit, cornstarch, palm and palm kernel oil, palm & soybean oil, water, salt, cream, contains less than 2% of non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, mono-and diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.</p>
<p>Turtle Bars Ingredients: Sugar, flour, water, eggs, canola oil, cream, milk, corn syrup solids, pecans, cocoa alkali processed, soybean oil, powered whey (a milk derivative), chocolate liquor, cocoa butter, dextrose, soy lecithin and vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, contains less than 2% of the following: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), colored with caramel color, salt, propylene glycol mono and diesters of fats and fatty acids, mono & diglycerides, natural and artificial flavor, nonfat dry milk, honey, high fructose corn syrup, wheat starch, corn syrup, sodium stearoyl lactylate, soy flour, calcium stearate, soy lecithin, artificial color (red 40 lake), to preserve freshness (sulfating agents). May contain: wheat, soy, milk, nuts.</p>
<p>Peanut Butter Cups Ingredients: Sugar, wheat flour, eggs, Palm & soybean oil, roasted peanuts, chocolate liquor, cocoa butter, baking powder, baking soda, salt, molasses, dextrose, soy lecithin and vanillin, Contains Less than 2% of , mono-and diglycerides, fully & partially hydrogenated vegetable oils (rapeseed, cottonseed, soybean),niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, high fructose corn syrup, water, cocoa processed with alkali, corn syrup, sweetened condensed milk (milk, sugar), polysorbate 60, citric acid, potassium sorbate (preservative), artificial flavor. May contain: wheat, soy, milk, nuts.</p>
<p>Pumpkin Bars Ingredients: Sugar, pumpkin, eggs, canola oil, flour, baking soda, baking powder, cinnamon, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, palm oil, water, high maltose corn syrup, corn starch, contains less than 2% of the following: hydrogenated palm oil, salt, distilled monodiglycerides, yellow 5&6 and other color added, polysorbate 60, potassium sorbate and citric acid (preservatives), sodium stearoyl lactylate, sodium acid pyrophosphate, natural and artificial flavor, nonfat milk. May contain: wheat, soy, milk, nuts.</p>
<p>Goody Bars Ingredients: whole wheat flour, wheat flour, cream, sugar, pecans, coconut, milk, chocolate liquor, cocoa butter, dextrose, vanillin, partially hydrogenated palm kernel oil, lactose (milk), why powder (milk), buttermilk, nonfat dry milk, coconut oil, artificial colors (yellow 5 lake, red 40 lake, yellow 6 lake, blue 1 lake), soya lecithin, natural & artificial flavors, cocoa powder, salt, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, vegetable oil (cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil), corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin. May contain: wheat, soy, milk, nuts.</p>
<p>Lemon Bars Ingredients: wheat flour, sugar, eggs, baking powder, water, lemon juice concentrate, lemon oil, palm and palm kernel oil, soybean oil, water, salt, cornstarch, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, sodium benzoate, Contains less than 2% of non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. Contains wheat, milk, sulfites and soy. May contain: wheat, soy, milk, nuts.</p>



Baked Goods

<p>Rice Krispie Treats Ingredients: Rice, sugar, salt, cream, malt flavoring, iron, ascorbic acid (vitamin C), alpha tocopherol acetate(vitamin E), niacinamide, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin B12, vitamin D, corn syrup, modified food starch (corn), dextrose, water, gelatin, natural and artificial Flavor, tetrasodium pyrophosphate, blue 1, hydrogenated palm kernel oil, corn starch, soya lecithin, fd&c colors (yellow #6 lake, yellow 35 lake, blue #1 lake, red #40 lake, red #3 dye), maltodextrin, cellulose gum, carnauba wax, vanillin. May contain: wheat, soy, milk, nuts.</p>
<p>Peanut Butter Bars Ingredients: Sugar, corn syrup, roasted peanuts, fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean), salt, molasses, rice, chocolate liquor, cocoa butter, malt flavoring, iron, ascorbic acid (vitamin C), alpha tocopherol acetate(vitamin E), niacinamide, vitamin A palmitate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin hydrochloride (vitamin B1), folic acid, vitamin B12, vitamin D, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.</p>
<p>Pie Swirls Ingredients: wheat flour, sugar, cream, cinnamon, palm & soybean oil, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain wheat, soy, milk, nuts.</p>
<p>Single Apple Dumpling Ingredients: wheat flour, apple, sugar, cinnamon, palm & soybean oil, salt, water, corn syrup, evaporated milk, invert sugar, sugar, coconut oil, butter, water, salt, molasses, soy lecithin, raisin juice concentrate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.</p>
<p>Single Apple Dumplings with Pecan Ingredients: wheat flour, apple, sugar, cinnamon, palm & soybean oil, salt, water, corn syrup, evaporated milk, invert sugar, sugar, pecans, coconut oil, butter, water, salt, molasses, soy lecithin, raisin juice concentrate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.</p>
<p>Carrot Cake Ingredients: Sugar, wheat flour, eggs, canola oil, cultured nonfat milk, cream, pineapple, carrots, coconut, pecans, vanillin, baking soda, cinnamon, salt, palm oil, water, high maltose corn syrup, corn starch, contains less than 2% of modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80 & 60, carrageenan, salt, sodium citrate, vitamin A palmitate, vitamin D3, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, hydrogenated palm oil, salt, distilled monodiglycerides, yellow 5&6, blue 1 and other color added, potassium sorbate and citric acid (preservatives), sodium stearoyl lactylate, sodium acid pyrophosphate, natural and artificial flavor, nonfat milk, contains less than 2% of the following: partially hydrogenated soy and cottonseed oil, corn syrup, high fructose corn syrup, corn starch, mono & diglycerides, potassium sorbate, sodium benzoate, guar gum, phosphoric acid. May contain: wheat, soy, milk, nuts.</p>
<p>Death by Chocolate Ingredients: Sugar, flour, salt, egg, water, canola oil, cream, skim milk, modified corn starch, cocoa, corn syrup solids, sodium bicarbonate, dutch processed cocoa partially hydrogenated soybean oil, nonfat dry milk, honey solids, whey, niacin, reduced iron, thiamine mononitrate, riboflavin, chocolate liquor, cocoa butter, soy oil, sweetened condensed milk [milk, sugar], dextrose, folic acid, artificial flavoring, artificial color, caramel color, [red 40 lake], lactic and citric acid, gelatin, vegetable oil [partially hydrogenated soy and cottonseed], high fructose corn syrup, mono and di glycerides, guar gum, carrageenan, sodium phosphate, natural and artificial flavor, lactic acid culture, sodium bicarbonate, sodium acid pyrophosphate, propylene glycol esters, mono & diglycerides, wheat starch, sodium stearoyl lactylate, soy flour, soy lecithin, sodium phosphates, polysorbate, calcium phosphate, silicon dioxide, mono- and diglycerides, xanthan gum, citric acid, potassium sorbate to preserve freshness. May contain: wheat, soy, milk, nuts</p>
<p>Cherry Swirl Cheesecake Ingredients: whole wheat flour, wheat flour, cherries, pasteurized milk and cream, sugar, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.</p>
<p>Blueberry Swirl Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, blueberries, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.</p>
<p>Strawberry Swirl Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, strawberries, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.</p>
<p>Bailey's Cheesecake Ingredients: wheat flour, pasteurized milk, sugar, Bailey's Irish Cream, cream, salt, palm and/or canola oil, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cocoa (processed with alkali), high fructose corn syrup, baking soda and/or calcium phosphate, soy lecithin, vanillin, chocolate, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.</p>



Baked Goods

Turtle Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, pecans, modified cornstarch, evaporated milk, invert sugar, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, coconut oil, water, high fructose corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, polysorbate 60, potassium sorbate, disodium phosphate, natural flavor, raisin juice concentrate, locust bean gum. May contain: wheat, soy, milk, nuts.

Plain Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Chocolate Peppermint Cheesecake Ingredients: wheat flour, pasteurized milk, sugar, cream, salt, palm and/or canola oil, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cocoa (processed with alkali), chocolate liquor, cocoa butter, high fructose corn syrup, baking soda and/or calcium phosphate, peppermint extract, soy lecithin, vanillin, chocolate, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, dextrose, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Ultimate Chocolate Cheesecake Ingredients: wheat flour, pasteurized milk, sugar, cream, salt, palm and/or canola oil, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cocoa (processed with alkali), chocolate liquor, cocoa butter, high fructose corn syrup, baking soda and/or calcium phosphate, soy lecithin, vanillin, chocolate, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, dextrose, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Chocolate Chip Cheesecake Ingredients: wheat flour, pasteurized milk, sugar, cream, salt, palm and/or canola oil, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cocoa (processed with alkali), chocolate liquor, cocoa butter, high fructose corn syrup, baking soda and/or calcium phosphate, soy lecithin, vanillin, chocolate, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, dextrose, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Pumpkin Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, pumpkin, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cinnamon, salt, spices, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Oreo Cheesecake Ingredients: wheat flour, pasteurized milk, sugar, cream, salt, palm and/or canola oil, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, cocoa (processed with alkali), high fructose corn syrup, baking soda and/or calcium phosphate, soy lecithin, vanillin, chocolate, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain: wheat, soy, milk, nuts.

Cherry Peach Crumb Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, cherries, peaches, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, water, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, palm & soybean oil, palm and palm kernel oil corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, vegetable mono & diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, sodium benzoate, citric acid, beta carotene (color), vitamin A palmitate added locust bean gum, non-fat dry milk solids. May contain: wheat, soy, milk, nuts.

Lakeshore Berry Crumb Cheesecake Ingredients: whole wheat flour, wheat flour, sugar, apple, strawberries, raspberries, blackberries, pasteurized milk and cream, egg, cornstarch, cultured cream, skim milk, modified cornstarch, water, vanillin, cheese culture, salt, cotton seed and partially hydrogenated soybean oil with THHQ for freshness and/or canola oil, palm & soybean oil, palm and palm kernel oil corn syrup, molasses, honey, contains two percent or less of calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), artificial flavor, vitamin A palmitate, BHT for freshness, soy lecithin, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, vegetable mono & diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, sodium benzoate, citric acid, beta carotene (color), vitamin A palmitate added locust bean gum, non-fat dry milk solids. May contain: wheat, soy, milk, nuts.



Baked Goods

Frosted Sugar Cookie Ingredients: wheat flour, sugar, palm and palm kernel oil, soybean oil, eggs, corn starch, water, salt, vanillin, canola oil, baking soda, potassium bitartrate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, Contains less than 2% of non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.

Chocolate Chip Cookie Ingredients: Sugar, wheat flour, eggs, cream, chocolate liquor, cocoa butter, baking powder, salt, molasses dextrose, soy lecithin and vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

Chocolate Chunk Pecan Cookie Ingredients: Sugar, wheat flour, eggs, cream, salt, baking powder, pecans, chocolate liquor processed with alkali, milk fat, cocoa butter, molasses, vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, soy lecithin [an emulsifier], natural flavor. May contain: wheat, soy, milk, nuts.

Cherry Oatmeal Cookie Ingredients: Sugar, wheat flour, eggs, palm and palm kernel oil, soybean oil, baking powder, whole grain oats, dried cherries, molasses, vanillin, water, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, Contains less than 2% of non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.

Gluten Free Cowboy Cookie Ingredients: sugar, garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, eggs, vanillin baking powder, baking soda, cream, salt, xanthan gum, cinnamon, salt, whole grain oats, coconut, pecans, chocolate liquor, cocoa butter, molasses, dextrose, soy lecithin and vanillin. May contain: soy, milk, nuts.

Peanut Butter Chocolate Chip Cookie Ingredients: Sugar, wheat flour, eggs, Palm & soybean oil, roasted peanuts, chocolate liquor, cocoa butter, baking powder, baking soda, salt, molasses, , dextrose, soy lecithin and vanillin, Contains Less than 2% of , mono-and diglycerides, fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean),niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

Butterscotch Oatmeal Cookie Ingredients: Sugar, wheat flour, eggs, palm and palm kernel oil, soybean oil, baking powder, whole grain oats, molasses, vanillin, water, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, partially hydrogenated palm kernel oil, lactose (milk), why powder (milk), buttermilk, nonfat dry milk, coconut oil, artificial colors (yellow 5 lake, red 40 lake, yellow 6 lake, blue 1 lake), soya lecithin, cocoa powder, Contains less than 2% of non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.

Peanut Butter Cookie Ingredients: Sugar, wheat flour, eggs, Palm & soybean oil, roasted peanuts, baking powder, baking soda, salt, molasses Contains Less than 2% of , mono-and diglycerides, fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean),niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

White Chocolate Macadamia Nut Cookie Ingredients: Sugar, wheat flour, macadamia nuts, baking powder, molasses, cream, salt, palm kernel oil, milk, nonfat milk, hydrogenated palm oil, soy lecithin, artificial flavor, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. May contain: wheat, soy, milk, nuts.

Breakfast

Bacon, Egg and Cheese Breakfast Sandwich (on wheat) Ingredients: Eggs, Bacon, Unbleached hard spring flour, malted barley flour, rye flour, wheat flour, iron, whole wheat flour, wheat bran, pasteurized milk, cheese culture, water, sugar, black pepper, enzymes, Soybean oil, basil, part skim milk, high fructose corn syrup, distilled vinegar, annatto (color), sodium phosphate, sodium erythobate, sodium nitrate, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, salt, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, ascorbic acid and citric acid (preservatives), natural flavor, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, TBHQ, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, natural flavor. May contain wheat, soy, milk, nuts.

Ham, Egg and Cheese Breakfast Sandwich Ingredients: eggs, ham, unbleached hard spring flour, malted barley flour, rye flour, wheat flour, iron, whole wheat flour, wheat bran, pasteurized milk, cheese culture, water, sugar, black pepper, enzymes, soybean oil, basil, part skim milk, high fructose corn syrup, distilled vinegar, annatto (color), sodium phosphate, sodium erythobate, sodium nitrate, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, salt, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, ascorbic acid and citric acid (preservatives), natural flavor, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, sodium lactate, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, natural flavor. May contain wheat, soy, milk, nuts.

Egg and Cheese Breakfast Sandwich Ingredients: Eggs, Unbleached hard spring flour, malted barley flour, Pasteurized milk, cheese culture, Soybean oil, basil, part skim milk, egg yolk, cheese culture, rye flour, wheat flour, iron, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, high fructose corn syrup, distilled vinegar, salt, enzymes, water, spices, sugar, garlic, black pepper, ascorbic acid and citric acid (preservatives), natural flavor, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, enzymes, annatto (color), niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid. May contain wheat, soy, milk, nuts.

Fresh Fruit Cup Ingredients: strawberries, grapes, cantaloupe, honey dew, may contain: wheat, soy, milk, nuts



Breakfast

Ham and Cheese Scramble Wrap Ingredients: eggs, ham, water, wheat flour, malted barley flour, pasteurized milk, cheese cultures, salt, enzymes & annatto (color), cellulose added to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, soybean oil, cottonseed oil, soybean oil, mono-and diglycerides, sugar, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, salt, vital wheat gluten, potato starch, monoglyceride), calcium propionate, citric acid to preserve freshness, glyceride, fumaric acid, sodium bicarbonate, sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrate, dextrose, calcium sulfate, sorbic acid, cellulose gum, potassium sorbate, enzyme complex (sodium chloride, wheat starch, enzymes, microcrystalline cellulose), and dough relaxer (sodium metabisulfite, corn starch microcrystalline cellulose dicalcium phosphate). May contain wheat, soy, milk, nuts.

Sausage & Roast Red Pepper Scramble Wrap Ingredients: eggs, pork, pasteurized milk, cheese cultures, bell peppers, wheat flour, malted barley flour, water, salt, citric acid canola oil, distilled vinegar, spices, shallots, granulated garlic, spices, sugar, flavoring, enzymes & annatto (color), cellulose added to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, soybean oil, hydrogenated vegetable oil (contains one or more of the following: cottonseed oil, soybean oil) with mono-and diglycerides added, contains 2% or less of the following: sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, vital wheat gluten, potato starch (food starch with monoglyceride), calcium propionate, monoglycerides and citric acid to preserve freshness, glyceride, fumaric acid, sodium bicarbonate, dextrose, dough conditioner (wheat flour, calcium sulfate, sorbic acid), cellulose gum, potassium sorbate, enzyme complex (sodium chloride, wheat starch, enzymes, microcrystalline cellulose), and dough relaxer (sodium metabisulfite, corn starch microcrystalline cellulose dicalcium phosphate). May contain wheat, soy, milk, nuts.

Whole Grain Oatmeal Ingredients: Whole grain rolled oats, water, blueberries, pecans, sugar, egg whites, cinnamon, molasses. May contain wheat, soy, milk, nuts.

Yogurt Parfait Ingredients: Cultured grade A reduced fat milk, blueberries, strawberries, rolled oats, sugar, honey, cinnamon, salt, natural vanilla flavor, pectin. May contain: wheat, soy, milk, nuts.

Cream Pies

Baileys Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, Bailey's Irish Cream, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Banana Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, bananas, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Butterscotch Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, partially hydrogenated palm kernel oil, lactose (milk), whey powder (milk), buttermilk, nonfat dry milk, coconut oil, , high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, natural & artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, artificial colors (yellow 5 lake, red 40 lake, yellow 6 lake, blue 1 lake), soya lecithin (an emulsifier), cocoa powder, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Chocolate Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Chocolate Mint Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, peppermint extract, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Chocolate Peanut Butter Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, roasted peanuts, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean), molasses, sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Chocolate Stout Pie Ingredients: wheat flour, palm & soybean oil, salt, water, Heavy Cream, Skim Milk, Sugar, corn starch, chocolate liquor, cocoa butter, malted barley, flaked oats, hops, yeast, fructose, corn syrup solids, egg whites, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, Polysorbate 80 and Carrageenan, dextrose, soy lecithin and vanillin, sodium phosphate, sodium acid pyrophosphate, sodium lauryl sulfate, artificial flavor, xanthan gum. May contain: wheat, soy, milk, nuts.



Cream Pies

Coconut Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, coconut, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: propylene glycol, sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Key Lime Pie Ingredients: wheat flour, modified palm and palm kernel oil shortening, graham flour, sugar, milk, eggs, key lime juice from concentrate, water, icing sugar, high fructose corn syrup, molasses, baking powder, salt, barley malt syrup, soy lecithin, sodium benzoate. Contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts. May contain: wheat, soy, milk, nuts.

Lemon Meringue Ingredients: wheat flour, palm & soybean oil, salt, water, sugar, corn starch, lemon juice, lemon juice from concentrate, cream, fructose, corn syrup solids, egg whites, sodium phosphate, sodium acid pyrophosphate, sodium lauryl sulfate, artificial flavor, xanthan gum, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, sodium benzoate, lemon oil. Contains sulfites. May contain: wheat, soy, milk, nuts.

Mocha Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, chocolate liquor, cocoa butter, high fructose corn syrup, partially hydrogenated palm kernel oil, espresso, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Peanut Butter Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, roasted peanuts, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean), molasses, sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Pumpkin Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, cornstarch, cream, salt, water, pumpkin, high fructose corn syrup, partially hydrogenated palm kernel oil, spices. Contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Raspberry Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, raspberries, cornstarch, cream, salt, water, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

Strawberry Cream Pie Ingredients: wheat flour, palm & soybean oil, milk, strawberries, cornstarch, cream, salt, water, high fructose corn syrup, partially hydrogenated palm kernel oil, contains less than 2% of the following: sodium caseinate (milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, turmeric and annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin D3, artificial flavors, caramel color, alkali, citric acid, sodium benzoate, dextrose, soy lecithin and vanillin. May contain: wheat, soy, milk, nuts.

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Beef Pot Pie Ingredients: beef, wheat flour, potatoes, palm & soybean oil, salt, water, onions, celery, carrots, green beans, corn, peas, modified food starch, natural beef flavor (hydrolyzed corn gluten, hydrolyzed soy protein, hydrolyzed wheat gluten, high oleic sunflower oil, flavor), beef fat, yeast extract, hydrolyzed wheat gluten, sugar, onion powder, garlic, cream, soy lecithin, black pepper, caramel color, hot sauce (peppers, vinegar, salt), thyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Chicken Pot Pie Ingredients: cooked chicken meat, wheat flour, palm & soybean oil, water, milk, onions, carrots, celery, green beans, corn, peas, modified food starch, natural flavors, salt, chicken fat, yeast extract, hydrolyzed wheat gluten, sugar, onion powder, garlic, cream, spices, peppers, vinegar, soy lecithin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, color(fd&c yellow #5, fd&c yellow #6). May contain: wheat, soy, milk, nuts.

Broccoli Cheddar Quiche Ingredients: eggs, milk, cream, wheat flour, broccoli, palm & soybean oil, red onion, garlic, salt, nutmeg, vitamin D3, salt, water, pasteurized milk & part-skim milk, cheese cultures, enzymes & annatto (color), cellulose added to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Mediterranean Ingredients: eggs, milk, cream, wheat flour, spinach, tomato, palm & soybean oil, red onion, bell peppers, garlic, salt, nutmeg, black pepper, vitamin D3, salt, water, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, pasteurized part-skim milk, cheese culture, salt enzymes, powdered cellulose to prevent caking, citric acid, canola oil, distilled vinegar, spices, shallots, sugar, granulated garlic, potassium sorbate (to retard spoilage). May contain: wheat, soy, milk, nuts.



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Quiche Lorraine Ingredients: eggs, milk, cream, wheat flour, ham, pasteurized part-skim milk, water, palm & soybean oil, red onion, salt, cheese culture, enzymes, garlic, nutmeg, vitamin D3, powdered cellulose added to prevent caking contains less than 2% of: sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Spinach Mushroom Quiche Ingredients: eggs, milk, cream, spinach, wheat flour, mushrooms, palm & soybean oil, pasteurized part-skim milk, red onion, garlic, water, salt, cheese culture, salt enzymes, powdered cellulose to prevent caking, nutmeg, vitamin D3, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Shepherd's Pot Pie Ingredients: beef, potato (dry), wheat flour, carrots, peas, red onion, palm & soybean oil, salt, water, roasted beef and beef juices, canola oil (preserved with citric acid and bht), niacin, reduced iron, thiamine, pepper, mononitrate, riboflavin, folic acid, mono-and diglycerides, soy flour, soy protein concentrate, isolated soy protein, caramel color, spice, spice extractive, monosodium glutamate, sodium phosphates, hydrolyzed corn protein, contains 2% or less of: artificial color, mono and diglycerides, natural and artificial flavor. freshness preserved with sodium bisulfite and bht. contains milk and sulfite ingredients, food starch-modified, onion powder, hydrolyzed corn gluten, wheat protein and soy protein, sugar, caramel color, disodium inosinate, disodium guanylate, flavoring. May contain: wheat, soy, milk, nuts.

Shrimp Asparagus Quiche Ingredients: eggs, milk, cream, shrimp, asparagus, wheat flour, pasteurized part-skim milk, palm & soybean oil, water, dill, salt, cheese culture, salt enzymes, powdered cellulose to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Spinach Bacon Quiche Ingredients: eggs, milk, cream, spinach, wheat flour, bacon, pasteurized part-skim milk, palm & soybean oil, red onion, water, salt, cheese culture, enzymes, powdered cellulose added to prevent caking, garlic, nutmeg, pepper, vitamin d3, sugar, sodium phosphate, sodium erythorbate, sodium nitrate, cheese cultures, enzymes and powdered cellulose to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Taco Pot Pie Ingredients: wheat flour, cooked ground beef, palm & soybean oil, cooked beans, pasteurized milk, cheese culture, water, tomato puree (water, tomato paste), diced tomatoes (tomatoes, tomato juice, citric acid), onions, green bell peppers, jalapeno peppers, distilled vinegar, salt, citric acid, spice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, enzymes, annatto (color), lard, textured soy protein concentrate (caramel color added), red pepper, dehydrated onion, sugar, onion powder, garlic powder. May contain: wheat, soy, milk, nuts.

Turkey and Stuffing Pot Pie Ingredients: turkey, wheat flour, water, palm & soybean oil, milk, onions, carrots, green beans, celery, green peas, starch, sweetened dried cranberries, flour, salt, seasonings, sugar, flavor, onion powder, butter, garlic, poultry seasoning, sage, lecithin, hot sauce, rosemary, black pepper, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.

Sides & Dressings

Great Lakes Potato Chips Ingredients: Potatoes, sunflower and/or canola oil, sea salt. May contain wheat, soy, milk, nuts.

Blueberry Applesauce Ingredients: Blueberries, apples, high fructose corn syrup, water, ascorbic acid. May contain wheat, soy, milk, nuts.

Coleslaw Ingredients: cabbage, carrots, water, soybean oil, corn sweetener, sugar, vinegar, starch, egg yolk, salt, xanthan gum, spices, polysorbate 60, calcium disodium edta (added to protect flavor). May contain wheat, soy, milk, nuts.

Creamy Caesar Dressing Ingredients: soybean oil, water, maltodextrin, high fructose corn syrup, egg yolk, distilled vinegar, gluconic acid, salt, cider vinegar, romano cheese (milk, culture, salt, enzymes), parmesan cheese (part skim milk, culture, salt, enzymes), spice, anchovy powder (maltodextrin, anchovy extract, salt), xanthan gum, parmesan cheese flavor [granular and parmesan cheese (milk, culture, salt, enzymes), water, salt, lactic acid, citric acid], dijon mustard [water, mustard seed, distilled vinegar, salt, white wine, citric acid, turmeric (color), tartaric acid, spices], dried onion, dried garlic, phosphoric acid, sodium benzoate and potassium sorbate (preservatives), caramel color, calcium disodium edta (added to protect quality), turmeric extract (color). May contain wheat, soy, milk, nuts.

Thousand Island Dressing Ingredients: soybean oil, water, high fructose corn syrup, sweet relish [cucumbers, sugar, vinegar, salt, natural flavor, xanthan gum, spices, red bell pepper, onion, turmeric (color)], tomato paste, distilled vinegar, salt, egg yolk, modified corn starch, mustard flour, xanthan gum, dried onion, phosphoric acid, potassium sorbate and sodium benzoate (preservatives), dried red pepper, calcium disodium edta (added to protect quality), yeast extract, turmeric (color), spice extractives. May contain wheat, soy, milk, nuts.

Raspberry Vinaigrette Dressing Ingredients: Soybean oil, high fructose corn syrup, water, red wine vinegar, raspberry flavored juice concentrate blend (apple, pear, raspberry and elderberry juice concentrates, water, citric acid, natural flavor), salt, sugar, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservatives), dried chive, propylene glycol alginate, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality). May contain wheat, soy, milk, nuts.

Honey Mustard Dressing Ingredients: Soybean oil, sugar, water, distilled vinegar, yellow mustard (vinegar, water, mustard seed, salt, turmeric (color), spice), enzyme modified egg yolk, horseradish mustard (distilled vinegar, water, mustard seed, salt, horseradish, spices), maltodextrin, salt honey, acacia gum, xanthan gum, mustard flour, potassium sorbate and sodium benzoate (preservatives), calcium disodium edta (added to protect quality), yellow 5. May contain: wheat, soy, milk, nuts.

Balsamic Vinaigrette Dressing Ingredients: Soybean Oil, Water, Balsamic Vinegar, Cider Vinegar, Sugar, Salt, Xanthan Gum, Spice, Calcium Disodium EDTA (Added To Protect Quality). May contain wheat, soy, milk, nuts.



Sides & Dressings

- Mediterranean Feta Dressing** Ingredients: water, soybean oil, feta cheese (milk, salt, culture, enzymes), white wine vinegar, salt, olive oil, sugar, dried garlic, spices, garlic juice, lemon juice concentrate, onion juice, propylene glycol alginate, xanthan gum, sodium benzoate and potassium sorbate (preservatives), dried onion, caramel color, calcium disodium edta (added to protect quality). May contain wheat, soy, milk, nuts.
- House made Berry Cherry Vinaigrette** Ingredients: Cherries, garlic, salt, red wine vinegar, sugar, soybean oil, high fructose corn syrup, water, (apple, pear, raspberry and elderberry juice concentrate), water, citric acid, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservative), dried chive, propylene glycol alginate, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts.
- House made Chipotle Ranch** Ingredients: cultured nonfat milk, cream, cultured nonfat milk, soybean oil, water, egg yolk, distilled vinegar, red pepper, dill, salt, garlic black pepper, water, lemon juice concentrate, high fructose corn syrup, distilled vinegar, contains less than 2% of spice, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor, pepper blend (red, jalapeno), sautéed vegetable puree mix (onion, carrots, celery), maltodextrin, chipotle powder, corn oil, olive oil, sugar, molasses, dried onion, water, vinegar, palm oil, garlic, disodium inosinate/disodium guanylate, natural flavor, natural smoke flavor, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, salt, sodium citrate, vitamin a palmitate, vitamin d3, sodium benzoate, lemon oil, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate. Contains sulfites. May contain: wheat, milk, soy, nuts.
- House Made Ranch** Ingredients: Cultured nonfat milk, cream, cultured nonfat milk, soybean oil, water, egg yolk, distilled vinegar, red pepper, dill, salt, garlic black pepper, water, lemon juice concentrate, high fructose corn syrup, distilled vinegar, contains less than 2% of salt, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, salt, sodium citrate, vitamin A palmitate, vitamin D3, sodium benzoate, lemon oil, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate. Contains sulfites. May contain: wheat, soy, milk, nuts.

Pie

- Apple Crumb Pie** Ingredients: Apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, cinnamon, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.
- Apple Crumb w/ Pecans & Caramel Pie** Ingredients: Apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, cinnamon, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.
- Apple Dumpling w/ Caramel Pie** Ingredients: Apples, wheat flour, palm & soybean oil, salt, water, cream, sugar, cinnamon, corn syrup, evaporated milk, invert sugar, coconut oil, butter, soy lecithin, raisin juice concentrate, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.
- Apple Pie** Ingredients: Apples, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.
- Blackberry Peach Crumb Pie** Ingredients: Peaches, Blackberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.
- Blackberry Pie** Ingredients: blackberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.
- Blueberry Crumb Pie** Ingredients: Blueberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.
- Blueberry Peach Pie** Ingredients: peaches, blueberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.
- Blueberry Pie** Ingredients: blueberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.
- Cherry Apple Crumb Pie** Ingredients: cherries, apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.



Pie

<p>Cherry Berry Pie Ingredients: cherries, raspberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Cherry Crumb Pie Ingredients: Cherries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of alcohol, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Cherry Ganache Pie Ingredients: Cherries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, chocolate liquor, cocoa butter, Contains less than 2% of alcohol, dextrose, vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Cherry Mincemeat Pie Ingredients: wheat flour, palm & soybean oil, dried cherries, apples, water, corn syrup, raisins, dried apples, molasses, corn starch modified, distilled vinegar, dried citrus peel, salt, spices, beef, bitters, fruit pectin, amaretto, concentrated apple juice, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain wheat, soy, milk, nuts.</p>
<p>Cherry Peach Crumb Ingredients: cherries, apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Cherry Pie Ingredients: cherries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural & artificial flavors, alcohol, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>GF Apple Crumb Ingredients: apples, garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, sugar, corn starch, molasses, almonds, palm & soybean oil, cream, salt, xanthan gum, water, alcohol, mono & diglycerides. May contain: wheat, soy, milk, nuts.</p>
<p>GF Cherry Crumb Pie Ingredients: cherries, garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, sugar, corn starch, molasses, almonds, palm & soybean oil, cream, salt, xanthan gum, water, alcohol, mono & diglycerides. May contain: wheat, soy, milk, nuts.</p>
<p>Lakeshore Berry Crumb Pie Ingredients: Apples, strawberries, blackberries, raspberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Lakeshore Berry Pie Ingredients: apples, raspberries, strawberries, blackberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Michigan ABC Pie Ingredients: Apples, cherries, blueberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Michigan ABCC Pie Ingredients: Apples, cherries, blueberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Mountain Berry Crumb Pie Ingredients: Blueberries, raspberries, blackberries, strawberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, rolled oats, cinnamon, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Natural Apple Pie Ingredients: Apples, wheat flour, palm & soybean oil, salt, water, cream, concentrated apple juice, cinnamon, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Natural Cherry Pie Ingredients: cherries, wheat flour, palm & soybean oil, salt, water, cream, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, artificial & natural flavors, alcohol, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Peach Crumb Pie Ingredients: Peaches, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, cinnamon, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Peach Pie Ingredients: Peaches, wheat flour, palm & soybean oil, salt, water, cream, sugar, cinnamon, molasses, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>



Pie

<p>Peach Strawberry Pie Ingredients: Peach, strawberry, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Pecan Choc Pie Ingredients: Pecans, egg, wheat flour, sugar, palm & soybean oil, corn syrup, salt, water, cream, chocolate liquor, milk fat, cocoa butter, soy lecithin, vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, potassium sorbate, natural & artificial flavors, phosphoric acid, alkali, caramel color, citric acid and sodium benzoate. May contain: wheat, soy, milk, nuts.</p>
<p>Pecan Pie Ingredients: Pecans, egg, wheat flour, sugar, palm & soybean oil, corn syrup, salt, water, cream, soy lecithin, vanillin, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, potassium sorbate, natural & artificial flavors, phosphoric acid, caramel color, citric acid and sodium benzoate. May contain: wheat, soy, milk, nuts.</p>
<p>Pumpkin Pecan Pie Ingredients: wheat flour, pumpkin, sugar, egg, palm & soybean oil, milk, pecans, molasses, salt, water, spices, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, dipotassium phosphate, carrageenan, vitamin D3. May contain wheat, soy, milk, nuts.</p>
<p>Pumpkin Pie Ingredients: dough (water, flour [bleached enriched flour {wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], salt [salt, sodium silicoaluminate, dextrose, potassium iodide 0.006%, sodium bicarbonate], shortening [partially hydrogenated soybean oil and partially hydrogenated cottonseed oil with citric acid added as a preservative]), pumpkin, pumpkin spice (cinnamon, nutmeg, ginger), cinnamon, egg, sugar, salt (salt, sodium silicoaluminate, dextrose, potassium iodide 0.006%, sodium bicarbonate), evaporated milk (milk, dipotassium phosphate, carrageenan, vitamin d3), may contain: wheat, soy, milk, nuts</p>
<p>Raspberry Apple Crumb Pie Ingredients: Apples, raspberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Raspberry Lemon Silk Ingredients: pasteurized milk and cream, wheat flour, sugar, raspberries, lemon juice, blueberries, cheese culture, water, high fructose corn syrup, partially hydrogenated palm kernel oil, salt, stabilizers (xanthan and/or carob bean and/or guar gums), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, dextrose, gelatin, mono and diglycerides, polysorbate 80, carrageenan, sodium caseinate (milk derivative), artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain wheat, soy, milk, nuts.</p>
<p>Raspberry Pie Ingredients: Raspberries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Rhubarb Pie Ingredients: Rhubarb, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Splenda Apple Pie Ingredients: Apples, wheat flour, palm & soybean oil, salt, water, cream, maltodextrin, sucralose, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides. May contain: wheat, soy, milk, nuts.</p>
<p>Splenda Blueberry Pie Ingredients: blueberries, wheat flour, palm & soybean oil, salt, water, cream, maltodextrin, sucralose, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color May contain: wheat, soy, milk, nuts.</p>
<p>Splenda Cherry Pie Ingredients: Cherries, wheat flour, palm & soybean oil, salt, water, cream, maltodextrin, sucralose, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, artificial & natural flavors, alcohol, potassium citrate, citric acid</p>
<p>Strawberry Rhubarb Crumb Pie Ingredients: Rhubarb, strawberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, cream, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, non-fat dry milk solids, soy lecithin, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts.</p>
<p>Strawberry Rhubarb Pie Ingredients: Strawberries, rhubarb, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts.</p>
<p>Sweet Potato Pie Ingredients: wheat flour, palm & soybean oil, salt, water, sweet Potatoes, sugar, egg, palm and palm kernel oil, milk, cinnamon, molasses, pecans, corn Syrup, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, dipotassium phosphate, carrageenan, vitamin D3, artificial flavors, caramel color, citric acid and sodium benzoate. May contain: wheat, soy, milk, nuts.</p>



Salads & Wraps (dressings included)

Cherry Chicken Salad Ingredients: Lettuce, tomato, chicken breast, cucumber, dried cherries, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, wheat flour, iron, salt, natural sour, canola oil, paprika, garlic, black pepper, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, cherries, red wine vinegar, sugar, soybean oil, high fructose corn syrup, water, apple, pear, raspberry and elderberry juice concentrate, citric acid, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate, citric acid, tbhq(preservative), dried chive, propylene glycolalginate, annatto extract (color), artificial flavor, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, calcium disodium edta (added to protect quality). **May contain: wheat, soy, milk, nuts.**

Chicken Caesar Salad w/Chicken Ingredients: romaine lettuce, Chicken, pasteurized part-skim milk, cheese cultures, enzymes and powdered cellulose to prevent caking, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, caramel color, canola oil, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, maltodextrin, high fructose corn syrup, egg yolk, distilled vinegar, gluconic acid, cider vinegar, spice, paprika, anchovy extract, xanthan gum, lactic acid, citric acid, mustard seed, white wine, turmeric (color), tartaric acid, dried onion, dried garlic, phosphoric acid, sodium benzoate and potassium sorbate (preservatives), caramel color, calcium disodium edta (added to protect quality), turmeric extract (color). **May contain wheat, soy, milk, nuts.**

Chicken Caesar Salad w/o Chicken Ingredients: romaine lettuce, pasteurized part-skim milk, cheese cultures, enzymes and powdered cellulose to prevent caking, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, maltodextrin, high fructose corn syrup, egg yolk, distilled vinegar, gluconic acid, cider vinegar, spice, anchovy extract, xanthan gum, lactic acid, citric acid, mustard seed, white wine, turmeric (color), tartaric acid, dried onion, dried garlic, phosphoric acid, sodium benzoate and potassium sorbate (preservatives), caramel color, calcium disodium edta (added to protect quality), turmeric extract (color). **May contain wheat, soy, milk, nuts.**

Chicken Fiesta Salad Ingredients: Lettuce, chicken breast, corn, black beans, tomatoes, bell peppers, onions, pasteurized milk, cheese cultures, canola oil, garlic, salt, paprika, black pepper, soybean oil, spices, dehydrated vegetables (onion, bell pepper, garlic), brown sugar, sugar, lime juice powder (lime juice concentrate, modified food starch, maltodextrin, citric acid), yeast extract, natural flavorings (including grill and smoke), enzymes & annatto (color), cellulose added to prevent caking, red peppers, jalapeno, carrots, celery, chipotle powder, corn oil, olive oil, sugar, spices, molasses, water, modified cornstarch, palm oil, garlic, citric acid, disodium inosinate/disodium guanylate, natural flavor, natural smoke flavor, chili peppers, soybean oil, egg yolk, high fructose corn syrup, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, cultured nonfat milk, cream, contains less than 2% of lemon juice concentrate, sodium benzoate, lemon oil, cultured cream, skim milk, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, locust bean gum, dill, distilled vinegar, corn masa flour, safflower oil, sunflower oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, modified food starch (corn), calcium sulfate, locust bean gum, polysorbate 80, carrageenan, sodium citrate, vitamin A palmitate, maltodextrin, silicon dioxide, vitamin D3, red 40, blue 1, blue 2. **Contains sulfites. May contain: wheat, soy, milk, nuts.**

Greek Wrap Ingredients: romaine ,tomato, cucumber, peppers, red onion, Kalamata olives, pasteurized part-skim milk, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, cheese culture, water, salt, vinegar, olive oil, enzymes, soybean oil, white wine vinegar, salt, olive oil, sugar, dried garlic, spices, lemon juice concentrate, garlic juice, powdered cellulose to prevent caking, niacin, iron, thiamin mononitrate, riboflavin, folic acid, flax flour, wheat gluten calcium propionate, acetic acid, citric acid, sodium benzoate, sodium bisulfite (preservative), yellow #5, propylene glycol alginate, onion juice, xanthan gum, guar gum, sodium benzoate and potassium sorbate (preservatives), dried onion, caramel color, calcium disodium edta (added to protect quality). **May contain wheat, soy, milk, nuts.**

Greek Salad Ingredients: romaine ,tomato, cucumber, peppers, red onion, Kalamata olives, pasteurized part-skim milk, cheese culture, water, salt, vinegar, olive oil, enzymes, soybean oil, white wine vinegar, salt, olive oil, sugar, dried garlic, spices, lemon juice concentrate, garlic juice, powdered cellulose to prevent caking, acetic acid, citric acid, sodium benzoate, sodium bisulfite (preservative), yellow #5, propylene glycol alginate, onion juice, xanthan gum, sodium benzoate and potassium sorbate (preservatives), dried onion, caramel color, calcium disodium edta (added to protect quality). **May contain wheat, soy, milk, nuts.**



Salads & Wraps (dressings included)

House Salad Ingredients: Lettuce, tomato, cucumber, onion, Pasteurized part-skim milk, cultured nonfat milk, cream, cultured nonfat milk, soybean oil, water, egg yolk, distilled vinegar, red pepper, dill, salt, garlic, black pepper, water, lemon juice concentrate, high fructose corn syrup, distilled vinegar, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, wheat flour, iron, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, enriched wheat flour, rye meal, contains less than 2% of salt, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, salt, sodium citrate, vitamin A palmitate, vitamin D3, sodium benzoate, lemon oil, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, cheese culture, salt enzymes, powdered cellulose to prevent caking, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent. Contains sulfites. May contain: wheat, soy, milk, nuts.

Spinach Salad with Goat Cheese Ingredients: Spinach, pasteurized goat milk, powdered cellulose, blueberries, apples, red onion, pecans, cinnamon, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, egg white, sugar, salt, soybean oil, water, distilled vinegar, vinegar, mustard seed, turmeric (color), spice, enzyme modified egg yolk, horseradish, maltodextrin, salt honey, acacia gum, xanthan gum, salt, cheese cultures, vegetal rennet, natamycin (natural yeast & mold inhibitor), mustard flour, potassium sorbate and sodium benzoate (preservatives), calcium disodium edta (added to protect quality), yellow 5, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, calcium propionate, potassium sorbate, guar gum. May contain: wheat, soy, milk, nuts.

Cherry Chicken Wrap Ingredients: Lettuce, tomato, chicken breast, cucumber, dried cherries, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, wheat flour, iron, salt, natural sour, canola oil, paprika, garlic, black pepper, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, cherries, red wine vinegar, sugar, soybean oil, high fructose corn syrup, water, (apple, pear, raspberry and elderberry juice concentrate), citric acid, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservative), dried chive, propylene glycolalginatate, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality), niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, and dimethylpolysiloxane added as an anti-foaming agent. wheat gluten. calcium propionate, guar gum. May contain: wheat, soy, milk, nuts.

Chicken Caesar Wrap Ingredients: romaine lettuce, chicken, pasteurized part-skim milk, cheese cultures, enzymes and powdered cellulose to prevent caking, unbleached hard spring wheat flour, malted barley flour, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, caramel color, canola oil, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, maltodextrin, high fructose corn syrup, egg yolk, distilled vinegar, gluconic acid, cider vinegar, spice, paprika, anchovy extract, powdered cellulose, flax flour, wheat gluten. calcium propionate, guar gum, xanthan gum, lactic acid, citric acid, mustard seed, white wine, turmeric (color), tartaric acid, dried onion, dried garlic, phosphoric acid, sodium benzoate and potassium sorbate (preservatives), caramel color, calcium disodium edta (added to protect quality), turmeric extract (color). May contain wheat, soy, milk, nuts.

Caesar Wrap Ingredients: romaine lettuce, pasteurized part-skim milk, cheese cultures, enzymes and powdered cellulose to prevent caking, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, yeast enzymes, spices, garlic, enriched wheat flour, rye meal, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, powdered cellulose, flax flour, wheat gluten, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, maltodextrin, high fructose corn syrup, egg yolk, distilled vinegar, gluconic acid, cider vinegar, spice, anchovy extract, xanthan gum, calcium propionate, guar gum lactic acid, citric acid, mustard seed, white wine, turmeric (color), tartaric acid, dried onion, dried garlic, phosphoric acid, sodium benzoate and potassium sorbate (preservatives), caramel color, calcium disodium edta (added to protect quality), turmeric extract (color). May contain wheat, soy, milk, nuts.



Salads & Wraps (dressings included)

Chicken Fiesta Wrap Ingredients: Lettuce, chicken breast, corn, black beans, tomatoes, bell peppers, onions, pasteurized milk, cheese cultures, unbleached unbromated enriched wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, powdered cellulose, flax flour, wheat gluten, tomato powder, paprika, stone ground whole wheat flour, canola oil, garlic, salt, paprika, black pepper, soybean oil, spices, dehydrated vegetables (onion, bell pepper, garlic), brown sugar, sugar, lime juice powder (lime juice concentrate, modified food starch, maltodextrin, citric acid), yeast extract, natural flavorings (including grill and smoke), enzymes & annatto (color), cellulose added to prevent caking, red peppers, jalapeno, carrots, celery, chipotle powder, corn oil, olive oil, sugar, spices, molasses, water, modified cornstarch, palm oil, garlic, citric acid, disodium inosinate/disodium guanylate, natural flavor, natural smoke flavor, chili peppers, soybean oil, egg yolk, high fructose corn syrup, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, cultured nonfat milk, cream, contains less than 2% of lemon juice concentrate, sodium benzoate, lemon oil, cultured cream, skim milk, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, dill, distilled vinegar, corn masa flour, safflower oil, sunflower oil, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, calcium propionate, guar gum, sodium citrate, vitamin A palmitate, maltodextrin, silicon dioxide, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, vitamin D3, red 40, blue 1, blue 2. Contains sulfites. May contain: wheat, soy, milk, nuts.

House Salad Wrap Ingredients: Lettuce, tomato, cucumber, onion, Pasteurized part-skim milk, cultured nonfat milk, cream, cultured nonfat milk, soybean oil, Stone Ground Whole Wheat flour, unbleached unbromated enriched wheat flour, water, egg yolk, distilled vinegar, red pepper, dill, salt, garlic, black pepper, water, lemon juice concentrate, high fructose corn syrup, distilled vinegar, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, wheat flour, iron, natural sour, calcium propionate (preservative), rye flour, whole wheat flour, wheat bran, vital wheat gluten, wheat corn, flax flour, yeast enzymes, spices, enriched wheat flour, rye meal, contains less than 2% of salt, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, salt, sodium citrate, vitamin A palmitate, vitamin D3, sodium benzoate, lemon oil, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, cheese culture, salt enzymes, powdered cellulose to prevent caking, caramel color, partially hydrogenated vegetable oil, dextrose, soybean oil, calcium propionate, guar gum, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent. Contains sulfites. May contain: wheat, soy, milk, nuts.

Quinoa Almond Salad Ingredients: Lettuce, quinoa, brown lentils, water, split peas, whole mandarin orange segments, whole mandarin orange segments, apples, almonds, cultured grade a reduced fat milk, expeller pressed canola oil, parsley, sugar, extra virgin olive oil with lemon oil, sea salt, pear juice concentrate, natural vanilla flavor, pectin, soybean oil, egg yolk, high fructose corn syrup, distilled vinegar, poppy seeds, salt, spice, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor. May contain wheat, soy, milk, nuts.

Quinoa Almond Wrap Ingredients: spinach, quinoa, brown lentils, water, split peas, whole mandarin orange segments, whole mandarin orange segments, apples, almonds, cultured grade a reduced fat milk, Stone Ground Whole Wheat flour, unbleached unbromated enriched wheat flour, expeller pressed canola oil, parsley, sugar, extra virgin olive oil with lemon oil, sea salt, pear juice concentrate, natural vanilla flavor, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, pectin, soybean oil, egg yolk, high fructose corn syrup, distilled vinegar, poppy seeds, salt, spice, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor, calcium propionate, potassium sorbate, guar gum. May contain wheat, soy, milk, nuts.

Spinach with Goat Cheese Wrap Ingredients: Spinach, pasteurized goat milk, powdered cellulose, blueberries, apples, red onion, pecans, cinnamon, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, egg white, sugar, salt, soybean oil, water, distilled vinegar, vinegar, mustard seed, turmeric (color), spice, enzyme modified egg yolk, horseradish, maltodextrin, salt honey, acacia gum, xanthan gum, salt, cheese cultures, vegetal rennet, natamycin (natural yeast & mold inhibitor), mustard flour, potassium sorbate and sodium benzoate (preservatives), calcium disodium edta (added to protect quality), yellow 5, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, calcium propionate, potassium sorbate, guar gum. May contain: wheat, soy, milk, nuts.

Strawberry Fields Salad Wrap Ingredients: Lettuce, apples, whole mandarin orange segments, strawberries, red onion, pecans, cherries, cinnamon, egg white, sugar, salt, garlic, pasteurized part-skim milk, unbleached unbromated enriched wheat flour, cheese cultures, salt, water, pear juice concentrate, enzymes and powdered cellulose to prevent caking, red wine vinegar, soybean oil, high fructose corn syrup, water, (apple, pear, raspberry and elderberry juice concentrate), citric acid, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservative), dried chive, propylene glycolalginat, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality), niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, spinach powder, stone ground whole wheat flour, calcium propionate, potassium sorbate, guar gum. May contain: wheat, soy, milk, nuts.

Strawberry Fields Salad Ingredients: Lettuce, apples, whole mandarin orange segments, strawberries, red onion, pecans, cherries, cinnamon, egg white, sugar, salt, garlic, pasteurized part-skim milk, cheese cultures, salt, water, pear juice concentrate, enzymes and powdered cellulose to prevent caking, red wine vinegar, soybean oil, high fructose corn syrup, water, (apple, pear, raspberry and elderberry juice concentrate), citric acid, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservative), dried chive, propylene glycolalginat, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts.



Sandwiches

Cherry wood BLT Ingredients: Bacon, lettuce, tomato, unbleached hard spring wheat flour, malted barley flour, water, salt, sugar, sodium phosphate, sodium erythobate, sodium nitrate, soybean oil, egg yolk, high fructose corn syrup, distilled vinegar, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, natural sour, yeast, enzymes, calcium propionate (preservative), hydrogenated soybean oil with salt, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor. May contain: wheat, soy, milk, nuts.

Chicken Focaccia Ingredients: Chicken, unbleached, unbromated wheat flour, malted barley flour, pasteurized part-skim milk, cheese culture, niacin, iron (reduced), thiamine mononitrate, riboflavin and folic acid), filtered water, leavening, cultured nonfat milk, cultured cream, skim milk, water, salt, canola oil, paprika, garlic salt, black pepper, dill, sodium phosphates, salt, enzymes, powdered cellulose added to prevent caking, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, contains 2% or less of sea salt, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, egg yolk, high fructose corn syrup, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum, lemon juice concentrate, sodium benzoate, lemon oil, spice, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, yeast, olive oil, malt, distilled vinegar, red pepper, modified food starch (corn), calcium sulfate, locust bean gum, polysorbate 80, carrageenan, sodium citrate, vitamin A palmitate, vitamin D3. Contains sulfites. May contain: wheat, soy, milk, nuts.

Chicken Pesto w/Roasted Red Pepper Ingredients: Chicken, Unbleached, unbromated wheat flour, malted barley flour, Lettuce, bell peppers, soybean oil, basil, part skim milk, egg yolk, cheese culture, niacin, iron (reduced), thiamine mononitrate, riboflavin and folic acid), filtered water, leavening, high fructose corn syrup, distilled vinegar, salt, enzymes, water, spices, sugar, garlic, ascorbic acid and citric acid (preservatives), natural flavor), olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, distilled vinegar, spices, shallots, sugar, granulated garlic, potassium sorbate (to retard spoilage), canola oil, paprika, sea salt, yeast, olive oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, malt. May contain wheat, soy, milk, nuts.

Chicken Quesadilla Ingredients: chicken, tomatoes, unbleached unbromated enriched wheat flour, stone ground whole wheat flour, pasteurized milk, cheese cultures, canola oil, water, tomato paste, tomato juice, onions, green bell peppers, jalapeno peppers, distilled vinegar, cultured nonfat milk, cream, cultured nonfat milk, soybean oil, water, egg yolk, red pepper, dill, salt, garlic, paprika, black pepper, spice, lemon juice concentrate, high fructose corn syrup, distilled vinegar, enzymes & annatto (color), cellulose added to prevent caking, niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, powdered cellulose, flax flour, wheat gluten, tomato powder, calcium propionate, guar gum, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor, modified food starch (corn), mono& diglycerides, calcium sulfate, locust bean gum, polysorbate 80, carrageenan, sodium citrate, vitamin a palmitate, vitamin d3, sodium benzoate, lemon oil, modified cornstarch, lactic & citric acid, gelatin, potassium sorbate, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, disodium phosphate. Contains sulfites. May contain wheat, soy, milk, nuts.

Egg Salad Sandwich Ingredients: hard boiled eggs, unbleached hard spring flour, malted barley flour, lettuce, soybean oil, water, egg yolk, high fructose corn syrup, cucumbers, high fructose corn syrup, salt, spices, xanthan gum, red peppers, alum, turmeric, mustard seed, spices, distilled vinegar, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor, benzoate of soda, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, citric acid, sodium benzoate. May contain wheat, soy, milk, nuts.

French Dip Ingredients: beef top round, wheat flour, red onion, pasteurized part-skim milk, cheese culture, beef stock, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, salt, yeast, dough conditioner dextrose, datem, calcium sulphate, calcium carbonate, canola oil, ascorbic acid, xylanase, amylase, malted barley flour, hydrolyzed soy protein, onion powder, sugar, hydrolyzed soy, corn and wheat protein, corn syrup solids, thiamine hydrochloride, disodium inosinate, disodium guanylate, caramel color, citric acid, beef extract, garlic powder, natural flavoring, enzymes, powdered cellulose added to prevent caking, salt dextrose, soybean oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, hydrolyzed soy protein, corn syrup solids, onion powder. May contain wheat, soy, milk, nuts.

Fresh Dill Tuna Ingredients: White tuna, tomato, lettuce, unbleached hard spring flour, malted barley flour, cucumbers, celery, dill, salt, black pepper, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, water, high fructose corn syrup, salt, spices, xanthan gum, red peppers, alum, turmeric, soybean oil, egg yolk, distilled vinegar, contain less than 2% of: salt, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, sodium benzoate, lemon oil. Contains sulfites. May contain: wheat, soy, milk, nuts.

Grilled Cheese w/Bacon & Tomato Ingredients: unbleached hard spring wheat flour, malted barley flour, tomato, bacon, pasteurized milk, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, yeast, enzymes, calcium propionate (preservative), soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, water, sugar, sodium phosphate, sodium erythobate, sodium nitrate, cultures, vegetable sourced enzymes, cheese culture, enzymes, annatto (color). May contain: wheat, soy, milk, nuts.



Sandwiches

GT Chicken Salad Sandwich Ingredients: wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, margarine [partially hydrogenated soybean oil, water, partially hydrogenated cottonseed oil, sugar, soy lecithin, mono- & diglycerides, &, artificial flavor, beta carotene color, vitamin a palmitate], chicken meat including natural chicken juices, salt, autolyzed yeast extract, flavorings, sugar, potato flour, caramel color and turmeric], sodium tripolyphosphate. mayonnaise [soybean oil, eggs, distilled vinegar, salt, lemon juice concentrate {contains sodium bisulfate}, partially hydrogenated soybean oil, tbhq, tocopherols, synthetic mustard oil, fractionated vegetable oil, paprika, annatto, soybean oil, gum arabic, natural flavors, ascorbic acid], celery, onions, white wine, water, mustard seed, distilled vinegar, salt, white wine, spices, sugar, garlic powder, xanthan gum, dried cherries (red tart cherries, corn syrup), grapes, lettuce, contains less than 2% of each of the following: yeast, whey, salt, vegetable shortening [partially hydrogenated soybean & cottonseed oils], wheat gluten, monoglycerides, sodium stearoyl lactylate, calcium propionate [preservative], dextrin, natural flavor, ascorbic acid added as a dough conditioner, azodicarbonamide), sodium lactate, high fructose corn syrup, ascorbic, folic, citric & tartaric acid, potassium sorbate, may contain: wheat, soy, milk, nuts

GT Club Ingredients: Turkey breast, bacon, tomato, lettuce, unbleached hard spring wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, yeast, enzymes, calcium propionate (preservative), sugar, sodium phosphate, sodium erythorbate, sodium nitrate, cheese culture, spices, basil, garlic, ascorbic acid and citric acid (preservatives), natural flavor, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, soybean oil, egg yolk, high fructose corn syrup, distilled vinegar, turkey broth, pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking, less than 2% of the following: sugar, sodium phosphate, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder. May contain: wheat, soy, milk, nuts.

Kid's Macaroni & Cheese Ingredients: Cooked enriched macaroni product (water, enriched macaroni product [durum wheat semolina, niacin, ferrous sulfate (iron), thiamin mononitrate (vitamin b1) riboflavin (vitamin b2), folic acid]); cheese sauce (water canola oil, cheddar cheese [milk, cheese culture, salt, enzymes], whey skim milk, buttermilk solids, whey protein concentrate, cream, contains less than 2% of salt, disodium phosphate, calcium phosphate, modified food starch, monoglycerides, xanthan gum, lactic acid, citric acid, artificial flavor, yellow 5, yellow 6, vitamin d3). May contain wheat, soy, milk, nuts.

Kid's Grilled Cheese Ingredients: unbleached hard spring flour, malted barley flour, pasteurized milk, cheese culture, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, enzymes, soybean oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, annatto (color). May contain wheat, soy, milk, nuts.

Kid's Peanut Butter and Jelly Ingredients: unbleached hard spring flour, malted barley flour, roasted peanuts, sugar, concord grape juice, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, rapeseed, cottonseed, soybean, molasses, high fructose corn syrup, corn syrup, fruit pectin, citric acid, sodium citrate. May contain wheat, soy, milk, nuts.

Lighthouse Turkey Cheddar Ingredients: Turkey breast, tomato, unbleached hard spring flour, malted barley flour, pasteurized milk, cheese culture, salt, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, soybean oil, water, egg yolk, high fructose corn syrup, distilled vinegar, part skim milk, enzymes, spices, basil, sugar, garlic, ascorbic acid and citric acid (preservatives), natural flavor), water, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid, turkey broth, enzymes, annatto (color) and less than 2% of the following: sugar, sodium phosphate, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, natural flavor. May contain: wheat, soy, milk, nuts.

Manitou Ingredients: Bacon, ham, turkey breast, tomato, unbleached hard spring flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, rye flour, wheat flour, iron, whole wheat flour, wheat bran, salt, vital wheat gluten, wheat corn, yeast enzymes, pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking, soybean oil, water, egg yolk, high fructose corn syrup, distilled vinegar, contain less than 2% of: lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, spices, basil, sugar, garlic, ascorbic acid and citric acid (preservatives), natural flavor, olive oil, potassium sorbate and sodium benzoate (preservative), lactic acid, sodium phosphate, sodium erythorbate, sodium nitrate, turkey broth, sodium phosphate, sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, sodium nitrate. May contain: wheat, soy, milk, nuts.

Mediterranean Veggie Ingredients: Lettuce, tomato, cucumber, onion, roasted red bell peppers, wheat flour, pasteurized part-skim milk, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, salt, yeast, cooked garbanzo beans, water, sesame tahini, lemon juice, datem, calcium sulphate, calcium carbonate, canola oil, ascorbic acid, wheat flour, xylanase, amylase, malted barley flour, cellulose modified food starch, sugar, spices, dextrose, carrots, onions, celery, garlic, natural flavoring, maltodextrin, carrot juice, caramel color, vinegar solids], soy bean oil, soy lecithin, natural flavors, citric acid, distilled vinegar, shallots, granulated garlic, potassium sorbate, cheese culture, salt enzymes, powdered cellulose to prevent caking. May contain: wheat, soy, milk, nuts.



Sandwiches

Reuben Ingredients: Beef round, water, wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, unbleached hard spring wheat flour, reduced iron, enriched wheat flour, rye flour, rye meal, vital wheat gluten, caramel color, salt, partially hydrogenated vegetable oil, dextrose, spice, papain, salt, sodium phosphate, hydrolyzed corn protein, sodium erythorbate, sodium nitrate, flavorings, pasteurized part-skim milk, cheese culture, enzymes, powdered cellulose added to prevent caking, soybean oil, hydrogenated soybean oil, soy lecithin, artificial flavor, TBHQ and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent. May contain: wheat, soy, milk, nuts.

Smoked Ham and Havarti Ingredients: wheat flour, water, Ham, pasteurized milk, water, apples, cherries, cider and (or) concentrate, sugar, corn syrup, cinnamon, all spice, cultures, salt, vegetable sourced enzymes, annatto (vegetable extract), vinegar, mustard seed, spices, turmeric, salt, yeast, dextrose, datem, calcium sulphate, calcium carbonate, canola oil, ascorbic acid, wheat flour, xylanase, amylase, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, contains less than 2% of: sodium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, soybean oil, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, sodium nitrate. May contain: wheat, soy, milk, nuts.

Classic Turkey Ingredients: Turkey Breast, unbleached hard spring wheat flour, lettuce, tomato, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, wheat flour, iron, salt, natural sour, yeast, enzymes, calcium propionate (preservative), turkey broth, soybean oil, egg yolk, high fructose corn syrup, distilled vinegar, contain less than 2% of: spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, sugar, sodium phosphate. May contain: wheat, soy, milk, nuts.

Turkey Reuben with Coleslaw Ingredients: turkey breast, water, wheat flour, malted barley flour, pasteurized part-skim milk, cheese culture, cabbage, carrots, turkey broth, niacin, iron, thiamin mononitrate, riboflavin, folic acid, unbleached hard spring wheat flour, reduced iron, enriched wheat flour, rye flour, rye meal, vital wheat gluten, caramel color, salt, partially hydrogenated vegetable oil, dextrose, spice, sugar, sodium phosphate, enzymes, powdered cellulose added to prevent caking, soybean oil, high fructose corn syrup, cucumbers, natural flavor, xanthan gum, red bell pepper, onion, turmeric (color), tomato paste, distilled vinegar, egg yolk, modified corn starch, mustard flour, dried onion, phosphoric acid, potassium sorbate and sodium benzoate (preservatives), dried red pepper, calcium disodium edta (added to protect quality), yeast extract, turmeric (color), spice extractives, corn sweetener, hydrogenated soybean oil with salt, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent, polysorbate 60. May contain wheat, soy, milk, nuts.

Soup

Tomato Basil Bisque Ingredients: water, tomatoes, tomato juice, basil, citric acid, cream, milk, , pasteurized & cultured cream, onions, modified corn starch, salt, sugar, spices, sea salt, garlic salt, citric acid, calcium chloride, dehydrated onions, dehydrated garlic, spices, natural flavorings, sweet bell pepper, skim milk, modified cornstarch, carrageenan, lactic acid, starter distillate, culturoma, mono and diglycerides, cellulose gum, and polysorbate 80)lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum, vitamin d3. May contain wheat, soy, milk, nuts.

French Onion Ingredients: water, white onions, beef au jus concentrate (beef stock, salt, natural flavoring, yeast extract, beef fat, caramel color, cornstarch, sodium phosphate, onion powder, soy sauce [water, soybeans, wheat, salt], lactic acid, modified food starch, disodium inosinate & disodium guanylate, potato starch, beet powder, garlic powder and corn syrup solids), butter (cream, salt), burgundy wine (wine, salt, potassium sorbate [preservative]), canola oil, modified corn starch. May contain wheat, soy, milk, nuts.

Tuscan Bean and Sausage Ingredients: water, great northern beans (great northern beans, water, salt, spice, calcium chloride), hot Italian sausage (pork, water, salt, spices, bha, bht, citric acid), onions, fennel, soybean oil, kale, carrots, corn meal (degerminated yellow corn meal, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), chicken base (chicken meat including natural chicken juices, salt, hydrolyzed plant protein [soy], natural flavorings, sugar, autolyzed yeast extract, potato flour, turmeric, disodium inosinate, disodium guanylate, carrot powder), beef base (roasted beef including beef juices, salt, hydrolyzed soy and corn protein, monosodium glutamate, sugar, natural flavorings, potato flour, caramel color), modified corn starch, sugar, granulated garlic, spices, dehydrated red peppers. May contain wheat, soy, milk, nuts.

Black Bean Ingredients: black beans (black beans, water, salt), water, onions, celery, tomatoes (pear tomatoes, tomato juice, salt, citric acid, calcium chloride), vegetable base (sautéed vegetables [carrots, onions, celery], sugar, salt, corn oil, potato flour, carrot powder), tomato paste, soybean oil, spices, green peppers, carrots, modified corn starch, dehydrated garlic, salt, sherry wine (sherry wine, salt), garlic powder. May contain wheat, soy, milk, nuts.

Minestrone Ingredients: water, tomatoes (tomatoes, salt, citric acid), potatoes, great northern beans (beans, water, salt, calcium chloride), enriched macaroni orzo (water, semolina (wheat), niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid), celery, baby lima beans (baby lima beans, salt), carrots, onions, zucchini squash, tomato paste (tomatoes, citric acid), yellow squash, soybean oil, cultured dextrose, spices, garlic, granulated garlic, sea salt, modified corn starch. May contain wheat, soy, milk, nuts.



Soup

Italian Wedding Ingredients: water, enriched macaroni product (water, semolina [wheat], niacin, iron, [ferrous sulfate], thiamin mononitrate, riboflavin, folic acid), meatballs (beef, water, textured soy protein concentrate [soy protein concentrate, caramel color], eggs. contains 2% or less of the following: romano cheese [pasteurized sheep's and/or cow's milk, rennet, salt, cheese cultures, enzymes], dehydrated onions, pepper, garlic powder, parsley, spices, flavorings, corn syrup solids, bread crumbs [wheat flour, salt, yeast], soy protein concentrate, textured soy flour, salt, sodium phosphate), onions, celery, kale, carrots, chicken base (cooked chicken meat, salt, chicken fat, sugar, maltodextrin (from corn), hydrolyzed wheat gluten, natural flavoring, potato starch, yeast), cultured dextrose, modified corn starch, cheese base (parmesan and romano cheese [cow's milk, cultures, enzymes, salt], water, whey, salt, modified food starch, natural flavor, yeast extract, corn oil, xanthan gum, lactic acid), sea salt, granulated garlic, spices. May contain wheat, soy, milk, nuts.

Gumbolaya Ingredients: water, tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), chicken (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), andouille sausage (pork, beef, water, salt, corn syrup, and less than 2% of the following: sodium and potassium lactate, spice, paprika, dextrose, onion, garlic, sodium diacetate, sodium erythorbate, sodium nitrite, flavoring, collagen casing), long grain rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), onions, green bell peppers, mussel meats, shrimp (shrimp, water, sodium phosphates), okra, chicken base (cooked chicken meat, salt, chicken fat, sugar, maltodextrin [from corn], hydrolyzed wheat gluten, potato starch, natural flavoring, yeast extract), seasoning (garlic powder, spices, salt, onion powder, paprika, red pepper), modified corn starch, canola oil and extra virgin olive oil blend, shrimp base (baked shrimp, salt, natural flavorings, potato flour, butter [cream, flavorings], dried whey, paprika), garlic. May contain wheat, soy, milk, nuts.

Vegetarian Vegetable Ingredients: water, plum tomatoes, potatoes, great northern beans (great northern beans, water, salt, calcium chloride), onions, celery, corn, green beans, soybean oil, carrots, spinach, vegetable base (sautéed vegetables [carrots, onions, celery], sugar, salt, corn oil, potato flour, carrot powder), peas, garlic, modified corn starch, mushroom base (mushrooms, salt, hydrolyzed soy protein, corn syrup solids, sugar, soy flour, cultured whey [milk], dried onion, corn oil, dried garlic, natural flavors, xanthan gum, disodium inosinate and guanylate), vegetarian base (salt, lactose, hydrolyzed corn protein, sugar, hydrolyzed soy protein, torula yeast, onion powder, autolyzed yeast, disodium inosinate, disodium guanylate, turmeric, natural flavorings, spices, hydrolyzed soy wheat gluten protein, soy flour), soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), salt, spice. May contain wheat, soy, milk, nuts.

Chicken Noodle Ingredients: water, enriched egg noodles (durum flour (wheat), eggs, glyceryl monostearate, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, and folic acid), carrots, onions, celery, chicken (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), chicken base (cooked chicken meat, salt, chicken fat, sugar, maltodextrin (from corn), hydrolyzed wheat gluten, natural flavoring, potato starch, yeast), sugar, sea salt, spices, granulated garlic, modified corn starch. May contain wheat, soy, milk, nuts.

Shrimp & Corn Chowder Ingredients: water, half and half (milk, cream), corn (corn, water, sugar, salt), potatoes, onions, shrimp (shrimp, water, salt, sodium tripolyphosphate), red bell peppers soybean oil, margarine (liquid and hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, natural and artificial flavor, beta carotene [color], vitamin a palmitate added), modified corn starch, flour (wheat flour bleached, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sugar, vegetable base (vegetable [carrot, onion, tomato, garlic], salt, yeast extract, sugar, celery, maltodextrin, modified cornstarch, natural flavor), salt, spices, color (propylene glycol, polysorbate 80, turmeric, annatto, potassium hydroxide, red 40, red 3, propylparaben [preservative]). May contain wheat, soy, milk, nuts.

Butternut Squash Bisque Ingredients: butternut squash puree, water, milk, onions, heavy cream (cream, milk, less than 1% of carrageenan, mono and diglycerides, cellulose gum, and polysorbate 80), sugar, brown sugar, modified corn starch, butter (pasteurized cream, salt), margarine (liquid and hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, natural and artificial flavor, beta carotene [color], vitamin a palmitate added), ginger puree (ginger, high fructose corn syrup), vegetable base (cooked vegetables [carrot, onion, celery], salt, sugar, corn oil, potato flour, carrot powder), cultured skim milk, spices, sea salt, yellow color (propylene glycol and polysorbate 80 [preservatives], turmeric oleoresin and annatto extract [colors]), color (water, propylene glycol, red 40, red 3, propylparaben [preservative]). May contain wheat, soy, milk, nuts.

Creamy Mushroom and Orzo Soup Ingredients: Milk, water, mushrooms, enriched macaroni orzo (Water, Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin, and Folic Acid), onions, french brandy (French Brandy, Salt), mushroom base (Mushrooms, Salt, Hydrolyzed Soy Protein, Corn Syrup Solids, Sugar, Dried Onion & Garlic, Soy Flour, Cultured Whey [Milk], Natural Flavors, Corn Oil, Xanthan Gum, Disodium Inosinate and Guanylate), modified corn starch, butter (Cream, Salt), expeller pressed canola oil, garlic, enriched flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), spices, granulated garlic. May contain wheat, soy, milk, nuts.

New England Clam Chowder Ingredients: milk, water, potatoes, clam meat (clams, water, maltodextrin, cornstarch), onions, celery, modified corn starch, butter (pasteurized cream, natural flavorings), clam concentrate (clam broth, salt, flavoring [cod], modified potato starch, disodium inosinate/disodium guanylate), soybean oil, cultured skim milk, sea salt, spices, paprika. May contain wheat, soy, milk, nuts.

Cactus Chili with Beans Ingredients: ground beef, tomatoes (tomatoes, salt, citric acid), great northern beans (beans, water, salt, calcium chloride), corn (corn, water, sugar, salt), onions, cactus (cactus, water, onion, vinegar, salt, peppers, coriander, sugar, and spices), water, sugar, cayenne pepper sauce (aged cayenne red peppers, distilled vinegar, water, salt, garlic powder), spinach, garlic, spices, chipotle pepper base (red chili peppers, chipotle peppers, salt, flavoring [natural liquid smoke flavorings]), salt. May contain wheat, soy, milk, nuts.



Soup

Chili with Beans Ingredients: water, ground beef, kidney beans (dark red kidney beans, water, salt, calcium chloride, disodium edta [to preserve color]), tomato paste (tomatoes, citric acid), hot chili beans (water, small red beans, high fructose corn syrup, wheat flour, tomato paste, spices, salt, corn flour, soybean oil, natural flavor), onions, green bell peppers, celery, beef base (roasted beef including beef juices, salt, hydrolyzed soy and corn protein, monosodium glutamate, sugar, natural flavorings, potato flour, caramel color), spices, Worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovies, natural flavor (contains soy) and tamarind), sea salt, brown sugar, cayenne pepper sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), sugar, granulated garlic. May contain wheat, soy, milk, nuts.

Stuffed Pepper Soup Ingredients: water, green bell pepper, tomatoes {tomatoes, tomato juice, salt, citric acid, calcium chloride}, beef (beef, water, textured vegetable protein soy protein concentrate, isolated soy protein, caramel color), seasoning (sugar, spices, spice extractives, monosodium glutamate), sodium phosphate, hydrolyzed corn protein), tomato paste, long grain rice (long grain parboiled rice, iron phosphate, niacin, thiamine mononitrate, folic acid), onion, soybean oil, beef au jus, concentrate (beef stock, salt, natural flavoring, autolyzed yeast extract, beef fat, caramel color, cornstarch, sodium phosphate, onion powder, soy sauce [water, soybeans, wheat, salt]), lactic acid, modified food starch, disodium inosinate/disodium guanylate, potato starch, beet powder, garlic powder and corn syrup solids), salt, garlic powder, onion powder, sugar, spices. May contain wheat, soy, milk, nuts.

Lobster Bisque Ingredients: half and half (milk, cream), water, minced lobster (lobster meat, salt), butter, (cream, salt), sherry wine (sherry wine, salt), flour (wheat flour bleached, malted barley, flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), tomato paste, lobster base (baked lobster meat, salt, monosodium glutamate, tomato paste, potato flour, unsalted butter [cream, natural flavorings], flavoring [contains shrimp], paprika), modified corn starch, chicken base (chicken meat including natural chicken juices, salt, hydrolyzed plant protein [soy], natural flavorings, sugar, potato flour, turmeric and carrot powder), sugar, color (annatto, turmeric, water, red 40, red 3). Contains lobster, shrimp, wheat, soy and milk. May contain nuts.

Beef Barley Ingredients: water, barley, onions, cooked stew beef, celery, carrots, beef base (roasted beef including beef juices, salt, hydrolyzed soy and corn protein, monosodium glutamate, sugar, natural flavorings, potato flour, caramel color), high fructose corn syrup, modified corn starch, flavoring (salt, maltodextrin [wheat]), autolyzed yeast extract, lactose), salt, granulated onion, granulated garlic, dehydrated parsley, spice. Contains: wheat, milk, soy. May contain nuts.

Chicken with Wild Rice Ingredients: water, milk, chicken (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), onions, celery, rice (enriched with thiamine [thiamine mononitrate], niacin, iron (reduced iron)), wild rice, chicken flavored seasoning (salt, dextrose, beef fat, maltodextrin [from corn]), partially hydrogenated soybean oil, wheat starch, natural flavoring, chicken fat, chicken, hydrolyzed corn gluten and soy protein, disodium inosinate/disodium guanylate, turmeric and parsley), sodium lactate, carrots, modified corn starch, garlic, canola oil, flavoring (salt, maltodextrin [wheat]), autolyzed yeast extract, lactose), thyme, dehydrated parsley, spice. Contains: wheat, soy, milk. May contain nuts.

Tomato Tortellini Ingredients: water, tomato paste, cheese tortellini (dough mixture: enriched semolina flour semolina flour wheat), niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid, water, eggs. filling: ricotta cheese [whey [milk], pasteurized whole milk, skim milk, vinegar, salt], imported romano cheese [pasteurized sheep's milk, cheese culture, salt], cracker meal [enriched bleached wheat flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), ammonium bicarbonate, leavening [sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate], guar gum), potato flakes [dehydrated potatoes, mono and diglycerides [preserved with: sodium acid pyrophosphate, sodium bisulfite, citric acid], salt, shortening [partially hydrogenated soybean and cottonseed oils], garlic, spices), heavy cream, (cream, milk, skim milk, stabilizer (dextrose, carrageenan, mono and diglycerides, cellulose gum, polysorbate 80)). flour (wheat flour bleached, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), butter (cream, salt), sugar, vegetarian base (salt, vegetarian chicken flavor hydrolyzed soy protein, yeast extract, natural flavors], corn. Contains: wheat, milk, soy, egg. May contain nuts.

Beef Vegetable Soup Ingredients: water, beef stew meat, potatoes, peas, green beans, onions, celery, carrots, beef au jus concentrate (beef stock, salt, natural flavoring, yeast extract, beef fat, caramel color, cornstarch, sodium phosphate, onion powder, soy sauce [water, soybeans, wheat, salt]), lactic acid, modified food starch, disodium inosinate, disodium guanylate, potato starch, beet powder, garlic powder, corn syrup solids), tomato paste, margarine (liquid and hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, soy lecithin, natural and artificial flavor, beta carotene [color], vitamin a palmitate added), modified cornstarch, roasted garlic puree (garlic, soybean oil), sugar, salt, spice. May contain wheat, soy, milk, nuts.

Potato Cheese Soup Ingredients: water, milk, potatoes, pasteurized process cheese spread (cultured milk, water, cream, skim milk, whey, sodium phosphates, salt, natural flavor, vegetable color, guar gum, enzymes), onions, mild cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color [annatto]), modified corn starch. contains 2% or less of the following: ham base (cooked ham water added [cured with water, salt, dextrose, modified potato starch, sodium phosphate, sodium erythorbate, sodium nitrite], salt, potato flour, hydrolyzed wheat gluten protein, brown sugar, smoke flavoring and flavorings), smoked diced ham water added (ham, water, salt, dextrose, modified potato starch, sodium phosphates, potassium lactate, sugar, corn syrup, sodium erythorbate, sodium nitrite, sodium diacetate), red bell peppers, green bell peppers, high fructose corn syrup, seasoned salt (salt, sugar, spices) including paprika and turmeric], onion powder, garlic powder, modified corn starch, flavoring [yeast extract, natural flavor]), sugar, cheddar cheese flavor (cheddar cheese [milk, culture, salt, enzymes] water, disodium phosphate), dehydrated onion, spice, yellow color (annatto, turmeric). Contains wheat, milk. May contain soy, nuts.



Soup

Chicken and Dumpling Soup Ingredients: water, whole milk, dumplings (water, enriched wheat flour wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), eggs, enriched durum flour {durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid}, salt, wheat gluten, oleoresin turmeric), chicken (cooked chicken, mechanically separated chicken, chicken broth, salt), carrot, chicken (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), chicken base (chicken meat including natural chicken juices, salt, hydrolyzed plant protein (soy), natural flavorings, sugar, autolyzed yeast extract, potato flour, turmeric, disodium inosinate, disodium guanylate, carrot powder), modified corn starch, celery, margarine (liquid and partially hydrogenated soybean oils, water, salt, mono and diglycerides, lecithin, artificially flavored, artificially colored with beta carotene, vitamin A palmitate added), flour (wheat flour bleached, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), salt, spices, color (propylene glycol, polysorbate 80, turmeric annatto, potassium hydroxide), caramel color. Contains: wheat, milk, egg, soy. May contain nuts.

Cream of Broccoli Soup Ingredients: water, half & half (milk, cream), milk, broccoli, onions, modified corn starch, chicken base cooked chicken meat, salt, chicken fat, sugar, maltodextrin from corn), hydrolyzed wheat gluten, potato starch, natural flavoring, yeast extract), butter (cream, salt), salt, modified corn starch, granulated onion, granulated garlic, spice, xanthan gum. Contains milk and wheat

Cream of Potato with Bacon Ingredients: water, potatoes, milk, onions, cream, bacon pieces (smoke flavor added fully cooked, cured with water, salt, sugar, sodium phosphates, sodium erythorbate [made from sugar], sodium nitrite, smoke flavor. May contain dextrose, potassium chloride), rendered bacon fat (tbhq and citric acid added), flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), butter (cream, salt), modified corn starch, chicken base (cooked chicken meat, salt, chicken fat, sugar, maltodextrin [from corn], hydrolyzed wheat gluten, natural flavoring, potato starch, yeast extract), ham base (cooked ham water added [cured with water, salt, dextrose, modified potato starch, sodium phosphate, sodium erythorbate, sodium nitrite], salt, potato flour, hydrolyzed wheat gluten protein, brown sugar, smoke flavoring and flavorings), salt, parsley flakes, granulated garlic, spice. Contains milk and wheat. May contain soy, nuts.

Tortilla Soup with Chicken Ingredients: water, cooked white chicken meat (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), tomatoes (tomatoes, salt, citric acid), corn, black beans (black beans, water, salt, calcium chloride, ferrous gluconate), onions, potassium lactate, tomato paste, chicken base (cooked chicken meat, salt, chicken fat, sugar, maltodextrin from corn, hydrolyzed wheat gluten, potato starch, natural flavoring, yeast extract), soybean oil, masa harina (corn treated with lime water, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), jalapenos, garlic, modified corn starch, cilantro, spices, chili powder (chili pepper, spices, salt, dehydrated citric), salt. Contains: wheat. May contain soy, milk, nuts.

White Chicken Chili with Beans Ingredients: great northern beans (great northern beans, water, salt, calcium chloride), green chili peppers (green chill peppers, water, salt, citric acid, calcium chloride), chicken (chicken white meat, water, potassium lactate, sodium tripolyphosphate, salt), water, onions, carrots, red bell peppers, chicken base (salt, dextrose, beef fat, maltodextrin from corn], partially hydrogenated soybean O11, wheat starch, natural flavoring, chicken fat, chicken, hydrolyzed corn gluten and soy protein, disodium inosinate/disodium guanylate, turmeric and parsley), canola oil, jalapeno peppers, chili powder (chill pepper, spices, salt, dehydrated garlic), salt, spice. Contains: wheat, soy. May contain milk, nuts.

Chili with Beans Ingredients: kidney beans (dark red kidney beans, water, salt, calcium chloride, disodium edta (to preserve color]), ground beef, tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), water, tomatoes (tomatoes, salt, citric acid), onions, tomato paste, celery, green bell peppers, beef base (roasted beef including beef juices, salt, hydrolyzed soy and corn protein, monosodium glutamate, sugar, natural flavorings, potato flour, caramel color), Worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, sugar, spices, anchovies [fish], natural flavor [contains soy], tamarind), chili powder (chili pepper, spices, salt, dehydrated garlic), salt, brown sugar, spices, sugar, cayenne pepper sauce (aged cayenne red peppers, vinegar, water, salt, garlic powder), garlic powder. Contains: soy, fish(anchovy). May contain wheat, milk, nuts.

Cheesy Broccoli Ingredients: water, milk, broccoli, American cheese (American cheese (pasteurized milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, salt, sorbic acid (preservative)), cheddar cheese base (cheddar cheese [milk, culture, salt, enzymes], salt, yeast extract, corn oil, dry vegetable shortening [partially hydrogenated soybean oil, maltodextrin, modified corn starch], unsalted butter [cream, flavorings], sweet cream powder, sugar, dry mustard, disodium inosinate/disodium guanylate and potassium sorbate), modified corn starch, yellow color (propylene glycol and polysorbate 80 [preservatives], turmeric oleoresin and annatto extract [colors]), color (water, propylene glycol, red 40, red 3, propylparaben [preservative]). May contain wheat, soy, milk, nuts.