



### 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: potassium sorbate, soy lecithin, vegetable mono & diglycerides, 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, egg.

**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: potassium sorbate, 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, 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, egg.

**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: potassium sorbate, 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, egg.

**Cherry Bran Muffin** Ingredients: wheat flour, malted barley flour, cherries, water, niacin, reduced iron, thiamine 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, egg.

**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: potassium sorbate, 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, 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, egg.

**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, egg.

**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, egg.

**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, poppyseeds, 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, egg.

**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, egg.

**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, egg.

**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, egg.



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**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, egg.

**Bavarian Cream Turnovers** Ingredients: Sugar, wheat flour, water, modified corn starch, vegetable shortening (palm oil, soybean oil, mono & diglycerides, TBHQ (preservative), polysorbate 60) cocoa alkali processed, corn syrup, salt, natural and artificial flavor, gellan gum, sorbic acid, titanium dioxide (color), sodium benzoate & potassium sorbate (preservative), phosphoric acid, mono- and diglycerides, beta carotene (color), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, concentrated apple juice, water, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color, cocoa, soybean oil, citric acid, soy lecithin, chocolate liquor, hydrogenated palm oil, natural and artificial flavors. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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, poppyseeds, modified corn starch, powdered 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, egg.

**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, egg.

**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, powdered 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, egg.

**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, powdered 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, egg.

**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, egg.

**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, egg.



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**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, egg.

**Brownies w/Fudge & Pecans** Ingredients: Sugar, wheat flour, eggs, pecans, chocolate liquor processed with alkali, cream, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, cocoa butter, dextrose, soy lecithin and vanillin, vegetable shortening (palm oil, soybean oil, mono and diglycerides, polysorbate 60), water, cocoa alkali processed, corn syrup, cocoa, soybean oil, salt, to preserve freshness (potassium sorbate, sodium benzoate), citric acid, monoglycerides, soy lecithin, chocolate liquor, hydrogenated palm oil, natural and artificial flavors. May contain: wheat, soy, milk, nuts, egg.

**Brownies w/Fudge Icing** Ingredients: Sugar, wheat flour, eggs, chocolate liquor processed with alkali, cream, salt, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, cocoa butter, dextrose, soy lecithin and vanillin, vegetable shortening (palm oil, soybean oil, mono and diglycerides, polysorbate 60), water, cocoa alkali processed, corn syrup, cocoa, soybean oil, salt, to preserve freshness (potassium sorbate, sodium benzoate), citric acid, monoglycerides, soy lecithin, chocolate liquor, hydrogenated palm oil, natural and artificial flavors. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**Fruit Bars** Ingredients: Sugar, wheat flour, fruit, cornstarch, palm and palm kernel oil, palm & soybean oil, water, salt, contains less than 2% of whey, potassium, soy lecithin, vegetable mono & diglycerides, mono-and diglycerides, 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, egg.

**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 hydrogenated vegetable oils (rapeseed, cottonseed, soybean), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, polysorbate 60, water, cocoa alkali processed, corn syrup, cocoa, soybean oil, salt, to preserve freshness (potassium sorbate, sodium benzoate), citric acid, soy lecithin, chocolate liquor, hydrogenated palm oil, natural and artificial flavors. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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 whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. Contains wheat, milk, sulfites and soy. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.



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**Single Apple Dumpling** Ingredients: wheat flour, apples, palm & soybean oil, water, sugar, salt, cinnamon, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, corn syrup, sweetened condensed skim milk (skim milk and sugar), dairy butter (milk), high fructose corn syrup, disodium phosphate, mono- and diglycerides, pectin, sodium citrate, citric acid, ethyl vanillin, artificial flavor, vanillin, artificial flavor. May contain: wheat, soy, milk, nuts, egg.

**Single Apple Dumplings with Pecan** Ingredients: wheat flour, apples, palm & soybean oil, water, pecans, sugar, salt, cinnamon, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, corn syrup, sweetened condensed skim milk (skim milk and sugar), dairy butter (milk), high fructose corn syrup, disodium phosphate, mono- and diglycerides, pectin, sodium citrate, citric acid, ethyl vanillin, artificial flavor, vanillin, artificial flavor. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**Death by Chocolate** Ingredients: Sugar, egg, enriched bleached flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, salt, chocolate liquor, cocoa butter, cultured cream, skim milk, modified cornstarch, gelatin, corn syrup solids, cocoa alkali processed, soybean oil, powered whey (a milk derivative), modified food starch, dutch processed cocoa, sodium phosphates, corn sugar, calcium sulphate, silicon dioxide, caramel color, xanthan gum, dextrose, vanillin, palm oil, polysorbate 60, 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), to preserve freshness (potassium sorbate, sodium benzoate), lactic & citric acid, chocolate liquor, hydrogenated palm oil, natural and artificial flavors, disodium phosphate, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**Cherry Swirl Cheesecake** Ingredients: Pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), cherries, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, water, alcohol, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**Blueberry Swirl Cheesecake** Ingredients: pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), blueberries, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, water, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**Strawberry Swirl Cheesecake** Ingredients: pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), strawberries, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, water, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**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, egg.



## Baked Goods

**Key Lime Cheesecake Ingredients:** Pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), egg, cornstarch, key lime juice from concentrate, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, olysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, sodium benzoate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

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

**Plain Cheesecake Ingredients:** pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, olysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**Pumpkin Cheesecake Ingredients:** pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), egg, cornstarch, cultured cream, skim milk, pumpkin, modified cornstarch, spices, cinnamon, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, olysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**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, egg.





## Baked Goods

**Cherry Peach Crumb Cheesecake** Ingredients: pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), cherries, peaches, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), soybean oil, water, non-fat dry milk solids, sodium benzoate, beta carotene (color), vitamin A palmitate added, dextrose, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**Lakeshore Berry Crumb Cheesecake** Ingredients: Pasteurized milk and cream, sugar, graham flour, enriched flour (wheat flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), apples, strawberries, blackberries, raspberries, egg, cornstarch, cultured cream, skim milk, modified cornstarch, vanillin, cheese culture, salt, canola oil, corn syrup, molasses, honey, water, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), soybean oil, water, non-fat dry milk solids, sodium benzoate, beta carotene (color), vitamin A palmitate added, dextrose, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, calcium carbonate, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), vitamin A palmitate, BHT for freshness, soy lecithin, stabilizers (xanthan and/or carob bean and/or guar gums), lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural & artificial flavor, locust bean gum. May contain: wheat, soy, milk, nuts, egg.

**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 whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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: wheat, soy, milk, nuts, eggs.

**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, egg.

**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, egg.

**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, egg.

**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, egg.



Beverages
<b>Cappuccino/Latte</b> Ingredients: espresso, milk, vitamin A palmitate, vitamin D3. May contain wheat, soy, milk, nuts, egg.
<b>Cappuccino/Latte with Soy Milk</b> Ingredients: espresso, Soymilk (filtered water, whole soybeans), cane sugar, sea salt, carrageenan, natural flavor. May contain wheat, soy, milk, nuts, egg.
<b>Chai Tea</b> 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, egg.
<b>Chai w/Soy Milk</b> 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, egg.
<b>Mocha</b> 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, egg.
<b>Mocha w/Soy Milk</b> 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, egg.
<b>Hot Chocolate w/Soy Milk</b> 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, egg.
<b>Hot Chocolate</b> 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, egg.
<b>Americano</b> Ingredients: water, espresso. May contain wheat, soy, milk, nuts, egg.
Breakfast
<b>Bacon, Egg and Cheese Breakfast Sandwich (on wheat)</b> 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 erythorbate, 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, egg.
<b>Ham, Egg and Cheese Breakfast Sandwich</b> 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 erythorbate, 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.
<b>Egg and Cheese Breakfast Sandwich</b> 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, egg.
<b>Fresh Fruit Cup</b> Ingredients: strawberries, grapes, cantaloupe, honey dew, may contain: wheat, soy, milk, nuts, egg.
<b>Ham and Cheese Scramble Wrap</b> 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, glycerine, 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, egg.
<b>Sausage &amp; Roast Red Pepper Scramble Wrap</b> Ingredients: eggs, pork, pasteurized milk, cheese cultures, bell peppers, wheat flour, malted barley flour, water, salt, citric acid, 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, glycerine, 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, eggs.
<b>Whole Grain Oatmeal</b> Ingredients: Whole grain rolled oats, water, blueberries, pecans, sugar, egg whites, cinnamon, molasses. May contain wheat, soy, milk, nuts, egg.
<b>Yogurt Parfait</b> 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, egg.



### Sides & Dressings

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

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

**Cherry Balsamic Vinaigrette** Ingredients: canola oil, sugar, water, grape must, wine vinegar, tart cherries, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**Cranberry Relish** Ingredients: cranberries, apples, high fructose corn syrup, sugar, oranges, modified corn starch, lemon juice (lemon juice concentrate, water), potassium sorbate (to retard spoilage), citric acid, xanthan gum, guar gum. May contain wheat, soy, milk, nuts, egg.

**Sour Cream** Ingredients: Cultured cream, skim milk, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum. May contain wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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 glycolalginate, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts, egg.

**House made Chipotle Ranch** Ingredients: soybean oil, water, buttermilk (cultured lowfat milk, nonfat dry milk, lactose, salt, vitamin a palminate, vitamin d3), distilled vinegar, chipotle in adobo (chipotle pepper [water, dried chipotle pepper], tomato paste, distilled vinegar, soybean oil, sugar, salt, spices, onion powder, garlic powder, caramel color), sugar, contains less than 2% egg yolk, salt, xanthan gum, onion and garlic powder, buttermilk solids, whey protein, polysorbate 60, lactic acid, sodium benzoate as a preservative, calcium disodium edta added to protect flavor. May contain: wheat, milk, soy, nuts, egg.

**Ranch** Ingredients: soybean oil, water, high fructose corn syrup, egg yolk, distilled vinegar, salt, buttermilk solids, natural and artificial flavors, skim milk powder, lactic acid, dried onion, phosphoric acid, dried garlic, monosodium glutamate, xanthan gum, acacia gum, potassium sorbate and sodium benzoate (preservatives), polysorbate 60, spices, citric acid, acetic acid, calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts, egg.





### Sides & Dressings

**Bleu Cheese Dressing:** soybean oil, water, blue cheese (milk, salt, culture, enzymes), distilled vinegar, egg yolk, sugar, salt, rochester sauce concentrate (distilled vinegar, corn syrup, water, salt, dried garlic, spices, tamarind, natural flavor), natural flavors, modified corn starch, modified tapioca starch, xanthan gum, dried garlic, sodium benzoate (preservative), mustard flour, calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts, egg.

**Sriracha Mayo** Ingredients: soybean oil, water, egg yolk, chili, high fructose corn syrup, distilled vinegar, contain less than 2% of: paprika, salt, spice, lemon juice concentrate, sugar, acetic acid, lactic acid, xanthan gum, citric acid, potassium sorbate, ascorbic acid, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor. May contain: wheat, soy, milk, nuts, eggs.

**Beef Gravy** Ingredients: water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavoring. May contain: wheat, soy, milk, nuts, egg.

**Pumpkin Dressing** Ingredients: Pumpkin, soybean oil, cultured cream, skim milk, water, egg yolk, red wine vinegar, canola oil, Honey, high fructose corn syrup, distilled vinegar, contain less than 2% of: salt, thyme, cinnamon, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum.



## Pie

**Apple Bacon Pie** Ingredients: wheat flour, apples, bacon, palm, palm kernel & soybean oil, sugar, salt, water, niacin, reduced iron, cinnamon, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, corn syrup, sweetened condensed skim milk (skim milk and sugar), dairy butter (milk), high fructose corn syrup, disodium phosphate, pectin, sodium citrate, ethyl vanillin, artificial flavor, vanillin, artificial flavor, sodium phosphate, sodium erythobate, sodium nitrate, whey, soy lecithin, potassium sorbate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added

**Apple Crumb Pie** Ingredients: Apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, cinnamon, salt, water. Contains less than 2% of whey, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, potassium sorbate, 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, egg.

**Apple Crumb w/ Pecans & Caramel Pie** Ingredients: Apples, wheat flour, palm & soybean oil, sugar, pecans, water, cinnamon, niacin, corn syrup, sweetened condensed skim milk (skim milk and sugar), dairy butter (milk), high fructose corn syrup, salt, reduced iron, thiamine mononitrate, riboflavin, folic acid, palm and palm kernel oil, soybean oil, potassium sorbate, soy lecithin, citric acid, beta carotene (color), vitamin A palmitate added, disodium phosphate, mono- and diglycerides, citric acid, pectin, sodium citrate, ethyl vanillin, vanillin, natural & artificial flavor. May contain: wheat, soy, milk, nuts, egg.

**Apple Dumpling w/ Caramel Pie** Ingredients: apples, wheat flour, palm & soybean oil, water, sugar, salt, cinnamon, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, Corn syrup, sweetened condensed skim milk (skim milk and sugar) sugar, dairy butter (milk), high fructose corn syrup, disodium phosphate, mono- and diglycerides, pectin, sodium citrate, citric acid, ethyl vanillin, artificial flavor, vanillin, artificial flavor May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**Apple Honey Pie** Ingredients: Apples, wheat flour, honey, palm & soybean oil, cinnamon, salt, water, cream, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, natural & artificial flavors, caramel color, citric acid and sodium benzoate, concentrated apple juice, ascorbic acid, potassium citrate. May contain: wheat, soy, milk, nuts, egg.

**Apple Mountain Top Pie** Ingredients: Apples, wheat flour, sugar, oats, palm & soybean oil, palm and palm kernel oil, cinnamon, molasses, salt, water. Contains less than 2% of whey, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, potassium sorbate, 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, egg.

**Liberty (Bipartisan) Pie** Ingredients: wheat flour, cherries, blueberries, sugar, palm & palm kernel oil, soybean oil, water, oats, salt, cinnamon, molasses, artificial flavors, caramel color, potassium sorbate, whey, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, soy lecithin, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**Blackberry Peach Crumb Pie** Ingredients: Peaches, Blackberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**Blueberry Crumb Pie** Ingredients: Blueberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**Cherry Apple Crumb Pie** Ingredients: cherries, apples, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water. Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.



**Pie**

**Cherry Crumb Pie** Ingredients: Cherries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of alcohol, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, whey, potassium sorbate, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**Cherry Peach Crumb** Ingredients: cherries, peaches, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**GF Apple Crumb** Ingredients: apples, garbonzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, sugar, corn starch, molasses, almonds, palm & soybean oil, cream, salt, xantham gum, water, alcohol, mono & diglycerides. May contain: wheat, soy, milk, nuts, egg.

**GF Cherry Crumb Pie** Ingredients: cherries, garbonzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour, sugar, corn starch, molasses, almonds, palm & soybean oil, cream, salt, xantham gum, water, alcohol, mono & diglycerides. May contain: wheat, soy, milk, nuts, egg.

**Lakeshore Berry Crumb Pie** Ingredients: Apples, strawberries, blackberries, raspberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**Michigan ABCC Pie** Ingredients: Apples, cherries, blueberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**Peach Pie** Ingredients: Peaches, wheat flour, palm & soybean oil, salt, water, sugar, cinnamon, molasses, concentrated apple juice, niacin, reduced iron, thiamine mononitrate, whey, potassium sorbate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural flavors, potassium citrate, citric acid, caramel color. May contain: wheat, soy, milk, nuts, egg.



**Pie**

**Peach Raspberry Honey Pie Ingredients:** Peaches, raspberries, wheat flour, honey, palm & soybean oil, cinnamon, salt, water, cream, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, natural & artificial flavors, caramel color, citric acid and sodium benzoate, concentrated apple juice, ascorbic acid, potassium citrate. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**Raspberry Apple Crumb Pie Ingredients:** Apples, raspberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, 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, egg.

**Raspberry Lemon Silk Ingredients:** pasteurized milk and cream, wheat flour, raspberries, palm & soybean oil, water, lemon juice concentrate, salt, cheese culture, stabilizers (xanthan and/or carob bean and/or guar gums), sodium benzoate, lemon oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts, dextrose, gelatin, mono and diglycerides, polysorbate 80, carrageenan, fumaric acid, sodium citrate, sodium phosphate, malic acid, citric acid, natural and artificial flavor, ascorbic acid (vitamin c), yellow 5, yellow 5 lake, yellow 6. Contains sulfites. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, caramel color. May contain: wheat, soy, milk, nuts, egg.

**Strawberry Champagne Pie Ingredients:** strawberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, cinnamon, salt, water, cream, cinnamon, champagne extract, chocolate liquor, cocoa butter, dextrose, and vanillin. 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, egg.

**Strawberry Rhubarb Crumb Pie Ingredients:** Rhubarb, strawberries, wheat flour, sugar, palm & soybean oil, palm and palm kernel oil, salt, water, Contains less than 2% of niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, whey, potassium sorbate, soy lecithin, vegetable mono & diglycerides, citric acid, natural & artificial flavor, beta carotene (color), vitamin A palmitate added. May contain: wheat, soy, milk, nuts, egg.



## Pie

**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, egg.

**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, egg.

**Vernors Cherry Pie:** Ingredients: cherries, wheat flour, palm & soybean oil, salt, water, cream, sugar, concentrated apple juice, high fructose corn syrup, niacin, reduced iron, ginger, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, ascorbic acid, natural & artificial flavors, alcohol, potassium citrate, citric acid, caramel color, sodium benzoate (preservative). May contain: wheat, soy, milk, nuts, egg.

## Cream Pies

**Baileys Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, egg, salt, soybean oil, water, niacin, vanillin, chocolate liquor processed with alkali, chocolate liquor, cocoa butter, reduced iron, vitamin D3, Bailey's Irish Cream, artificial flavors, caramel color, citric acid, dextrose, soy lecithin, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Banana Cream Pie** Ingredients: milk, sugar, wheat flour, bananas, cornstarch, cream, egg, salt, soybean oil, water, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Butterscotch Cream Pie** Ingredients:wheat flour, milk, sugar, eggs, corn starch, water, cream, salt, fructose, corn syrup solids, egg whites (contains sodium lauryl), artificial flavor, xanthan gum, artificial flavor, caramel color, citric acid, sodium benzoate, palm & soybean oil, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin d3, hydrogenated palm kernel oil, nonfat dry milk, lactose (milk), dry buttermilk, whey powder (milk), coconut oil, yellow 5 lake, red 40 lake, yellow 6 lake, blue 1 lake, soy lecithin (an emulsifier), natural flavors and artificial flavors, cocoa powder, natural vanilla extract, artificial flavor, caramel color, citric acid, sodium benzoate. May contain: wheat, soy, milk, nuts.

**Chocolate Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, egg, salt, soybean oil, water, niacin, vanillin, chocolate liquor processed with alkali, chocolate liquor, cocoa butter, reduced iron, vitamin D3, artificial flavors, caramel color, citric acid, dextrose, soy lecithin, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Chocolate Mint Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, egg, salt, soybean oil, water, niacin, vanillin, chocolate liquor processed with alkali, chocolate liquor, cocoa butter, reduced iron, vitamin D3, artificial flavors, caramel color, citric acid, dextrose, soy lecithin, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Chocolate Peanut Butter Cream Pie** Ingredients:

milk, sugar, wheat flour, cornstarch, cream, egg, salt, soybean oil, water, niacin, vanillin, chocolate liquor processed with alkali, chocolate liquor, cocoa butter, roasted peanuts, fully hydrogenated vegetable oils (rapeseed, cottonseed, soybean), molasses, reduced iron, vitamin D3, artificial flavors, caramel color, citric acid, dextrose, soy lecithin, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**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, egg.





### Cream Pies

**Coconut Cream Pie** Ingredients: milk, sugar, wheat flour, coconut, cornstarch, cream, egg, salt, soybean oil, water, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**Mocha Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, espresso, cream, egg, salt, soybean oil, water, niacin, vanillin, chocolate liquor processed with alkali, chocolate liquor, cocoa butter, reduced iron, vitamin D3, artificial flavors, caramel color, citric acid, dextrose, soy lecithin, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Oreo Pie** Ingredients: wheat flour, milk, sugar, water, cream, egg, palm & soybean oil, salt, high fructose corn syrup, hydrogenated vegetable oil (palm kernel, coconut and/or cottonseed), cornstarch, palm and/or canola oil, cocoa (processed with alkali), chocolate liquor, cocoa butter, dextrose, leavening (baking soda and/or calcium phosphate), soy lecithin, vanillin, vitamin d3, artificial flavors, caramel color, citric acid and sodium benzoate, \*sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, polysorbate 80, sorbitan monostearate, carrageenan, guar gum, xanthan gum, colored with turmeric, annatto extracts, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin d3, artificial flavors, caramel color, citric acid and sodium benzoate. May contain: wheat, soy, milk, nuts.

**Peanut Butter Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, egg, salt, soybean oil, water, roasted peanuts, hydrogenated vegetable oils (rapeseed, cottonseed, soybean), molasses, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Pumpkin Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, egg, salt, pumpkin, soybean oil, water, cinnamon, spices, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Raspberry Cream Pie** Ingredients: milk, sugar, wheat flour, cornstarch, cream, raspberries, egg, salt, soybean oil, water, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, chocolate liquor, cocoa butter, soy lecithin, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.

**Raspberry Key Lime Pie** Ingredients: Raspberries, 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, niacin, baking powder, salt, barley malt syrup, soy lecithin, sodium benzoate. Contains less than 2% of the following: reduced iron, thiamine mononitrate, riboflavin, folic acid, 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, egg.

**Strawberry Cream Pie** Ingredients: milk, sugar, wheat flour, strawberries, cornstarch, cream, egg, salt, soybean oil, water, niacin, reduced iron, vanillin, vitamin D3, artificial flavors, caramel color, citric acid, sodium benzoate, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, high fructose corn syrup, hydrogenated vegetable oil (palm, palm kernel, coconut and/or cottonseed), sodium caseinate (a milk derivative), dextrose, artificial flavor, polysorbate 60, sorbitan monostearate, guar gum, xanthan gum, colored with turmeric and annatto extracts. May contain: wheat, soy, milk, nuts, egg.



**Exclusively GT Pie**

**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, egg.

**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, egg.

**Bacon Lorraine Quiche** Ingredients: eggs, milk, cream, wheat flour, bacon, pasteurized part-skim milk, water, palm & soybean oil, red onion, salt, cheese culture, enzymes, garlic, nutmeg, sugar, 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, egg.

**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, egg.

**Mediterranean Veggie** 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,. May contain: wheat, soy, milk, nuts, eggs.

**Pesto Bacon Quiche** Ingredients: eggs, milk, cream, wheat flour, bacon, red onion, water, pasteurized part-skim milk, salt, palm & soybean oil, cheese culture, enzymes, spices, basil, sugar, garlic, garlic, nutmeg, powdered cellulose added to prevent caking, sodium phosphate, sodium erythorbate, sodium nitrate, ascorbic acid and citric acid (preservatives), natural flavor), olive oil, potassium sorbate and sodium benzoate (preservative), lactic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, vitamin d3. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**Roasted Squash & Kale Quiche** Ingredients: Eggs, milk, cream, wheat flour, palm & soybean oil, kale, butternut squash, pasteurized part-skim milk, red onion, water, cheese culture, salt, enzymes, powdered cellulose added to prevent caking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, mono-and diglycerides, canola oil, garlic, black pepper, nutmeg, vitamin D3

**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, egg.

**Shepherd's Pot Pie** Ingredients: beef, potato (dry), wheat flour, carrots, pease, 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, egg.

**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, egg.

**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, egg.

**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, egg.

**Turkey and Corn Bread Stuffing Pot Pie** Ingredients:cooked turkey white meat, wheat flour, green beans, potatoes, water, yellow corn meal, pork, palm & soybean oil, cream, salt, roasted dark turkey meat, high fructose corn syrup, food starch-modified, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, chicken fat, dehydrated turkey meat, dehydrated turkey broth, turkey fat (contains tocopherols), nonfat dry milk, soy flour, cornstarch, autolyzed yeast extract, torula yeast, lipolyzed butter oil, natural & artificial flavorings, dehydrated vegetables (onion, celery, garlic), granulated garlic, black pepper, spices, flavoring, celery seed, parsley, spice extractives, celery extract, onion powder, garlic powder, natural flavor, onion powder, canola oil, maltodextrin, soybeans, lactic acid, calcium lactate, oleoresin paprika, disodium inosinate and disodium guanylate, skim milk, soybean oil, pasteurized milk, cheese culture, stabilizers [carob bean and/or guar gum and/or xanthan gum]), high maltose corn syrup solids, mono- and diglycerides, disodium dihydrogen pyrophosphate (to promote color retention), partially hydrogenated soybean and/or cottonseed oil, yeast, annatto extract (color), calcium propionate (preservative), cornstarch, soy lecithin, soy flour, seasoning, sugar, disodium inosinate & guanylate, hydrolyzed corn & soy protein, citric acid, ascorbic acid, yeast extract, color (turmeric extract, turmeric), caramel color, silicon dioxide (anticaking). May contain: wheat, soy, milk, nuts, egg.



### Exclusively GT Pie

**G.T. Beef Pasty** Ingredients: ground beef, potatoes, rutabaga, carrots, wheat flour, egg, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), water, vinegar salt, black pepper, niacin, reduced iron, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, citric acid, palm & soybean oil, mono-and diglycerides, thiamine mononitrate, riboflavin, folic acid, cream, Garlic, tricalcium phosphate. May contain: wheat, soy, milk, nuts, egg.

**G.T. Buffalo Pasty** Ingredients: Chicken, wheat flour, water, egg, milk pasteurized, celery, onion, salt, cultured nonfat milk, cream, cultured nonfat milk, soybean oil, distilled vinegar, dill, garlic, black pepper, paprika, canola oil, garlic salt, lemon juice concentrate, high fructose corn syrup, distilled vinegar, palm oil and soybean oil aged cayenne red peppers, cheese cultures, enzymes, natamycin (To Protect Flavor), 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, niacin, reduced iron, thiamine mononitrate, riboflavin folic acid, disodium & sodium phosphate. Contains sulfites. May contain: wheat, soy, milk, nuts, egg.

**GT Breakfast Pasty** Ingredients: eggs, bacon, potatoes, pork, wheat flour, onions, bell peppers, water, pasteurized milk, salt, sugar, cheese cultures, enzymes & annatto (color), cellulose added to prevent caking, canola oil, distilled vinegar, soybean oil, hydrogenated soybean oil, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), black pepper, spices, flavoring, shallots, granulated garlic, soy lecithin, artificial flavor, tbhq and citric acid added as preservatives, artificial color, and dimethylpolysiloxane added as an anti-foaming agent., niacin, reduced iron, thiamine mononitrate, riboflavin folic acid, palm oil and soybean oil with mono & dicycerides, potassium sorbate (to retard spoilage), disodium dihydrogen pyrophosphate (to promote color retention), dextrose, concentrated lemon juice, sodium benzoate (preservative), sodium phosphate, sodium erythobate, sodium nitrate and lemon oil. contains sulfites. May contain: wheat, soy, milk, nuts, egg.

### Macaroni & Cheese

**Macaroni & Cheese Base** Ingredients: water, semolina (wheat), milk (vitamin d3 added), cultured milk (non-fat dry milk powder, maltodextrin), cream, pasteurized milk, salt, soybean oil, sea salt, egg whites, niacin, sugar, dry mustard, flavor, cheese cultures, enzymes, whey, corn oil, yeast extract, sweet cream, modified corn starch, granulated onion, spices, sodium phosphate, sodium citrate, lactic acid, enzymes, fruit and vegetable juice [for color], modified potato starch, concentrated natural butter flavor, tocopherol (to preserve freshness), nonfat milk, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid, natural flavoring. May contain: wheat, soy, milk, nuts, egg.

**Bacon Topping Choice** Ingredients: bacon, water, salt, sugar, sodium phosphate, sodium erythobate, sodium nitrate. May contain: wheat, soy, milk, nuts, egg.

**Pesto Topping Choice** Ingredients: soybean oil, pesto mix (parmesan and romano cheese (part skim milk, cheese culture, salt, enzymes), spices, salt, basil, sugar, garlic, ascorbic acid and citric acid (preservatives), natural flavor), water, olive oil, citric acid, potassium sorbate and sodium benzoate (preservative), lactic acid. May contain: wheat, soy, milk, nuts, egg.

**Chili with Beans Topping Choice** 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, soy, milk, nuts, egg.

**Swiss Cheese Topping Choice** Ingredients: Pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking. May contain: wheat, soy, milk, nuts, egg.

**Tomato Topping Choice** Ingredients: Tomato. May contain: wheat, soy, milk, nuts, egg.

**Sriracha Topping Choice** Ingredients: Chili, Sugar, Garlic, Salt, Water, Acetic Acid, Lactic Acid, Xanthan Gum, Citric Acid, Potassium Sorbate, Ascorbic Acid. May contain: wheat, soy, milk, nuts, egg.

**Black Bean & Corn Relish Topping Choice** Ingredients: Corn, black beans, tomatoes, bell peppers, onions soybean oil, salt, 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), citric acid. May contain: wheat, soy, milk, nuts, egg.

**Shredded Cheddar Cheese Topping Choice** Ingredients: Pasteurized milk, cheese cultures, salt, enzymes & annatto (color), cellulose added to prevent caking. May contain: wheat, soy, milk, nuts, egg.

**Bread Crumb Topping** Ingredients: 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. May contain: wheat, soy, milk, nuts, egg.



### Salads & Wraps (dressings included)

**Cherry Chicken Salad** Ingredients: lettuce, tomato, boneless skinless chicken breast filets with rib meat,, 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, 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, sea salt, yeast extract, dried chicken broth, dried molasses, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, 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). May contain: wheat, soy, milk, nuts.

**Chicken Caesar Salad w/Chicken** Ingredients: romaine lettuce, boneless skinless chicken breast filets with rib meat, 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, dextrose, sea salt, yeast extract, dried chicken broth, natural flavors, dried molasses, sugar, modified food starch, sodium phosphates, soy protein concentrate, 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, egg.

**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, egg.

**Chicken Fiesta Salad** Ingredients: lettuce, boneless skinless chicken breast filets with rib meat, 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, dextrose, sea salt, dried chicken broth, dried molasses, maltodextrin, sodium phosphates, soy protein concentrate, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, locust bean gum, dill, distilled vinegar, corn masa flour, safflower oil, sunflower oil, modified food starch, mono& diglycerides, 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 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, egg.

**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, egg.

**Maurice Salad** Ingredients: Iceberg lettuce, Turkey Breast, Ham, Pasteurized part-skim milk, turkey broth, soybean oil, water, vinegar, sugar, high fructose corn syrup, hard boiled eggs, cucumbers, onion, salt, spice, mustard seed, lemon juice concentrate, cheese culture, enzymes, powdered cellulose added to prevent caking, white wine, calcium disodium, onion and garlic powder, natural flavor, calcium chloride, alum, edta added to protect flavor, potassium sorbate (preservative), natural flavors, polysorbate 80, turmeric (color), fruit pectin, tartaric acid, spice, citric acid, sodium benzoate, sodium phosphate, sodium lactate, sodium diacetate, sodium erythorbate, sodium nitrate. May contain: wheat, soy, milk, nuts, egg.

**Maurice Wrap** Ingredients: iceberg lettuce, turkey breast, ham, hard boiled eggs, cucumbers, water, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose added to prevent caking, salt, turkey broth, high fructose corn syrup, vinegar, soybean oil, sugar, sodium phosphate, calcium propionate, potassium sorbate, guar gum, sodium lactate, sodium diacetate, sodium erythorbate, sodium nitrate, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten onion, spice, mustard seed, lemon juice concentrate, white wine, calcium disodium, onion and garlic powder, natural flavor, calcium chloride, alum, edta added to protect flavor, potassium sorbate





### Salads & Wraps (dressings included)

**Spinach Salad with Goat Cheese** Ingredients: Spinach with Goat Cheese

Spinach, pasteurized goat milk, powdered cellulose, blueberries, apples, red onion, pecans, cinnamon, 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. May contain: wheat, soy, milk, nuts.

**Cherry kale Salad** Ingredients: kale, brussels sprouts, napa cabbage, red cabbage, carrots, radicchio, boiled egg, dried cherries, bacon, red onion, water, salt, sugar, pasteurized part-skim milk, cheese cultures, sodium phosphate, sodium erythobate, sodium nitrate, enzymes and powdered cellulose to prevent caking, citric acid, sodium benzoate. May contain: wheat, soy, milk, nuts.

**Cherry Chicken Wrap** Ingredients: boneless skinless chicken breast filets with rib meat,, spring mix, romaine hearts, green leaf lettuce, tomato, cucumber, dried cherries, water, stone ground whole wheat flour, unbleached unbromated enriched wheat flour, pasteurized part-skim milk, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, calcium propionate, potassium sorbate, guar gum, cheese culture, salt enzymes, powdered cellulose to prevent caking, canola oil, garlic salt, black pepper, salt, cherries, red wine vinegar, sugar, soybean oil, high fructose corn syrup, [apple, pear, raspberry and elderberry juice concentrate], citric acid, dextrose, sea salt, yeast extract, dried chicken broth, dried molasses, maltodextrin, modified food starch, soy protein concentrate, natural flavor, distilled vinegar, lemon juice concentrate, xanthan gum, spices, dried lemon peel, potassium sorbate and sodium benzoate (preservative), sodium phosphates, dried chive, propylene glycolalginate, natural flavor, annatto extract (color), calcium disodium edta (added to protect quality). May contain: wheat, soy, milk, nuts.

**Chicken Caesar Wrap** Ingredients: romaine lettuce, boneless skinless chicken breast filets with rib meat, 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, sea salt, yeast extract, dried chicken broth, natural flavors, dried molasses, sugar, modified food starch, sodium phosphates, soy protein concentrate, 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.

**Chicken Fiesta Wrap** Ingredients:lettuce, boneless skinless chicken breast filets with rib meat,, 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, 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, dextrose, sea salt, dried chicken broth, dried molasses, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, sodium benzoate, lemon oil, cultured cream, skim milk, 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, vitamin d3, red 40, blue 1, blue 2. Contains sulfites. May contain: wheat, soy, milk, nuts.

**Medditeranean Veggie Wrap** Ingredients: Lettuce, cucumber, tomato, onion, roasted red bell peppers, unbleached unbromated enriched wheat flour, cooked garbanzo beans, pasteurized part-skim milk, water, sesame tahini, lemon juice, cellulose modified food starch, dextrose, carrots, onions, celery, garlic, black pepper, natural flavoring, maltodextrin, carrot juice, caramel color, vinegar solids, soy bean oil, soy lecithin, natural flavors, citric acid, cheese culture, salt enzymes, powdered cellulose to prevent caking, salt, white wine vinegar, olive oil, sugar, dried garlic, spices, lemon juice concentrate, garlic juice, propylene glycol alginate, onion juice, xanthan gum, sodium benzoate and potassium sorbate (preservatives), dried onion, caramel color, calcium disodium edta (added to protect quality), niacin, iron, thiamin mononitrate, riboflavin, folic acid, water, powdered cellulose, flax flour, wheat gluten, tomato powder, paprika, stone ground whole wheat flour, calcium propionate, potassium sorbate, guar gum. May contain: wheat, soy, milk, nuts, eggs.

**Michigan Fall Salad** Ingredients: Kale, green leaf lettuce, butternut squash, shelled pumpkin seeds, red onion, apples, quinoa, water, pasteurized goat milk, canola oil, black pepper, garlic salt, salt, powdered cellulose, cheese cultures, vegetal rennet, natamycin (natural yeast & mold inhibitor), high fructose corn syrup and/or sugar, treated water, natural flavors, citric acid, potassium citrate, potassium benzoate (preserves freshness), and calcium disodium EDTA (to protect falvors)  
**Dressing Ingredients:** Pumpkin, Soybean oil, cultured cream, skim milk, water, egg yolk, red wine vinegar, canola oil, Honey, high fructose corn syrup, distilled vinegar, contain less than 2% of: salt, thyme, cinnamon, spice, lemon juice concentrate, calcium disodium, EDTA added to protect flavor, onion and garlic powder, natural flavor, modified cornstarch, lactic & citric acid, gelatin, mono& diglycerides, potassium sorbate, disodium phosphate, natural flavor, locust bean gum.

**House Salad Wrap** Ingredients: Spring mix, romaine hearts, green leaf lettuce, water, Tomato, cucumber, onion, Stone Ground Whole Wheat flour, unbleached unbromated enriched wheat flour, pasteurized part-skim milk, cheese cultures, niacin, iron, thiamin mononitrate, riboflavin, folic acid, powdered cellulose, flax flour, wheat gluten, calcium propionate, potassium sorbate, guar gum, salt, enzymes and powdered cellulose to prevent caking, cultured nonfat milk, cream, cultured nonfat milk, soybean oil, water, egg yolk, distilled vinegar, red pepper, dill, garlic black pepper, water, lemon juice concentrate, high fructose corn syrup, distilled vinegar, 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, egg.

**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, egg.





### Salads & Wraps (dressings included)

**Quinoa Alomnd 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, egg.

**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, egg.

**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, egg.

**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, egg.



## Sandwiches

**Carolina Pork Sandwich** Ingredients: pork, unbleached, unbromated wheat flour ( malted barley flour, niacin, iron (reduced), thiamine mononitrate, riboflavin and folic acid), kale, brussels sprouts, napa cabbage, red cabbage, carrots, radicchio, canola oil, sugar, salt, water, distilled vinegar, red wine vinegar, spices, levain, contains 2% or less of sea salt, yeast, olive oil, malt, grape must, wine vinegar, tart cherries, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, molasses, caramel color, chili, sugar, garlic, potassium sorbate, sodium bisulfite, xanthan gum, black pepper. May contain: wheat, soy, milk, nuts, egg.

**Cherrywood BLT** Ingredients: Bacon, lettuce, tomato, unbleached hard spring wheat flour, malted barley flour, water, salt, sugar, sodium phosphate, sodium erythorbate, 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, egg.

**Chicken Focaccia** Ingredients: boneless skinless chicken breast filets with rib meat, unbleached, unbromated wheat flour ( malted barley flour, niacin, iron (reduced), thiamine mononitrate, riboflavin and folic acid), water, pasteurized part-skim milk, cheese culture, levain, soybean oil, egg yolk, salt, distilled vinegar, buttermilk powder, buttermilk flavor (whey, butterfat, buttermilk, lactic acid), lactic acid, skim milk powder, phosphoric acid, dried onion, xanthan gum, dried garlic, acacia gum, polysorbate 60, spices, citric acid, natural flavors, calcium disodium edta (to protect quality), modified corn starch, smoke flavoring, sodium phosphate, sodium erythorbate, sodium nitrite, smoked using cherry wood chips, enzymes, powdered cellulose added to prevent caking, dextrose, dried chicken broth, dried molasses, sugar, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, sea salt, yeast, olive oil, malt. May contain: wheat, soy, milk, nuts, egg.

**Chicken Pesto w/Roasted Red Pepper** Ingredients: boneless skinless chicken breast filets with rib meat,, 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, levain, high fructose corn syrup, distilled vinegar, salt, enzymes, water, spices, sugar, garlic, ascorbic acid and citric acid (preservatives), natural flavor), olive oil, citric acid, dextrose, dried chicken broth, dried molasses, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, potassium sorbate and sodium benzoate (preservative), lactic acid, lemon juice concentrate, calcium disodium, edta added to protect flavor, onion and garlic powder, natural flavor, paprika, sea salt, yeast, olive oil, malt. May contain wheat, soy, milk, nuts, egg.

**Chicken Quesadilla** Ingredients:boneless skinless chicken breast filets with rib meat, 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, distilled vinegar, 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, dextrose, sea salt, yeast extract, dried chicken broth, dried molasses, sugar, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, 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, disodium phosphate. Contains sulfites. May contain wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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 erythorbate, sodium nitrate, cultures, vegetable sourced enzymes, cheese culture, enzymes, annatto (color). May contain: wheat, soy, milk, nuts, egg.



## Sandwiches

**GT Chicken Salad Sandwich** Ingredients: boneless, skinless chicken breast filets with rib meat, celery, onions, grapes, dried cherries, lettuce, water, soybean oil, egg yolk, dextrose, salt, sea salt, black pepper, yeast extract, dried chicken broth, natural flavors, dried molasses, sugar, maltodextrin, modified food starch, sodium phosphates, soy protein concentrate, sauterne wine, potassium sorbate (as a preservative), and or potassium metabisulfite (as a preservative), vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, spice, high fructose corn syrup, lemon juice concentrate, calcium disodium, edta added to protect flavor, garlic powder. Croissant: enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, margarine (palm oil, water, soybean oil, sugar, soy lecithin, mono- and diglycerides, potassium sorbate preservative, citric acid preservative, artificial flavor, beta-carotene color, vitamin a palmitate), high fructose corn syrup, contains less than 2 % of each of the following: yeast, salt, whey, calcium propionate preservative, calcium sulfate, dextrose, sugar, wheat flour, maltodextrin, enzymes, natural and artificial flavors, ascorbic acid added as a dough conditioner, acacia (gum arabic), calcium phosphate, high oleic canola oil, capric acid and caprylic acid triglyceride blend. 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, egg.

**Kid's Macaroni & Cheese** Ingredients: water, semolina (wheat), milk (vitamin d3 added), cultured milk (non-fat dry milk powder, maltodextrin), cream, pasteurized milk, salt, soybean oil, sea salt, egg whites, niacin, sugar, dry mustard, flavor, cheese cultures, enzymes, whey, corn oil, yeast extract, sweet cream, modified corn starch, granulated onion, spices, sodium phosphate, sodium citrate, lactic acid, enzymes, fruit and vegetable juice [for color], modified potato starch, concentrated natural butter flavor, tocopherol (to preserve freshness), nonfat milk, ferrous sulfate, thiamin mononitrate, riboflavin, and folic acid, natural flavoring. May contain: wheat, soy, milk, nuts, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, cheese culture, salt enzymes, powdered cellulose to prevent caking. May contain: wheat, soy, milk, nuts, eggs.



## 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, egg.

**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, egg.

**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, egg.

**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, egg.

**Chicken Parmesan Sandwich** Ingredients: Chicken, unbleached, unbromated wheat flour (malted barley flour, niacin, iron (reduced), thiamine mononitrate, riboflavin and folic acid), lettuce, tomato, red onion, water, salt, canola oil, paprika, black pepper, garlic salt, pasteurized part-skim milk, cheese cultures, enzymes and powdered cellulose to prevent caking, distilled vinegar, sugar, egg yolk, buttermilk solids, monosodium glutamate, spice, lactic acid, dried garlic, dried onion, natural flavor, 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, levain, contains 2% or less of yeast, olive oil, malt, sodium phosphates, propylene glycol alginate, xanthan gum, caramel color, calcium disodium edta (added to protect quality). Common allergens present: egg, milk. May contain: wheat, soy, milk, nuts, egg.



## Smoothies

**Fruit Pie Smoothie (Cherry Crumb Pie) Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, 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, egg.

**Cream Pie Smoothie (Chocolate Cream Pie) Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, 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, egg.

**Cherry Fruit Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), cherry. May contain wheat, soy, milk, nuts, egg.

**Chocolate Cherry Specialty Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, 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, egg.

**Coffee and Flavor Specialty Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, 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, egg.

**Mocha Specialty Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, 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, egg.

**Peach Fruit Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), peach (peach, ascorbic acid, citric acid), may contain: wheat, soy, milk, nuts, egg.

**Raspberry Fruit Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), raspberry. May contain wheat, soy, milk, nuts, egg.

**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, egg.

**Strawberry Fruit Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), strawberry. May contain wheat, soy, milk, nuts, egg.

**Strawberry/Banana Smoothie Ingredients:** yogurt mix (cultured fat free milk, sugar, corn syrup, nonfat dry milk, mono & diglycerides, guar gum, tetrasodium pyrophosphate, cellulose gum, carageenan, polysorbate 80, vanilla), strawberry, banana. May contain wheat, soy, milk, nuts, egg.





## 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, 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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.



## Soup

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, egg.

**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, thiamin 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.



## Soup

**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, egg.

**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, com 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.

**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 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 ciaruc), 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 011, 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, tomatojuice, 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, egg.