

## **BREAKFAST PASTRIES**

**Banana Bread:** wheat flour, baking soda, cinnamon, salt, sugar, eggs, vegetable oil blend ({may contain one or more of the following: soybean, canola, corn, sunflower}, pure olive oil, beta-carotene), banana, crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), walnuts, pan spray (soybean oil, soy lecithin, propellant)

**Sour Cream Coffee Cake:** cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, sugar, butter<sup>6</sup>, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), brown sugar, pecans, cinnamon, ground ginger, ground clove, confectioners sugar (sugar, cornstarch), water, pan spray (soybean oil, soy lecithin, propellant)

**WHOLEflour Apple Spice Snacking Cake:** wheat flour, baking soda, salt, cinnamon, ground ginger, ground clove, butter (cream, natural flavorings), sugar, eggs, apples, raisins (raisins, soybean oil, cottenseed oil), pecans, confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Chocolate Ginger Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, vanilla sugar<sup>25</sup>, butter<sup>6</sup>, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), ground ginger, candied ginger<sup>54</sup>, fruity drops<sup>19</sup>, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, fresh ginger

**Currant, Spelt & Oat Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), white spelt flour, rolled oats, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, sugar, butter (cream, natural flavorings), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, dried currants<sup>56</sup>

**Lemon Ginger Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, sugar, ground ginger, crystallized ginger<sup>54</sup>, lemon zest, butter (cream, natural flavorings), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, fresh ginger, lemon juice, confectioners sugar (sugar, cornstarch)

**Low Fat Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, cinnamon, golden raisins<sup>68</sup>, raisins<sup>68</sup>, dried cranberries<sup>51</sup>, dried apples<sup>52</sup>, dried apricots<sup>53</sup>, crystallized ginger<sup>54</sup>, blueberries, cranberries, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), yogurt<sup>15</sup>, eggs, vegetable oil blend<sup>5</sup> *glaze:* confectioners sugar<sup>4</sup>, water, orange juice, orange zest

**Irish Soda Bread:** rye flour, baking powder (Monocalcium Phosphate, Bicarbonate Of Soda, Cornstarch), baking soda, salt, sugar, butter (cream, natural flavorings), buttermilk, crème fraîche (creme fraiche (heavy cream: cream, carrageenan, mono and diglycerides, polysorbate 80, buttermilk: grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, caraway seeds, raisins, dried currants (currants,

vegetable oil)

**Oatmeal Maple Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), rolled oats, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, pecans, golden raisins (raisins, soybean oil, cottonseed oil), butter (cream, natural flavorings), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), maple syrup, eggs

**Parmesan Chive Scone:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), butter (cream, natural flavoring), parmesan cheese (cow's milk, salt, rennet), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, chives, black pepper, egg

**Ricotta Cherry Scone:** all-purpose flour<sup>1</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, sugar, butter<sup>6</sup>, buttermilk<sup>10</sup>, creme fraiche<sup>11</sup>, ricotta<sup>74</sup>, lemon zest, vanilla extract (organic alcohol, organic vanilla bean extractives), eggs, cherries, dried cherries<sup>55</sup>

**Vanilla Scone:** all-purpose flour<sup>1</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, vanilla sugar<sup>25</sup>, butter<sup>6</sup>, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), creme fraiche<sup>11</sup>, eggs, vanilla bean, vanilla extract (organic alcohol, organic vanilla bean extractives)

**Strawberry Jam:** frozen strawberries, granulated sugar, apple pectin (dextrose, citric acid (assists gel) fruit pectin), citric acid, lemon juice.

**Rhubarb Strawberry Jam:** rhubarb, strawberries, vanilla sugar<sup>25</sup>, lemon juice, salt, vanilla bean, pectin (dextrose, citric acid (assists gel) fruit pectin)

**Whole Wheat Apple Walnut Scone:** walnuts, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), whole wheat flour, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, cinnamon, brown sugar, dried apples, butter (cream, natural flavorings), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), yolks, granny smith apple, pan spray (soybean oil, soy lecithin, propellant)

**Whole Wheat Blueberry Apricot Scone:** all-purpose flour unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), whole wheat flour, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, sugar, butter (cream, natural flavorings), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, dried apricots (apricots, sulfur dioxide), blueberries, blackberries, lemon zest

**Blueberry Muffin:** wheat flour, baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch {from non-genetically modified corn}), salt, sugar, butter (cream, natural flavorings), eggs, milk (milk, vitamin D3), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A

cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), blueberries, pan spray (soybean oil, soy lecithin, propellant)

**Bran Muffin:** bran, creme fraiche<sup>11</sup>, milk<sup>7</sup>, eggs, molasses, all-purpose flour<sup>1</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, brown sugar, pan spray (soybean oil, soy lecithin, propellant)

**Orange Marmalade:** oranges, lemon zest, lemon juice, water, sugar, vanilla beans

**Corn Muffin:** cornmeal, all-purpose flour<sup>1</sup>, brown sugar, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, baking soda, creme fraiche<sup>11</sup>, milk<sup>7</sup>, eggs, oil<sup>5</sup>, butter<sup>6</sup>, corn, pan spray (soybean oil, soy lecithin, propellant)

**Red Pepper Jelly:** red bell pepper, jalapeno, white vinegar, pectin, sugar, salt

**Ginger Muffin (with fruit):** all-purpose flour<sup>1</sup>, baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, milk<sup>7</sup>, creme fraiche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), ground ginger, candied ginger<sup>54</sup>, pan spray (soybean oil, soy lecithin, propellant) **(Plus fresh fruit!)**

**Gingerbread Muffin with Coffee Glaze:** *cake:* butter (cream, natural flavorings), brown sugar, fresh ginger, eggs, wheat flour, all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, clove, cinnamon, ground ginger, ground pepper, molasses, water, baking soda. *glaze:* water, coffee, espresso powder, confectioner's sugar (sugar, cornstarch), candied ginger, candied ginger (ginger, cane sugar, sulfur dioxide, citric acid), pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Apple Streusel Muffin:** cup4cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, egg yolks, milk<sup>7</sup>, creme fraiche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), granny smith apples, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Blueberry Maple Muffin:** butter<sup>6</sup>, sugar, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), Cup4Cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,), baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), maple syrup, confectioners sugar<sup>4</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Chocolate Chip Coconut Muffin:** cup4cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter (cream, natural flavorings), eggs, milk, coconut milk (coconut extract, water, citric acid, sodium metabisulfite), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), shredded coconut (coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Ginger Pear Muffin:** cup4cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter (cream, natural flavorings), eggs, milk, coconut milk (coconut extract, water, citric acid, sodium metabisulfite), creme

fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), ground ginger, candied ginger, ginger, cane sugar, sulfur dioxide, citric acid, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Lemon Blackberry Chia Muffin:** cup for cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, milk<sup>7</sup>, crème fraîche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), lemon zest, chia seeds, blackberry

**Gluten Free Lemon Blueberry Muffin:** cup for cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, milk<sup>7</sup>, creme fraiche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), lemon zest, lemon juice, blueberries, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Lemon Coconut Pineapple Muffin:** cup4cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter (cream, natural flavorings), eggs, milk (whole milk, vitamin D), coconut milk (coconut extract, water, citric acid, sodium metabisulfite), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), coconut (Coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy), lemon zest, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), lemon juice, confectioners sugar (sugar, cornstarch), crushed pineapple, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Olive Oil with Grapes Muffin:** greek yogurt<sup>78</sup>, olive oil, eggs, lemon juice, lemon zest, almond extract<sup>16</sup>, sugar, cup4cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) almond flour, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, green grapes, pan spray (soybean oil, soy lecithin, propellant)

**Gluten Free Peach Raspberry Muffin:** cup for cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum,) baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, milk<sup>7</sup>, creme fraiche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), peaches, raspberries, pan spray (soybean oil, soy lecithin, propellant)

**Good Morning Muffin:** eggs, brown sugar, vegetable oil (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene), vanilla extract (organic alcohol, organic vanilla bean extractives), whole wheat flour, rolled oats, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, cinnamon, zucchini, raisins (raisins, soybean oil, cottonseed oil), pecans, coconut, granny smith apples, pan spray (soybean oil, soy lecithin, propellant)

**Maple cranberry pecan muffin:** all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin (a B vitamin), reduced iron thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid (a B vitamin), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from nongenetically modified corn), baking soda, salt, eggs, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), butter (cream, natural flavorings), sugar, cranberries, pecans, maple syrup. *glaze:* maple syrup, water, confectioners sugar, pan spray (soybean oil, soy lecithin, propellant)

**Pumpkin Muffin with Candied Pepitas:** butter (cream, natural flavorings), molasses, sugar, eggs, orange juice, pumpkin puree, wheat flour, all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, cinnamon, clove, pepitas, pan spray (soybean oil, soy lecithin, propellant)

**Raspberry Rhubarb Muffin:** all-purpose flour<sup>1</sup>, baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, sugar, butter<sup>6</sup>, eggs, milk<sup>7</sup>, crème fraîche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), raspberries, rhubarb, confectioner's sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Vegan Apple Cinnamon Muffin:** wheat flour, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking soda, salt, sugar, soy milk (Organic Soymilk (filtered water, whole organic soybeans), Carrageenan, Sea Salt, Natural Flavor), vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene), vinegar, cinnamon, apples, pan spray (soybean oil, soy lecithin, propellant), unsweetened applesauce (apples, water, erythorbic acid)

**Vegan Banana & Chocolate Muffin:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking soda, salt, sugar, soy milk (Organic Soymilk (filtered water, whole organic soybeans), Carrageenan, Sea Salt, Natural Flavor), vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene), vinegar, vanilla extract (organic alcohol, organic vanilla bean extractives), banana, semisweet chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavor), pan spray (soybean oil, soy lecithin, propellant)

**Vegan Blueberry Corn Muffin:** flax seed meal, water, soy milk<sup>12</sup>, vinegar, maple syrup, vegetable oil blend<sup>5</sup>, unsweetened apple sauce (apples, water, erythorbic acid), blueberries, baking soda, sugar, salt, almond flour, cornmeal, all purpose flour<sup>1</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Vegan Chai Muffin:** all-purpose flour<sup>1</sup>, baking soda, salt, sugar, cinnamon, cardamom, ginger, chai tea, soy milk<sup>12</sup>, vegetable oil blend<sup>5</sup>, vinegar, bosc pears, ginger, crystalized ginger<sup>54</sup>, vanilla sugar, pan spray<sup>62</sup>

**Vegan Cranberry Orange:** all-purpose flour<sup>1</sup>, baking soda, salt, sugar, soy milk<sup>12</sup>, vegetable oil blend<sup>5</sup>, vinegar, orange zest, vanilla extract (organic alcohol, organic vanilla bean extractives), fresh cranberries, pan spray (soybean oil, soy lecithin, propellant)

**Vegan Jalapeno Corn Muffin w/ Red Pepper Jelly:** flax seed meal, water, soy milk<sup>12</sup>, vinegar, maple syrup, vegetable oil blend<sup>5</sup>, unsweetened apple sauce (apples, water, erythorbic acid), jalapeno, baking soda, sugar, salt, almond flour, cornmeal, all purpose flour<sup>1</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Vegan Vanilla Bean Muffin:** all-purpose flour<sup>1</sup>, baking soda, salt, sugar, soy milk<sup>12</sup>, vegetable oil blend<sup>5</sup>, vinegar, vanilla bean, vanilla extract (organic alcohol, organic vanilla bean extractives), pan spray (soybean oil, soy lecithin, propellant)

**Lowfat Vegan Chocolate Cake:** all-purpose flour<sup>1</sup>, sugar, cocoa powder<sup>57</sup>, espresso powder, baking soda, salt, semisweet chocolate<sup>18</sup>, vegetable oil blend<sup>5</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), molasses, confectioners sugar<sup>4</sup>, pan spray (soybean oil, soy lecithin, propellant). \*\*\* full size cake glaze: semisweet chocolate<sup>18</sup>, oat milk<sup>89</sup>

**WHOLEFLOUR Vegan Carrot Ginger Muffin:** khorasan wheat flour, baking soda, salt, cinnamon, ground ginger, sugar, crystallized ginger<sup>54</sup>, soy milk<sup>12</sup>, vegetable oil blend<sup>5</sup>, vinegar, golden raisins<sup>68</sup>, walnuts,

carrots, pan spray (soybean oil, soy lecithin, propellant)

**Almond Croissant :** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, yeast, butter (cream, natural flavoring), milk (milk, vitamin D3), ascorbic acid powder, egg, almond extract (water, alcohol, bitter almond oil), almond flour, almonds, confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Baked French Toast:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower}, pure olive oil, beta-carotene), salt, vanilla sugar (sugar, organic vanilla beans), whole milk (milk, vitamin D3), heavy cream<sup>8</sup>, nutmeg, cinnamon, eggs, confectioners sugar (sugar, cornstarch), butter (cream, natural flavoring)

**Blueberry Donuts:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), salt, sugar, eggs, milk (milk, vitamin D3), yeast, butter (cream, natural flavoring), vanilla sugar (sugar, organic vanilla beans), blueberries, vanilla sugar (sugar, organic vanilla beans), cornstarch, lemon zest, salt, confectioners sugar (sugar, cornstarch), (fried in soy bean oil), pan spray (soybean oil, soy lecithin, propellant)

**Brioche au Sucre:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavor), pan spray (soybean oil, soy lecithin, propellant)

**Brioche Loaves, Sugar Brioche:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavoring) , pan spray (soybean oil, soy lecithin, propellant)

**Brown butter cinnamon roll:** high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavorings), vanilla bean, brown sugar, cinnamon. *Frosting:* cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums), butter (cream, natural flavorings), confectioners sugar (sugar, cornstarch), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate)

**Butter Breton Cakes:** high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, salt, butter (cream, natural flavoring), sugar, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), pan spray (soybean oil, soy lecithin, propellant)

**Chocolate Brioche:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavoring), semisweet chocolate<sup>18</sup>, milk (milk, vitamin D3), vanilla beans, pan spray (soybean oil, soy lecithin, propellant)

**Cinnamon Cream Brioche:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavoring), crème fraîche<sup>11</sup>, milk (milk, vitamin D3), vanilla beans, cinnamon, pan spray (soybean oil, soy lecithin, propellant)

**Croissant:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, yeast, butter (cream, natural flavoring), milk (milk, vitamin D3), ascorbic acid powder, egg, pan spray (soybean oil, soy lecithin, propellant)

**Granola:** oatmeal, wheat germ, shredded coconut (coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy), sesame seeds, sunflower seeds, walnuts, almonds, salt, cinnamon, vegetable oil blend ({may contain one or more of the following: soybean, canola, corn, sunflower}), pure olive oil, beta-carotene), honey, vanilla extract (organic alcohol, organic vanilla bean extractives), dried cranberries<sup>51</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Ham and Cheese Croissant:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, yeast, butter (cream, natural flavorings), milk (whole milk, vitamin D) ascorbic acid powder, egg, pan spray (soybean oil, soy lecithin, propellant), ham (ham, salt, corn syrup, sugar, sodium phosphate, dextrose, sodium erythorbate, sodium nitrite), cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), black and white sesame seeds

**Muesli:** oats, pepitas, almonds, sunflower seeds, coconut, quinoa, salt, cinnamon, coconut oil, maple syrup, vanilla extract (organic alcohol, organic vanilla bean extractives)

**Mushroom Brioche:** garlic, cremini mushroom, red onion, thyme, butter (cream, natural flavoring), white wine vinegar, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), salt, pepper, parmesan cheese (raw cow's milk, salt, rennet), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yeast, granulated sugar, eggs, fontina cheese (pasteurized milk, cheese cultures, salt, enzymes)

**Pain aux Raisin:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavoring), milk (milk, vitamin D3), vanilla beans, golden raisins (raisins, soybean oil, cottenseed oil), confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Pop Tarts (blueberry):** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, salt, butter (cream, natural flavoring), egg yolks, milk (milk, vitamin D3), blueberries, vanilla sugar (sugar, organic vanilla beans), cornstarch, lemon zest, salt, confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Pop Tarts (raspberry):** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, salt, butter (cream, natural flavoring), egg yolks, milk (milk, vitamin D3), raspberry jam (sugar, raspberries, water, pectin, citric acid, sodium citrate), confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Raspberry Donuts:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), salt, sugar, eggs, milk (milk, vitamin D3), yeast, butter (cream, natural flavoring), vanilla sugar (sugar, organic vanilla beans), raspberry jam (sugar, raspberries, water, pectin, citric acid, sodium citrate) (fried in soy bean oil), pan spray (soybean oil, soy lecithin, propellant)

**Sticky Bun:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, egg, butter (cream, natural flavoring), brown sugar, honey, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), pecans, cinnamon, pan spray (soybean oil, soy lecithin, propellant)

**Twice Baked Brioche:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavoring), almond extract (water, alcohol, bitter almond oil), almond flour, almonds, confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Vanilla Cream Donuts:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), salt, sugar, eggs, milk (milk, vitamin D3), yeast, butter (cream, natural flavoring), vanilla sugar (sugar, organic vanilla beans), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), egg yolks, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vanilla beans (fried in soy bean oil), pan spray (soybean oil, soy lecithin, propellant)

**WHOLEflour breakfast cookie:** butter (cream, natural flavorings), granulated sugar, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), maple syrup, banana, whole wheat flour, oats, baking soda, salt, nutmeg, cinnamon, dried cranberries (cranberries, sugar sunflower oil), toasted walnut, pepitas, dried cherries (cherries, sugar, sunflower oil), flake coconut, sunflower seed, flax seeds, millet

**WHOLEflour commuter mix:** cashews, almonds, dried cherries (cherries, sugar, sunflower oil), pepitas, coconut (cane sugar, sulfur dioxide), organic white mulberries, goji berries, dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans)

## CASE ITEMS

**Boston Cream Pie:** eggs, sugar, lemon juice, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), whole milk (milk, vitamin D3), vanilla beans, semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), coffee, pan spray (soybean oil, soy lecithin, propellant), white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla)

**Berry Bread Pudding:** half and half (milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate), eggs, sugar, vanilla sugar (sugar, organic vanilla beans), salt, raspberries, blueberries, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, vegetable oil blend ({may contain one or more of the following: soybean, canola, corn, sunflower}), pure olive oil, beta-carotene), cornmeal, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate



80), confectioner's sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

**Sticky Bun Bread Pudding:** half and half (milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate), eggs, sugar, vanilla beans, salt, pecans, goo (butter cream, natural flavorings), brown sugar, honey, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), salt), sticky bun (all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, eggs, butter (cream, natural flavorings), brown sugar, honey, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), pecans, cinnamon) yeast, sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid) and/or whole wheat flour, vegetable oil blend {may contain one or more of the following: soybean, canola, corn, sunflower}, pure olive oil, beta-carotene), cornmeal, honey, whole milk (milk, vitamin D3), confectioner's sugar (sugar, cornstarch) pan spray (soybean oil, soy lecithin, propellant)

**Birthday Cake:** sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), baking power (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, butter (cream, natural flavorings), vanilla beans, vegetable oil blend {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant), vanilla extract (organic alcohol, organic vanilla bean extractives), eggs, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), pistoles (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), confectioner's sugar (sugar, cornstarch), milk chocolate (cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans). Sprinkles: confectioners sugar (sugar, cornstarch), salt, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), food coloring (water, propylene glycol, FD&C colors (may contains one or more of the following: red #40, red #3, yellow #6, yellow #5, blue #1, blue #1), xantham gum, glycerine, corn syrup, high fructose corn syrup, sugar, sorbitol, food starch-modified (corn), carrageenan, agar gum, sodium benzoate, potassium sorbate, citric acid, salt)

**Carrot Cake:** eggs, brown sugar, vegetable oil blend {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour<sup>1</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, cinnamon, ground ginger, carrots, raisins (raisins, soybean oil, cottenseed oil), walnuts, cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xantham and/or carob bean and/or guar gums), butter (cream, natural flavorings), confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant). Full size cake decorated with semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor) grade A cultured pasteurized fat free milk, salt, sodium citrate chocolate<sup>18</sup> and candied carrots [carrots and sugar])

**Dacquoise:** eggs, sugar, almond flour, hazelnut flour, confectioners sugar (sugar, cornstarch), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), butter (cream, natural flavoring), espresso, espresso powder, vanilla extract (organic alcohol, organic vanilla bean extractives), almonds, hazelnuts, pan spray (soybean oil, soy lecithin, propellant)

**Lemon Raspberry Cake:** cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter<sup>6</sup>, heavy cream<sup>8</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, eggs, lemon zest, lemon juice, raspberries,

vanilla extract (organic alcohol, organic vanilla bean extractives), vanilla beans, pan spray (soybean oil, soy lecithin, propellant) (Decorated with white chocolate<sup>23</sup> and fresh fruit)

**Midnight Chocolate Cake:** cocoa powder<sup>57</sup>, unsweetened chocolate<sup>24</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, baking soda, brown sugar, butter<sup>6</sup>, vegetable oil blend<sup>5</sup>, crème fraîche<sup>11</sup>, eggs, sugar, milk chocolate<sup>21</sup>, semisweet chocolate<sup>18</sup>, heavy cream<sup>8</sup>, coffee, pan spray (soybean oil, soy lecithin, propellant) (Decorated with white chocolate<sup>23</sup> and fresh fruit)

**St. Tropez:** all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, sugar, salt, yeast, butter<sup>6</sup>, eggs, almond extract<sup>16</sup>, heavy cream<sup>8</sup>, milk<sup>7</sup>, vanilla beans, confectioners sugar<sup>4</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Tart Shells (Indiv, 5", 8", 10"):** butter<sup>6</sup>, sugar, salt, all-purpose flour<sup>1</sup>, egg yolks, heavy cream<sup>8</sup>, almond flour, vanilla extract (organic alcohol, organic vanilla bean extractives), Frangipane Cream<sup>61</sup>

- **Fruit Tart:** fresh fruit, heavy cream<sup>8</sup>, eggs, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vanilla beans, sugar, salt, milk<sup>7</sup>

**Tartlette Shells:** butter<sup>6</sup>, sugar, salt, all-purpose flour<sup>1</sup>, egg yolks, heavy cream<sup>8</sup>

- **Lemon Lust/Meringue:** heavy cream<sup>8</sup>, butter<sup>6</sup>, lemon juice, sugar, egg, salt, vanilla extract (organic alcohol, organic vanilla bean extractives)

- **Fruit Tart:** fresh fruit, heavy cream<sup>8</sup>, eggs, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vanilla beans, sugar, salt, milk<sup>7</sup>

- **Chocolate Cream:** heavy cream<sup>8</sup>, half and half<sup>9</sup>, egg yolks, dark chocolate<sup>19</sup>, vanilla sugar<sup>25</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, confectioner's sugar (sugar, cornstarch), cornstarch

- **Coconut Cream:** coconut milk<sup>50</sup>, milk<sup>7</sup>, sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), eggs, salt, vanilla, toasted coconut<sup>49</sup>, heavy cream, confectioner's sugar (sugar, cornstarch), cornstarch

**Triple Chocolate Mousse Cake:** eggs, semisweet chocolate ((unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), coffee, salt, sugar, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), white chocolate 9 sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla), milk chocolate (cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans) (Full size cake decorated with white chocolate<sup>23</sup> and fresh fruit)

**Oatmeal:** steel cut oats, whole milk<sup>7</sup>, water, cinnamon, nutmeg, salt

**WHOLEflour Chia Pudding:** whole milk (milk, vitamin D3), chia seeds, maple syrup, salt, vanilla extract (organic alcohol, organic vanilla bean extractives)

**WHOLEflour Yogurt Granola Parfait:** labne (cultured pasteurized grade A milk, cream, skim milk, whey protein concentrate, pectin, salt), raspberries or blueberries, oats, wheat germ, coconut (sugar, water, propylene glycol (may contain milk, tree nuts, soy), sesame seeds, sunflower seeds, walnuts, almonds, cinnamon, vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), honey, vanilla extract (organic alcohol, organic vanilla bean extractives), dried cranberries (cranberries, sugar, sunflower oil)

**Muesli:** gluten free oats, pepitas, almonds, sunflower seeds, coconut, quinoa, salt, cinnamon, olive oil, maple syrup, vanilla extract (organic alcohol, organic vanilla bean extractives), oat milk (water, oats, organic canola oil, contains 1% or less of: dipotassium phosphate, sea salt, sodium citrate, tricalcium phosphate), apple, chia seeds, blueberries

**COOKIES + BARS**

**Vegan Almond Macaroon:** almonds, sugar, aquafaba<sup>80</sup>, almond extract<sup>16</sup>, salt, pan spray (soybean oil, soy lecithin, propellant)

**Mixed Nut Biscotti:** eggs, honey, vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour<sup>1</sup>, almond flour, ground anise, salt, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn)), whole almonds, walnuts, pistachios

**WHOLEflour Brownies:** butter (cream, natural flavorings), 68% tcho (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), unsweetened chocolate (100% cocoa mass), sugar, brown sugar, salt, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), espresso powder, One Mighty Mill flour, cocoa powder (high fat cocoa processed with alkali) pan spray (soybean oil, soy lecithin, propellant)

**Ginger Molasses Cookie:** all-purpose flour<sup>1</sup>, brown sugar, butter<sup>6</sup>, molasses, eggs, baking soda, ground ginger, cinnamon, ground cloves, fresh ginger, salt, vanilla sugar<sup>25</sup>

**Macaroon:** coconut (coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy)), milk (milk, vitamin D3), sugar, eggs, cornstarch, salt, vanilla beans, pan spray (soybean oil, soy lecithin, propellant)

**Brown Sugar Almond Meringue:** egg whites, brown sugar, sugar, almonds, salt, cinnamon

**Raspberry Meringue Cloud:** vanilla sugar (sugar, organic vanilla beans), raspberries, granulated sugar, egg whites, confectioner's sugar (sugar, cornstarch), salt, unsweetened chocolate (100% cocoa mass), lemon juice

**Raspberry Crumb Bar:** butter<sup>6</sup>, sugar, confectioners sugar<sup>4</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour<sup>1</sup>, egg yolks, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn)), salt, raspberry jam (sugar, raspberries, water, pectin, citric acid, sodium citrate)

**Chocolate Chip Cookie:** butter (cream, natural flavorings), sugar, brown sugar, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), baking soda, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), milk chocolate (cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans), dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans)

**WHOLEflour Double Chocolate Cookie:** sugar, eggs, butter (cream, natural flavorings), walnuts, rye flour, vanilla extract (organic alcohol, organic vanilla bean extractives), espresso powder, salt, baking soda, cream of tartar, dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans, cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans), unsweetened chocolate (100% cocoa mass)

**WHOLEflour Oatmeal Raisin Cookie:** butter<sup>6</sup>, brown sugar, raisins<sup>68</sup>, sugar, oatmeal, all-purpose flour<sup>1</sup>, oat flour, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, baking soda, cinnamon, ground nutmeg

**Low Sugar Oatmeal Cranberry Raisin:** walnuts, butter<sup>6</sup>, sugar, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour<sup>1</sup>, rolled oats, baking soda, salt, grated nutmeg, cinnamon, raisin<sup>68</sup>, cranberries<sup>51</sup>

**Peanut Butter Cookie:** peanut butter (peanuts, salt), butter (cream, natural flavorings), brown sugar, sugar, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), crushed peanuts, eggs, baking soda, salt, vanilla extract (organic alcohol, organic vanilla bean extractives), maldon salt

**Chunky Lola:** butter(cream, natural flavorings), brown sugar, sugar, dark chocolate(cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), eggs, oatmeal, pecans, coconut(Coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy), baking soda, salt, vanilla extract(organic alcohol, organic vanilla bean extractives)

**WHOLEflourMilk Chocolate Hazelnut Cookie:** butter<sup>6</sup>, brown sugar, sugar, high gluten flour<sup>2</sup>, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), white whole wheat flour, hazelnut flour, hazelnuts, milk chocolate<sup>21</sup>, dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), baking soda, salt

**Oreo:** all-purpose flour<sup>1</sup>, butter<sup>6</sup>, semisweet chocolate<sup>18</sup>, sugar, cocoa powder<sup>57</sup>, eggs, salt, baking soda, vanilla extract (organic alcohol, organic vanilla bean extractives). **Oreo Filling:** confectioners sugar<sup>4</sup>, butter<sup>6</sup>, whole milk<sup>7</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives)

**Gluten Free Oreo:** butter (cream, natural flavorings), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), sugar, cocoa powder ( high fat cocoa processed with alkali), vanilla, eggs, salt, baking soda, cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xantham gum. **Caramel Filling:** sugar, confectioners sugar (sugar, cornstarch), butter (cream, natural flavorings), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, cocoa nibs

**Tahini & Black Sesame Cookies:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), butter (cream, natural flavorings), tahini (toasted sesame seed puree), black sesame seeds, sugar, eggs, salt, vanilla extract (organic alcohol, organic vanilla bean extractives)

**WHOLEflour Granola Bar:** oats, all-purpose flour<sup>1</sup>, brown sugar, honey, salt, butter<sup>6</sup>, coconut<sup>49</sup>, walnuts, cinnamon, dried apples<sup>52</sup>, dried cranberries<sup>51</sup>, dried apricots<sup>53</sup>, sugar, millet, sunflower seeds, flax seeds, lemon zest

**Dog Biscuit:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), whole wheat flour, rye flour, cornmeal, rolled oats, salt, yeast

**WHOLEflour Power Bar:** cashews, gluten free rolled oats, cinnamon, salt, dates, maple syrup, cacao nibs, dried cherries<sup>55</sup>, chia seeds, sunflower seeds

**Pecan Sandies:** toasted pecans, all-purpose flour<sup>1</sup>, butter<sup>6</sup>, confectioners sugar<sup>4</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn)

**Rice Krispy Treat:** butter<sup>6</sup>, marshmallow<sup>46</sup>, vanilla bean, salt, rice krispies<sup>45</sup>, pan spray (soybean oil, soy lecithin, propellant) (*NOT Gluten free!*)

**Honey Nougat:** sugar, confectioners sugar<sup>4</sup>, glucose syrup, honey, egg whites, salt, almonds, pistachios, dried cherries<sup>55</sup>, cocoa butter (may contain milk),almond extract<sup>16</sup>, rice paper (rice flour, tapioca flour, salt, water), pan spray (soybean oil, soy lecithin, propellant)

**Oatmeal Cream Pie:** all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), oats, salt, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, cinnamon, nutmeg, butter<sup>6</sup>, sugar, brown sugar, molasses, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), milk<sup>7</sup>, confectioners sugar<sup>4</sup>)

## CUPCAKES

**Chocolate Cupcake:** sugar, unsweetened chocolate (100% cocoa mass), butter (cream, natural flavorings), all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), cocoa powder (high fat cocoa processed with alkali), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, milk (whole milk, vitamin D), eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), pan spray (soybean oil, soy lecithin, propellant)

**Crispy Magic Frosting:** egg whites, sugar, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk (whole milk, vitamin D), confectioners sugar (sugar, cornstarch)

**Vanilla Bean Cupcake:** sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, butter<sup>6</sup>, vanilla beans, vegetable oil blend<sup>5</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), egg, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), pan spray (soybean oil, soy lecithin, propellant)

**Chocolate Crispy Magic Frosting:** egg whites, sugar, butter<sup>6</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk<sup>7</sup>, confectioners sugar<sup>4</sup>, semisweet chocolate<sup>18</sup>

**Coconut Cupcake:** cake flour<sup>3</sup>, sugar, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, vegetable oil blend<sup>5</sup> butter<sup>6</sup>, egg, coconut milk<sup>50</sup>, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), coconut<sup>49</sup>, pan spray (soybean oil, soy lecithin, propellant)

**Crispy Magic Frosting:** egg whites, sugar, butter<sup>6</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk<sup>7</sup>, confectioners sugar<sup>4</sup>

**Lemon Strawberry Cupcake:** sugar, cake flour<sup>3</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, butter<sup>6</sup>, lemon zest, vegetable oil blend<sup>5</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), eggs, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), milk<sup>7</sup>, confectioner's sugar (sugar, cornstarch), strawberry puree, pan spray (soybean oil, soy lecithin, propellant)

**Lemon Meringue Cupcake:** sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), soda, salt, butter<sup>6</sup>, lemon zest, vegetable oil blend<sup>5</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), eggs, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate)

**Hummingbird Cupcake:** all-purpose flour<sup>1</sup>, baking soda, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), cinnamon, salt, sugar, eggs, vegetable oil blend<sup>5</sup>, banana, creme fraiche<sup>11</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), toasted pecans, pineapple

**Magic Sally Frosting:** cream cheese<sup>13</sup>, butter<sup>6</sup>, confectioners sugar (sugar, cornstarch), salt, sugar, egg whites, vanilla extract (organic alcohol, organic vanilla bean extractives)

**Carrot Cake:** eggs, brown sugar, vegetable oil blend {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour<sup>1</sup>, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, salt, cinnamon, ground ginger, carrots, raisins (raisins, soybean oil, cottensed oil), walnuts. **Magic Sally Frosting:** cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xantham and/or carob bean and/or guar gums), butter (cream, natural flavorings), confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant). Full size cake decorated with semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor) grade A cultured pasteurized fat free milk, salt, sodium citrate

**Stout + Bailey's Cupcake:** Guinness (barley, roast malt extract, hops, and brewer's yeast), butter (cream, natural flavorings), cocoa powder ( high fat cocoa processed with alkali), sugar, eggs, vanilla extract (organic alcohol (35%), organic vanilla bean extractives), creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), salt, all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), whole wheat flour, baking soda, whiskey, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), pistoles (unsweetened chocolate, sugar, cocoa butter, soy lecithin (emulsifier), natural vanilla flavor), milk chocolate, Bailey's Irish Cream (aged Irish whiskey, Irish dairy cream, cocoa and vanilla), mascarpone (pasteurized milk and cream, citric acid)

**Trick or Treat Cupcake:** sugar, unsweetened chocolate (100% cocoa mass), butter (cream, natural flavorings), all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), cocoa powder (high fat cocoa processed with alkali), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn)), baking soda, salt, milk (whole milk, vitamin D), eggs, vanilla extract (organic alcohol (35%), organic vanilla bean extractives), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), pan spray (soybean oil, soy lecithin, propellant), confectioners sugar (sugar, cornstarch), pistoles (unsweetened chocolate, sugar, cocoa butter, soy lecithin (emulsifier), natural vanilla flavor), peanuts

**Nutmeg Spice Cupcake:** sugar, vanilla (organic alcohol (35%), organic vanilla bean extractives), eggs, oil (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), baking soda, nutmeg, cinnamon, ground ginger, clove, salt, pan spray (soybean oil, soy lecithin, propellant)

**Magic Sally Frosting:** cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xantham and/or carob bean and/or guar gums), butter (cream, natural flavorings), butter (cream, natural flavorings), confectioners sugar (sugar, cornstarch), salt, sugar, egg whites, vanilla extract (organic alcohol (35%), organic vanilla bean extractives)

## PIES

**Blueberry Pie:** blueberries, cornstarch, vanilla sugar<sup>25</sup>, salt, lemon zest. *crust:* all-purpose flour<sup>1</sup>, sugar, salt, butter<sup>6</sup>, eggs, milk<sup>7</sup> *crust:* all-purpose flour<sup>1</sup>, sugar, salt, butter<sup>6</sup>, eggs, milk<sup>7</sup>

**Double Crust Apple Pie:** macintosh apples, granny smith apples, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), brown sugar, sugar, cinnamon, salt. *crust:* all-purpose flour (unbleached hard wheat enriched flour, malted barley

flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, salt, butter (cream, natural flavorings) eggs, milk (whole milk, vitamin D)

**Pumpkin Pie:** pumpkin puree, brown sugar, ginger, cinnamon, nutmeg, clove, salt, condensed milk<sup>66</sup>, evaporated milk<sup>65</sup>, eggs, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), vanilla extract (organic alcohol, organic vanilla bean extractives). *crust:* all-purpose flour<sup>1</sup>, sugar, salt, butter<sup>6</sup>, eggs, milk<sup>7</sup>

**Pecan Pie:** sugar, corn syrup (light corn syrup, salt, vanilla), eggs, salt, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), lemon juice, pecans. *crust:* all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, salt, butter (cream, natural flavorings), milk (whole milk, vitamin D), egg yolks

**Banana Cream Pie:** milk (milk, vitamin D3), banana, vanilla bean, sugar, corn starch, salt, eggs, butter (cream, natural flavorings), all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla), orange juice (orange juice from concentrate [filtered water and orange juice concentrate], natural flavors), mascarpone cheese (pasteurized milk & cream, citric acid), brown sugar, vanilla extract (organic alcohol, organic vanilla bean extractives)

**Cherry Crumb Pie:** cherries, sugar, cornstarch, salt, vanilla extract (organic alcohol, organic vanilla bean extractives), butter<sup>6</sup>, sugar, salt, all purpose flour<sup>1</sup>, yolks, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, cinnamon, ginger

## Whole Pies/Sliced Pies

**Pie Crust:** butter<sup>6</sup>, sugar, salt, all purpose flour<sup>1</sup>, yolks, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate)

**Gluten Free Pie Crust:** Cup 4 Cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), butter (cream, natural flavoring), sugar, eggs, salt

- **Chocolate Cream:** heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), half and half<sup>9</sup>, egg yolks, dark chocolate<sup>19</sup>, vanilla sugar<sup>25</sup>, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, confectioner's sugar (sugar, cornstarch), cornstarch, milk chocolate (cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans)

- **Coconut Cream:** coconut milk (coconut extract, water, citric acid, sodium metabisulfite), milk (milk, vitamin D), sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), eggs, salt, vanilla, toasted coconut (coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), confectioner's sugar (sugar, cornstarch), cornstarch, white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla)

- **Lemon Meringue:** heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), butter<sup>6</sup>, lemon juice, sugar, egg, salt, vanilla extract (organic alcohol, organic vanilla bean extractives), white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla)

**King Cake:** butter<sup>6</sup>, sugar, almond flour, eggs, all-purpose flour<sup>1</sup>, salt, vanilla extract (organic alcohol, organic vanilla bean extractives), almond extract<sup>16</sup>, orange zest

**Lime Cream Pie:** sweetened condensed milk (milk, sugar), lime juice, eggs, lime zest, salt, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), confectioner's sugar, cornstarch.

**Strawberry Rhubarb Pie (and slab):** butter<sup>6</sup>, rhubarb, strawberries, cornstarch, orange juice, sugar, salt, all purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yolks, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate)

**Blueberry Peach Cobbler:** *Biscuit:* AP (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, egg, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), milk (milk, vitamin D3), butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives)

*Filling:* blueberries, peaches (erythorhic acid, citric acid, and malic acid), cornstarch, vanilla sugar (sugar, organic vanilla beans), salt, lemon zest

## **BREAD**

**Ciabatta:** yeast, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene), cornmeal

**Cornmeal Sourdough:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), cornmeal, rye flour, honey, vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), sugar, salt, yeast, water

**Focaccia:** yeast, sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), cornmeal, pan spray (soybean oil, soy lecithin, propellant)

**Rye Bread:** high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), rye flour, whole wheat flour, cornmeal, cocoa powder (high fat cocoa processed with alkali), molasses, blended oil (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), salt, fresh yeast, water, caraway seeds

**Multigrain:** whole wheat flour, spelt flour, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal

**Country Bread:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, sponge, water, cornmeal

**Raisin Pecan Bread:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted



barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, salt, honey, pecans, golden raisins (raisins, soybean oil, cottonseed oil), cornmeal

**Cranberry Pecan Bread:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, salt, honey, pecans, dried cranberries (cranberries, sugar, sunflower oil), fresh cranberries, cornmeal

**Gluten Free Bread:** yeast, eggs, sugar, salt, vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), salt, pepper, extra virgin olive oil, cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum

**Sesame Focaccia:** yeast, sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), blended oil (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene), cornmeal, pan spray (soybean oil, soy lecithin, propellant) extra virgin olive oil, sesame seeds, black pepper

## SANDWICHES

**Mozzarella:** mozzarella (pasteurized milk, cream, vinegar, enzymes) tomatoes, arugula, **Pea-Pistachio pesto** (pistachio, peas, basil, parmesan cheese [raw cow's milk, salt, rennet] lemon zest, lemon juice, garlic, extra virgin olive oil, salt, pepper) **cherry pepper crema** (pickled cherry peppers (hot peppers, water, vinegar, salt, calcium chloride, benzoate of soda, fd&c yellow #5) sour cream (cultured pasteurized light cream, non fat milk, enzymes) mayo (soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor) honey, garlic, salt, pepper. **salsa verde** (oregano, parsley, chives, garlic, extra virgin olive oil, black pepper, lime juice, sherry vinegar, cumin, red pepper flake, salt) Multigrain Bread: whole wheat flour, spelt flour, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal, pan spray (soybean oil, soy lecithin, propellant)

**CONTAINS: SOY, DAIRY, EGG, UNPASTEURIZED CHEESE, GLUTEN**

**Seasonal (Spring) Egg Sandwich:** **egg patty** (eggs, half and half [milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate], milk [milk, vitamin D3], salt), black pepper, swiss cheese [fresh unpasteurized milk, cheese cultures, salt, enzymes], **green goddess** (parsley, chives, tarragon, parsley, chives, tarragon, garlic, lemon juice, mayonnaise [soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor], **tasso ham** (PORK, RUBBED WITH SPICES, PAPRIKA, SALT, ONION, GARLIC, SPICE EXTRACTIVES, CURED WITH WATER, SODIUM PHOSPHATE, SALT, SODIUM ERYTHORBATE, SODIUM NITRATE) leeks (butter, tarragon, salt, pepper)

**Egg Bun:** yeast, sugar, salt, all-purpose flour, high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant) **CONTAINS: SOY, DAIRY, EGG, NITRATES, UNPASTEURIZED CHEESE, GLUTEN**

**Hummus:** hummus (chickpeas, garlic, cumin seeds, tahini [organic golden sesame seeds], lemon juice, salt, black pepper, extra virgin olive oil), pickled daikon (carrots, fresno chile, distilled vinegar, sugar, salt), vegan sriracha aioli (chickpeas, aquafaba<sup>80</sup>, sriracha<sup>79</sup>, {chile, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum}, vegetable oil blend<sup>5</sup>), cilantro, thai basil, mint, cucumber, served

on focaccia: yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal **Served on White Focaccia:** yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal

**Smoked Turkey:** turkey [turkey breast, water, salt, sodium lactate, brown sugar, sodium phosphate], pecorino (pasteurized sheep's milk, cultures, enzymes, salt), mayonnaise [soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor], sour cream [cultured pasteurized light cream, non fat milk, enzymes] black pepper, roasted garlic, extra virgin olive oil, whole grain mustard, lemon juice, zucchini relish (zucchini, onions, red pepper, white wine vinegar, mustard powder, sugar, salt, red pepper flake, celery seed, basil, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}), cornmeal, pan spray (soybean oil, soy lecithin, propellant) **Multigrain Bread:** whole wheat flour, spelt flour, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal, pan spray (soybean oil, soy lecithin, propellant) **CONTAINS: SOY, DAIRY, EGG, GLUTEN**

**Summer Sausage** (BEEF, PORK, SALT, CORN SYRUP SOLIDS, DEXTROSE, SPICES, SPICE EXTRACTIVES, GARLIC POWDER), APPLEWINE, WATER, DEXTROSE, LACTIC ACID, STARTER CULTURE, SODIUM NITRITE) **collard greens** (collard greens, onions, garlic, raw cider vinegar, salt) **pickles** (cucumbers, sugar, salt, mustard seed, red pepper flake, white distilled vinegar) **pimento** (cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes) mayo (soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor), sour cream (cultured pasteurized light cream, non fat milk, enzymes), cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums) whole grain mustard (water, mustard seeds, vinegar, salt), pickled cherry peppers (hot peppers, water, vinegar, salt, calcium chloride, 1/10 of 1% benzoate of soda (a preservative), FD&C yellow #5), minced dried onion, celery seed, granulated garlic, lemon juice, salt **Cornmeal sourdough:** AP Flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), hg flour bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid, cornmeal, rye flour, honey, blended oil, sugar, salt, yeast, water

**CONTAINS: SOY, DAIRY, EGG, NITRATES, GLUTEN**

**Cauliflower:** Cauliflower (olive oil, red chili flake, garlic, salt) smoked poblano relish [poblano pepper, jalapeno, onion, garlic, white wine vinegar, lime, sugar, cumin, mustard powder, red pepper flake, lime juice, salt] Pumpkin seed butter [pepitas, roasted garlic, cilantro, lime juice, extra virgin olive oil, salt, pepper] Oaxaca cheese (pasteurized whole milk, salt, vinegar, titanium dioxide, hannilase) Focaccia (yeast, sugar, salt, all-purpose flour, high gluten flour, vegetable oil blend, cornmeal, pan spray), or served on Multigrain bread (whole wheat flour, spelt flour, all-purpose flour<sup>1</sup>, yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal)

**Salmon:** smoked salmon<sup>27</sup>, herb cream cheese (cream cheese<sup>13</sup>, rosemary, thyme, parsley, lemon zest, capers<sup>42</sup>, salt, pepper), red onion, arugula. **On Multigrain Bread:** whole wheat flour, spelt flour, all-purpose flour<sup>1</sup>, yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal

**BLT:** applewood smoked bacon<sup>28</sup>, tomato, mayonnaise<sup>33</sup>, arugula, balsamic vinaigrette (balsamic vinegar<sup>88</sup>, raw egg yolks, vegetable oil blend<sup>5</sup>, dijon mustard<sup>34</sup>, salt, black pepper). **On White Focaccia:** yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal

**Roasted Chicken:** marinated achiote chicken (annatto seed, spices, vinegar, iodized salt, granulated garlic, cornmeal, FD&C red color #40, sodium benzoate, vegetable oil blend<sup>5</sup>), marinated jicama (jicama, honey, lime juice, lime zest), mashed avocado (avocado, chipotle peppers<sup>35</sup>, lime juice, red onion, cilantro, salt). **Served on White Focaccia:** yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>,

cornmeal.

**Roast Beef:** roast beef (beef, salt, black pepper), tomato, crispy onions (onions, all-purpose flour<sup>1</sup>, soybean oil), horseradish mayonnaise (mayonnaise<sup>33</sup>, horseradish<sup>37</sup>, crème fraîche<sup>11</sup>, grain and dijon mustard<sup>34</sup>)

**Country Bread:** all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), yeast, sugar, salt, sponge, water, cornmeal

**Lamb Toast: braised lamb** (granulated garlic, cumin, coriander, allspice, cinnamon, smoked paprika, black pepper, tomato paste, onion, jalapeno, salt, blended oil: [may contain one or more of the following: soybean, canola, corn, sunflower, olive oil, beta-carotene]), **tzatziki** (cucumber, roasted garlic, lemon juice, oregano, white wine vinegar, extra virgin olive oil, greek yogurt [pasteurized grade A cow's and goat's milk, skim milk, cream, active bacterial cultures {bifidobacterium lactis, L. acidophilus}], **smoked eggplant** (eggplant, tahini [sesame seed paste], lemon juice, evoo, white wine vinegar, garlic, sugar, salt, pepper) snap peas, radish, mint, cilantro, basil, **raw cider vinaigrette** (raw apple cider vinegar, dijon mustard [water, mustard seeds, vinegar, salt]) feta cheese (cultured pasteurized milk, salt, enzymes) **Cornmeal Sourdough:** All purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), cornmeal, rye flour, honey, 10% blended oil ({may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}), sugar, salt, yeast, water **CONTAINS: SOY, DAIRY, GLUTEN**

**Chicken + Broccoli Rabe Panini:** marinated roasted chicken (thyme, salt, lemon juice, lemon zest, fennel seed, garlic, pepper, vegetable oil blend<sup>5</sup>), brie cheese<sup>32</sup> (mixed with thyme), broccoli rabe (onions, extra virgin olive oil, garlic, lemon juice, red pepper flake, salt), roasted red peppers (fresh red peppers, parsley, sherry vinegar, salt, honey), arugula. **If on White Focaccia:** yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal **OR If on Multigrain:** whole wheat flour, spelt flour, all-purpose flour<sup>1</sup>, yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal

**Egg Sandwich:** egg patty (eggs, half and half<sup>9</sup>, milk<sup>7</sup>, salt, black pepper), cheddar cheese<sup>14</sup>, dijonnaise (mayonnaise<sup>33</sup>, thyme, dijon mustard<sup>34</sup>), arugula, tomato, applewood smoked bacon<sup>28</sup> or ham<sup>29</sup> **On White Focaccia:** yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal

**Strata:** egg custard (eggs, milk, heavy cream, salt, black pepper), focaccia (yeast, sugar, salt, all-purpose flour<sup>1</sup>, high gluten flour<sup>2</sup>, vegetable oil blend<sup>5</sup>, cornmeal), cheddar cheese<sup>14</sup>, applewood smoked bacon<sup>28</sup> or ham<sup>29</sup> or italian sausage<sup>81</sup>, spinach, sage, thyme, garlic, onion, salt and pepper

## SALADS + GRAIN BOWLS

**Arugula + Farro Salad:** arugula, whole wheat farro, asparagus (extra virgin olive oil, salt, pepper), peas, pickled rhubarb (white distilled vinegar, sugar, salt, mustard seeds, red pepper flake) **candied almonds** (almonds, sugar, korean chili flake, salt, black pepper) **parmesan vinaigrette** (chickpeas, garlic, dijon mustard, lemon juice, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, parmesan cheese {raw cow's milk, salt, rennet}, salt, pepper), **multigrain croutons** (whole wheat flour, spelt flour, all-purpose flour, yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal, extra virgin olive oil, onion powder, garlic powder) **CONTAINS: SOY, DAIRY, NUTS, UNPASTEURIZED CHEESE, GLUTEN**

**Chopped Greek Salad:** romaine, cucumber, kalamata olive<sup>60</sup>, red onion, feta<sup>58</sup>, tomato\*, garbanzo beans, pickled banana peppers<sup>40</sup>, marinated roasted chicken (thyme, salt, lemon juice, fennel seed, garlic, pepper, vegetable oil blend<sup>5</sup>), green goddess dressing (parsley, chives, tarragon, garlic, lemon juice, mayonnaise<sup>33</sup>,

salt, black pepper, white wine vinegar)

**Mixed Grains + Chickpea:** mixed grains (brown rice, millet, black quinoa, onion, scallion, garlic, celery, coriander seed, mustard seed, extra virgin olive oil, white wine vinegar, salt, pepper), cremini mushrooms (garlic, evoo, salt, pepper) beet sauerkraut (beets, cabbage, salt), **marinated chickpeas** (chickpeas, roasted garlic, shallots, mint, parsley, basil, chives, white wine vinegar, lemon juice, extra virgin olive oil, red pepper flake, salt, pepper) **vegan hot sauce** (chickpeas, garlic, dijon mustard, lemon juice, sriracha [chile, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum], blended oil [may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene]) **raw cider vinaigrette** (raw apple cider vinegar, dijon mustard [water, mustard seeds, vinegar, salt], blended oil [may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene] sugar, salt, pepper), hard boiled egg, arugula **CONTAINS: SOY, EGG**

**“Everything” Tuna Salad:** tuna salad (orange zest, chives, extra virgin olive oil, dried onion, dried garlic, poppy seed, sesame seed, lemon juice, sherry vinegar, salt, pepper) orange, grapefruit, pomegranate seed, caperberry, tarragon, parsley, radicchio, red gem lettuce, lemon-tahini dressing (tahini, lemon juice, apple cider vinegar, dijon mustard<sup>34</sup>, extra virgin olive oil, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene} red pepper flake, sugar, salt, pepper) mixed seed brittle (corn syrup, sugar, pumpkin seeds, sunflower seeds, white sesame seeds, black sesame seeds, salt)

**Simple Green Salad:** mixed greens, balsamic vinaigrette (balsamic vinegar<sup>88</sup>, raw egg yolks, vegetable oil blend<sup>5</sup>, dijon mustard<sup>34</sup>, salt), salt

**Simple Green Salad with Veg:** mixed greens, balsamic vinaigrette (balsamic vinegar<sup>88</sup>, raw egg yolks, vegetable oil blend<sup>5</sup>, dijon mustard<sup>34</sup>, salt), salt, carrot, cucumber, tomato\*

**Raw Cider Vinaigrette** (raw apple cider vinegar, dijon mustard [water, mustard seeds, vinegar, salt] extra virgin olive oil, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene} sugar, salt, pepper)

**Lemon-Tahini Dressing** (tahini, lemon juice, apple cider vinegar, dijon mustard<sup>34</sup>, extra virgin olive oil, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant) red pepper flake, sugar, salt, pepper)

**Balsamic Vinaigrette:** (balsamic vinegar<sup>88</sup>, pasteurized egg yolks, vegetable oil blend<sup>5</sup>, dijon mustard<sup>34</sup>, black pepper, salt)

**Grains:** (brown rice, millet, black quinoa, onion, scallion, garlic, celery, coriander seed, mustard seed, extra virgin olive oil, white wine vinegar, salt, pepper)

**Parmesan Vinaigrette** chickpeas, garlic, dijon mustard, lemon juice, blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, parmesan cheese {cow's milk, salt, rennet}, salt, pepper

## SAVORY CATERING

### QUICHE

**ham, roasted tomato, broccoli rabe, cheddar ham** (pork, salt, corn syrup, sugar, sodium phosphate, dextrose, sodium erythorbate, sodium nitrite), tomato, extra virgin olive oil, broccoli rabe (onions, extra virgin olive oil, garlic, lemon juice, red pepper flake, salt), cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes) pate brisee (all purpose flour [unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid] sugar, butter [cream, natural flavorings], egg yolk, whole milk [milk, vitamin D3]) custard base (egg yolks, heavy cream [cream, carrageenan, mono and diglycerides, polysorbate 80], whole milk [milk, vitamin D3], salt, pepper, nutmeg)

**bacon, caramelized onions, herbed goat cheese bacon** (pork, salt, maple syrup, sodium phosphate, dextrose, sodium erythorbate, brown sugar, sodium nitrite), onions, extra virgin olive oil, broccoli rabe (onions, extra virgin olive oil, garlic, lemon juice, red pepper flake, salt), goat cheese (pasteurized goat milk, cheese culture, vegetable rennet, salt) parsley, rosemary, thyme, pate brisee (all purpose flour [unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid] sugar, butter [cream, natural flavorings], egg yolk, whole milk [milk, vitamin D3]) custard base (egg yolks, heavy cream [cream, carrageenan, mono and diglycerides, polysorbate 80], whole milk [milk, vitamin D3], salt, pepper, nutmeg)

**spinach, feta, roasted red pepper baby spinach, feta cheese** (cultured pasteurized milk, salt, enzymes) roasted red pepper (red peppers, parsley, sherry vinegar, salt, honey), extra virgin olive oil, pate brisee (all purpose flour [unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid] sugar, butter [cream, natural flavorings], egg yolk, whole milk [milk, vitamin D3]) custard base (egg yolks, heavy cream [cream, carrageenan, mono and diglycerides, polysorbate 80], whole milk [milk, vitamin D3], salt, pepper, nutmeg)

## CATERING MINI STUFFED BREAD

### **roasted mushroom, spinach, cheddar, tomato**

baby spinach, tomato, extra virgin olive oil, cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes) focaccia (yeast, sugar, salt, all-purpose flour, high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant) **CONTAINS: SOY**

### **smoked turkey, caramelized onions, mozzarella**

smoked turkey [turkey breast, water, salt, sodium lactate, brown sugar, sodium phosphate], onions, extra virgin olive oil, mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, cellulose) focaccia (yeast, sugar, salt, all-purpose flour, high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant)

### **chicken, broccoli rabe, fontina, red pepper**

marinated roasted chicken (thyme, salt, lemon juice, lemon zest, fennel seed, garlic, pepper, vegetable oil blend {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}), broccoli rabe (onions, extra virgin olive oil, garlic, lemon juice, red pepper flake, salt), fontina cheese [pasteurized milk, cheese cultures, salt, enzymes] focaccia (yeast, sugar, salt, all-purpose flour, high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid), blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}, cornmeal, pan spray (soybean oil, soy lecithin, propellant)

## CHEESE BALL

goat cheese (pasteurized goat milk, cheese culture, vegetable rennet, salt) everything spice (dried garlic, dried onion, white sesame seed, poppy seed) honey, chives, black pepper, pistachios, mixed greens, crisps (all-purpose flour [unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid], high gluten flour (bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin

mononitrate, riboflavin, folic acid), yeast, sugar, salt, sponge, water, cornmeal) extra virgin olive oil, salt

## HUMMUS PLATTER

baby rainbow carrots, cucumbers, candied striped beets, watermelon radish, bibb lettuce, cauliflower, cauliflower, hummus (chickpeas, garlic, cumin seed, tahini [organic golden sesame seeds], lemon juice, salt, black pepper, extra virgin olive oil)

## SOUPS

**curried lentil, chickpea + coconut:** chickpeas, red lentils, coconut milk (coconut extract, water, citric acid, sodium metabisulfite), crushed tomatoes, vegetable stock (carrots, celery, onion) carrots, onions, curry powder, garlic, ginger, cumin, parsley, sherry vinegar, lemon juice, extra virgin olive oil, salt, pepper

**sausage, kale + white bean:** white beans, italian sausage, onions, carrots, celery, parmesan (raw cow's milk, salt, rennet), olive oil, garlic, salt, red pepper flake, chicken stock (carrots, celery, onion, chicken bones), rosemary, lemon juice, kale.

**roasted fennel + tomato:** tomatoes, fennel, onions, garlic, butter (cream, natural flavorings), extra virgin olive oil, tarragon, salt, pepper

**beef + black bean chili:** ground beef, onions, carrots, garlic, cumin, dark chili powder, roasted jalapeno, ancho chili paste, roasted red peppers, chicken stock, chipotle, lime juice, brown sugar, oregano, dry black beans, salt, pepper

**creamy tomato + parmesan:** crushed tomatoes, onions, garlic, honey, heavy cream, pecorino, parmesan stock (parmesan rinds (raw cow's milk, salt, rennet), celery, onion, bay leaf), extra virgin olive oil, red pepper flake, salt, pepper

**farro, escarole + potato:** carrots, celery, onion, garlic, farro, tomatoes, russet potatoes, escarole, parsley, parmesan broth (raw cow's milk, salt, rennet) pecorino (pasteurized sheep's milk, cultures, enzymes, salt) sherry vinegar, lemon juice, extra virgin olive oil, red pepper flake, salt

**smoked chicken pozole:** chicken thighs, onions, garlic, hominy (white corn, water, salt, sodium bisulfite), black beans, chicken stock (chicken bones, carrots, celery, onion) guajillo chili, ancho chili, lime juice, cilantro, oregano, chicken fat, tomato paste, coriander, cumin, extra virgin olive oil, salt

**creamy potato + leek:** yukon potatoes, vegetable stock (carrots, celery, onion, herbs) garlic, leeks, whole milk, butter, salt, pepper

## SUB INGREDIENTS

<sup>1</sup> **King Arthur All-Purpose Flour:** unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid

<sup>2</sup> **All Trumps High Gluten Flour:** bleached wheat flour, malted barley flour, niacin, iron, potassium bromate, thiamin mononitrate, riboflavin, folic acid

<sup>3</sup> **American Beauty High Ratio Cake Flour:** bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid

<sup>4</sup> **Confectioner's Sugar:** sugar, cornstarch

<sup>5</sup> **Vegetable Oil Blend:** (may contain one or more of the following: soybean, canola, corn, sunflower), pure olive oil, beta-carotene

- <sup>6</sup> **Cabot Unsalted Butter:** cream, natural flavorings
- <sup>7</sup> **Whole Milk:** milk, vitamin D3
- <sup>8</sup> **Heavy Cream:** cream, carrageenan, mono and diglycerides, polysorbate 80
- <sup>9</sup> **Half and Half:** milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate
- <sup>10</sup> **Buttermilk:** grade A cultured pasteurized fat free milk, salt, sodium citrate
- <sup>11</sup> **Crème Fraîche:** cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate
- <sup>12</sup> **Silk Unsweetened Soy Milk:** Organic Soymilk (filtered water, whole organic soybeans), Carrageenan, Sea Salt, Natural Flavor
- <sup>13</sup> **Smithfield Cream Cheese:** pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums)
- <sup>14</sup> **Cheddar Cheese:** pasteurized milk, cheese cultures, salt, enzymes
- <sup>15</sup> **Whole Milk Plain Yogurt:** cultured pasteurized whole milk, pectin, vitamin D3
- <sup>16</sup> **Almond Extract:** water, alcohol, bitter almond oil
- <sup>17</sup> **Vanilla Extract:** organic alcohol, organic vanilla bean extractives
- <sup>18</sup> **Callebaut 815 Semisweet Chocolate:** unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor
- <sup>19</sup> **TCHO 68% Dark Couverture Chocolate:** cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans
- <sup>21</sup> **TCHO “Serious Milk” Chocolate:** cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans
- <sup>23</sup> **Callebaut White Chocolate:** sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla
- <sup>24</sup> **Callebaut Unsweetened Chocolate:** 100% cocoa mass
- <sup>25</sup> **Vanilla Sugar:** sugar, organic vanilla beans
- <sup>26</sup> **Smoked Turkey Breast:** turkey breast, water, salt, sodium lactate, brown sugar, sodium phosphate
- <sup>27</sup> **Smoked Salmon:** atlantic salmon, salt, evaporated cane juice, spices, fruit wood and hardwood smoke
- <sup>28</sup> **Applewood Smoked Bacon:** bacon, salt, maple syrup, sodium phosphate, dextrose, sodium erythorbate, brown sugar, sodium nitrite
- <sup>29</sup> **Ham:** pork, water, sea salt, turbinado sugar, natural flavorings, maple syrup
- <sup>30</sup> **Fresh Mozzarella:** pasteurized milk, starter, vegetable rennet
- <sup>31</sup> **Shredded Mozzarella:** pasteurized milk, cheese cultures, salt, enzymes, cellulose
- <sup>32</sup> **Brie Cheese:** pasteurized cultured milk and cream, salt, enzymes, sodium phosphate, milk protein concentrate, lactic acid, beta carotene, guar and/or carob bean gums
- <sup>33</sup> **Mayonnaise:** soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor
- <sup>34</sup> **Dijon Mustard:** water, mustard seeds, vinegar, salt
- <sup>35</sup> **Chipotle Peppers:** chipotle peppers, water, tomato paste, onion, sugar, vinegar, sunflower oil, paprika, garlic, corn, salt
- <sup>36</sup> **Curry Powder:** spices, turmeric, celery
- <sup>37</sup> **Horseradish:** horseradish, vinegar, water, soybean oil, salt, artificial flavor
- <sup>38</sup> **Gluten-free Tamari:** water, soybeans, salt, alcohol

- <sup>39</sup> **Sriracha:** chili, sugar, salt, garlic, vinegar, potassium sorbate, sodium bisulfite, xanthan gum
- <sup>40</sup> **Pickled Banana Peppers:** peppers, white vinegar, salt, calcium chloride, sodium benzoate, yellow #5, sodium bisulfite
- <sup>41</sup> **Parmesan Cheese:** raw cow's milk, salt, rennet
- <sup>42</sup> **Capers:** capers, salt, vinegar
- <sup>43</sup> **Raspberry Jam:** sugar, raspberries, water, pectin, citric acid, sodium citrate
- <sup>44</sup> **Baking Powder:** monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn)
- <sup>45</sup> **Rice Krispies Cereal:** rice, sugar, contains 2% or less of salt, malt flavor. BHT added to packaging for freshness. Vitamins and Minerals: Iron, vitamin C (ascorbic acid), vitamin E (alpha tocopherol acetate), niacinamide, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), folic acid, vitamin B12, vitamin D.
- <sup>46</sup> **Marshmallows:** corn syrup, sugar, dextrose, modified food starch (corn), water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate
- <sup>47</sup> **Corn Syrup:** light corn syrup, salt, vanilla
- <sup>49</sup> **Bountiful Harvest Shredded Coconut:** Coconut, sugar, water, propylene glycol and salt (may contain milk, tree nuts, soy)
- <sup>50</sup> **Coconut Milk:** coconut extract, water, citric acid, sodium metabisulfite
- <sup>51</sup> **Dried Cranberries:** cranberries, sugar, sunflower oil
- <sup>52</sup> **Dried, Diced, Unsulphured Apples:** apples
- <sup>53</sup> **Dried Apricots, #4 Turkish:** apricots, sulfur dioxide
- <sup>54</sup> **Crystallized Thai Ginger:** ginger, cane sugar, sulfur dioxide, citric acid
- <sup>55</sup> **Dried Tart Cherries:** cherries, sugar, sunflower oil
- <sup>56</sup> **Dried Currants:** currants, vegetable oil
- <sup>57</sup> **Cocoa Powder:** high fat cocoa processed with alkali
- <sup>58</sup> **Feta:** cultured pasteurized milk, salt, enzymes
- <sup>59</sup> **Goat Cheese:** pasteurized goat milk, cheese culture, vegetable rennet, salt
- <sup>60</sup> **Kalamata Olives:** olives, water, salt, vinegar
- <sup>61</sup> **Frangipane Cream:** butter, sugar, almond flour, eggs, flour, salt, vanilla
- <sup>62</sup> **Pan Spray (Wesson Brand):** soybean oil, soy lecithin, propellant
- <sup>64</sup> **Graham Crackers:** unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate {vitamin B1}, riboflavin {vitamin B2}, folic acid), sugar, graham flour (whole grain wheat flour), soybean oil, high fructose corn syrup, partially hydrogenated cottonseed oil, honey, leavening (baking soda and/or calcium phosphate), salt, artificial flavor
- <sup>65</sup> **Evaporated milk:** milk, dipotassium phosphate, carrageenan, vitamin D3
- <sup>66</sup> **Condensed milk:** milk, sugar
- <sup>67</sup> **Fat Free Vanilla Yogurt:** cultured pasteurized nonfat milk, sugar, whey protein concentrate, nonfat milk solids, whey, vanilla extract
- <sup>68</sup> **golden raisins:** raisins, soybean oil, cottonseed oil
- <sup>69</sup> **Great Hill Blue Cheese:** raw cows milk, salt, enzymes, cheese cultures, penicillium roqueforti
- <sup>70</sup> **Sour Cream:** cultured pasteurized light cream, non fat milk, enzymes



- 71 **Pectin:** dextrose, citric acid (assists gel) fruit pectin
- 72 **Grilled Artichoke with Stem:** artichoke, sunflower seed oil, white wine vinegar, salt, citric acid, ascorbic acid
- 72 **Fontina Cheese:** pasteurized cow's milk, salt, rennet, cheese cultures, preservatives, lysozyme (eggs)
- 73 **Cherry Peppers:** hot peppers, water, vinegar, salt, calcium chloride, 1/10 of 1% benzoate of soda (a preservative), FD&C yellow #5
- 74 **Ricotta Cheese:** sweet whey, whole milk, sweet cream, culture, vinegar, salt
- 75 **Ricotta Salata:** pasteurized sheep's milk, salt
- 76 **Aged Cheddar:** fresh pasteurized milk, cheese cultures, salt, enzymes
- 77 **Mascarpone:** pasteurized milk and cream, citric acid
- 78 **greek yogurt:** (pasteurized grade A cow's and goat's milk, skim milk, cream, active bacterial cultures {bifidobacterium lactis, L. acidophilus})
- 79 **sriracha:** chile, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum
- 80 **aquafaba:** chickpea cooking liquid, salt
- 80 **Great Hill Blue Cheese:** raw cows milk, salt, enzymes, cheese cultures, penicillium roqueforti
- 81 **Italian Sausage:** Pork, Water, Salt, Spices, Monosodium Glutamate, Sugar, Paprika, BHA, BHT, Citric Acid.
- 82 **NEC Ham:** (pork shoulder, water, salt, dextrose, sodium erythorbate, sodium nitrite)
- 83 **Pecorino** (pasteurized sheep's milk, cultures, enzymes, salt)
- 84 **Provolone** (pasteurized cow's milk, rennet, salt)
- 85 **Tofu** (water, organic soybeans, nigari {seed water extract} calcium sulfate)
- 86 **Ras el Hanout:** (coriander, cumin, chili flake, cinnamon, paprika, cardamom, ginger, and turmeric)
- 87 **Tahini:** toasted sesame seed puree
- 88 **Balsamic Vinegar:** wine vinegar, concentrated grape must, caramel, antioxidant. contains sulfites
- 89 **Pacific Oat Milk:** water, oats, organic canola oil, contains 1% or less of dipotassium phosphate, sea salt, sodium citrate, tricalcium phosphate.