

Jan 2022 SPECIALS

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 (sugar, organic vanilla beans), butter (cream, natural flavorings), buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), ground ginger, candied ginger (ginger, cane sugar, sulfur dioxide, citric acid), Dark Chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, fresh ginger

CONTAINS: gluten, eggs, dairy, soy, corn

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)

CONTAINS: gluten, soy, corn

Gluten Free Orange Poppyseed Muffin: Cup 4 Cup (cornstarch, white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch [from non-genetically modified corn]), salt, poppy seeds, whole milk yogurt (Cultured pasteurized organic whole milk, pectin, vitamin D3, live active cultures), sugar, eggs, orange zest, vanilla extract (organic alcohol, organic vanilla bean extractives), oil ([may contain one or more of the following: soybean, canola, corn, sunflower, olive oil], beta-carotene), orange juice, confectioners sugar (sugar, cornstarch), pan spray (soybean oil, soy lecithin, propellant)

CONTAINS: dairy, eggs, soy, corn

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 (sugar, cornstarch), cornstarch (from non-genetically modified corn), butter (cream, natural flavorings), 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)

CONTAINS: gluten, eggs, dairy, soy, corn

Vanilla Cupcake with Salted Caramel Buttercream: 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 (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), 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), butter (cream, natural flavorings), sugar, egg whites, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), confectioner's sugar (sugar, cornstarch), cornstarch (from non-genetically modified corn)

CONTAINS: gluten, eggs, dairy, soy, corn

Chicken Tikka Masala: *chicken thigh, garlic, ginger, garam masala, coriander, cumin, onion, greek yogurt (Cultured nonfat milk, active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, Bifidus, L. Casei, and L. Rhamnosus.), extra virgin olive oil, salt, blended oil, butter (cream, natural flavorings), tomato paste, white*

wine vinegar, green chutney sauce (mint, cilantro, ginger, garlic, jalapeno, salt, yogurt, honey, focaccia bread (yeast, sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamine 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 (canola oil, phosphate mono- and diglycerides, water, propellant), tamarind sauce: tamarind concentrate, sugar, honey, chili flake, ginger, salt, cucumber, naan: enriched wheat flour (wheat flour, niacin, reduced iron, ascorbic acid as dough conditioner, thiamine mononitrate, riboflavin, folic acid, enzyme), buttermilk (skim milk, dry buttermilk, bacterial culture), water, soybean and/or canola oil, eggs, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt, cultured wheat flour, ghee (clarified butter), wheat gluten, inactive yeast, enzyme, yeast.

CONTAINS: gluten, dairy, soy, egg

Beverages:

White Chocolate Ganache: white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80)

BREAKFAST PASTRIES

WHOLEflour 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 (alcohol, organic vanilla bean extractives), walnuts, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs, soy, corn

Sour Cream Coffee Cake: cake flour (bleached enriched 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, butter (cream, natural flavoring), 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 cloves, confectioners sugar (sugar, cornstarch), water, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant). buttermilk, cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums), confectioners sugar (sugar, cornstarch), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs, soy, corn

WHOLEflour Apple Spice Snacking Cake: wheat flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), baking soda, salt, cinnamon, ground ginger, ground cloves, butter (cream, natural flavorings), sugar, eggs, apples, raisins (raisins, soybean oil, cottonseed oil), pecans, confectioners sugar (sugar, cornstarch), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs, soy, corn

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 (currants, vegetable oil)
Contains: gluten, dairy, eggs

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 (ginger, cane sugar, sulfur dioxide, citric acid), 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)
Contains: Gluten, Dairy, eggs, Corn

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 (raw cow's milk, salt, rennet), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, chives, black pepper, egg
Contains: gluten, dairy, eggs, corn

Blueberry Muffin: wheat flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), 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 (canola oil, phosphate mono- and diglycerides, water, propellant)
Contains: gluten, dairy, eggs, corn

Lowfat Vegan Chocolate Cake: all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, cocoa powder (high fat cocoa processed with alkali), espresso powder, baking soda, salt, semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), vegetable oil blend ([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), molasses, confectioners sugar (sugar, cornstarch), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant). *** full size cake glaze: semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), oat milk (water, oats, organic canola oil, contains 1% or less of dipotassium phosphate, sea salt, sodium citrate, tricalcium phosphate), fresh fruit
Contains: gluten, soy, corn

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs

Donuts:

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, soy

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), rhubarb, strawberries, lemon juice, salt, vanilla bean, pectin (dextrose, citric acid (assists gel), fruit pectin), (fried in soybean oil), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant), brown sugar, cinnamon, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)

Contains: gluten, dairy, eggs, soy

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 (cream, carrageenan, mono and diglycerides, polysorbate 80), nutmeg, cinnamon, eggs, confectioners sugar (sugar, cornstarch), butter (cream, natural flavoring)

Contains: gluten, dairy, eggs, corn, soy

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)

Contains: gluten, dairy, eggs, corn

Chocolate Brioche / Brioche au Chocolat: 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 (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), milk (milk, vitamin D3), vanilla beans, turbinado sugar, cornstarch, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, corn

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs

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

Contains: nuts, gluten, soy, sesame, corn, coconut

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 (canola oil, phosphate mono- and diglycerides, water, propellant), ham (natural pork, water, sea salt, turbinado sugar, cultured celery powder, maple syrup, vinegar), cheddar cheese (fresh pasteurized milk, cheese cultures, salt, enzymes), dijon mustard [water, mustard seeds, vinegar, salt], black and white sesame seeds

Contains: gluten, dairy, eggs, Sesame

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, corn

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, corn

Spinach Artichoke Turnover: cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums), marinated artichoke hearts

(artichoke, sunflower seed oil, white wine vinegar (white wine vinegr, potassium metabisulfite (preservative) diluted with water to 5% acidity), salt, citric acid, ascorbic acid, garlic, onion), spinach (olive oil, garlic, red pepper flake), gruyere cheese, pepper, parmesan cheese (raw cow's milk, salt, rennet), lemon zest, mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, cellulose), mayonnaise (soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor). 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), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)
Contains: gluten, dairy, eggs, soy

Sticky Bun OR Mini Sticky Bun OR Sticky Bun Crisp: 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 (canola oil, phosphate mono- and diglycerides, water, propellant)
Contains: nuts, gluten, dairy, eggs

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)
Contains: nuts, soy, coconut

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 (canola oil, phosphate mono- and diglycerides, water, propellant), white chocolate (sugar, cocoa butter, whole milk powder, cornstarch, soy lecithin (emulsifier), natural vanilla)
Contains: gluten, dairy, eggs, corn, soy

Birthday Cake (vanilla cake/vanilla frosting): 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 (canola oil, phosphate mono- and diglycerides, water, 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), whole milk (milk, vitamin D3). *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)

Contains: gluten, dairy, eggs, corn, soy

Coconut cake: Cake flour (niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), sugar, baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch (from non-genetically modified corn), salt, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene), butter (cream, natural flavorings), egg, coconut milk (coconut extract, water, citric acid, sodium metabisulfite), buttermilk (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]), confectioners sugar (sugar, cornstarch), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: coconut, gluten, dairy, eggs, corn, soy

Chocolate Crispy Magic Frosting: egg whites, sugar, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk (milk, vitamin D3), confectioners sugar (sugar, cornstarch), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor)

Contains: dairy, eggs, corn

Vanilla Magic Frosting: butter (cream, natural flavorings), sugar, egg whites, vanilla extract (organic alcohol, organic vanilla bean extractives), salt

Contains: dairy, eggs

Cake Truffles: cocoa powder (high fat cocoa processed with alkali), unsweetened chocolate (100% cocoa mass),vanilla extract (organic alcohol, organic vanilla bean extractives), white whole wheat flour, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, baking soda, brown sugar, butter (cream, natural flavorings), vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, pan spray (soybean oil, soy lecithin, propellant), egg whites, sugar, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk (milk, vitamin D3), confectioners sugar (sugar, cornstarch), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), coffee, dark chocolate (cocoa beans, sugar, cocoa butter, emulsifier [soya lecithin], natural vanilla extract, milk)

Contains: gluten, dairy, eggs, corn, soy

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 (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, ground ginger, carrots, raisins (raisins, soybean oil, cottonseed oil), walnuts, 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), pan spray (canola oil, phosphate mono- and diglycerides, water, 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, pistachios, candied carrots [carrots and sugar])

Contains: nuts, gluten, dairy, eggs, corn, soy

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, honey, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, dairy, eggs, corn, soy

Lemon Raspberry Cake: cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter (cream, natural flavorings), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), 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 (canola oil, phosphate mono- and diglycerides, water, propellant) (Decorated with white chocolate [sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla] and fresh fruit)

Contains: gluten, dairy, eggs, corn, soy

Midnight Chocolate Cake: cocoa powder (high fat cocoa processed with alkali), unsweetened chocolate (100% cocoa mass), 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 (cream, natural flavorings), vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower], pure olive oil, beta-carotene), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, sugar, milk chocolate (cane sugar, cacao beans, whole milk powder, cocoa butter, nonfat milk powder, soy lecithin, vanilla beans), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), coffee, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) *Decorated with:* white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla) and fresh fruit

Contains: gluten, dairy, eggs, corn, soy

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 (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs, corn, soy

Tart Shells (Indiv, 5", 8", 10"): butter (cream, natural flavorings), sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), egg yolks, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), almond flour, vanilla extract (organic alcohol, organic vanilla bean extractives), Frangipane Cream (butter, sugar, almond flour, eggs, flour, salt, vanilla)

Contains: nuts, gluten, dairy, eggs

- **Fruit Tart:** fresh fruit, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), eggs, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vanilla beans, sugar, salt, cornstarch, milk (milk, vitamin D3), Frangipane Cream (butter, sugar, almond flour, eggs, flour, salt, vanilla)

Contains: nuts, gluten, dairy, eggs, corn

Tartlette Shells: butter (cream, natural flavorings), sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), egg yolks, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80)

Contains: gluten, dairy, eggs

- **Lemon Lust/Meringue Tartlette:** heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), butter (cream, natural flavorings), lemon juice, sugar, egg, salt, vanilla extract (organic alcohol, organic vanilla bean extractives)

Contains: gluten, dairy, eggs

- **Fruit Tart Tartlette:** fresh fruit, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), cornstarch, eggs, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vanilla beans, sugar, salt, milk (milk, vitamin D3)

Contains: gluten, dairy, eggs, corn

- **Chocolate Cream Tartlette:** heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), half and half (milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate), egg yolks, dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), vanilla sugar (sugar, organic vanilla beans), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, confectioner's sugar (sugar, cornstarch), cornstarch

Contains: gluten, dairy, eggs, corn

- **Coconut Cream Tartlette:** coconut milk (coconut extract, water, citric acid, sodium metabisulfite), milk (milk, vitamin D3), sugar, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), eggs, salt, vanilla extract (organic alcohol, organic vanilla bean extractives), 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

Contains: gluten, dairy, eggs, corn, coconut

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 (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 (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla) and fresh fruit)

Contains: dairy, eggs, soy

Raspberry Cheesecake: cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gums), vanilla sugar (sugar, organic vanilla beans), eggs, lemon juice, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, creme fraiche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), raspberries, 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, butter (cream, natural flavorings), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, soy, corn

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)

Contains: nuts, gluten, dairy, corn, soy, sesame, Coconut

COOKIES + BARS

Vegan Almond Macaroon: almonds, sugar, aquafaba (chickpea cooking liquid, salt), almond extract (water, alcohol, bitter almond oil), salt, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts

WHOLEflour Blondies: pecans, AP flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), One Mighty Mill flour (whole wheat flour), baking powder (monocalcium phosphate, bicarbonate of soda, cornstarch [from non-genetically modified corn]), salt, butter (cream, natural flavorings), brown sugar, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), 68% dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), Pan Spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: nuts, gluten, dairy, eggs, corn, soy

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 (whole wheat flour), cocoa powder (high fat cocoa

processed with alkali) pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, soy

Ginger Molasses Cookie: all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), brown sugar, butter (cream, natural flavorings), molasses, eggs, baking soda, ground ginger, cinnamon, ground cloves, fresh ginger, salt, vanilla sugar (sugar, organic vanilla beans)

Contains: gluten, dairy, eggs

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

Contains: nuts, eggs

Raspberry Meringue Cloud: vanilla sugar (sugar, organic vanilla beans), raspberries, granulated sugar, egg whites, confectioner's sugar (sugar, cornstarch), salt, lemon juice

Contains: eggs, corn

Raspberry Crumb Bar: butter (cream, natural flavorings), sugar, confectioners sugar (sugar, cornstarch), vanilla extract (organic alcohol, organic vanilla bean extractives), all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), 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)

Contains: gluten, dairy, eggs, corn

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)

Contains: gluten, dairy, eggs, soy

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)

Contains: nuts, gluten, dairy, eggs, soy

WHOLEflour Oatmeal Raisin Cookie: butter (cream, natural flavorings), brown sugar, raisins (raisins, soybean oil, cottonseed oil), sugar, oatmeal, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), oat flour, eggs, vanilla extract (organic alcohol, organic vanilla bean extractives), salt, baking soda, cinnamon, ground nutmeg

Contains: gluten, dairy, eggs, soy

Chunky Lola: all-purpose flour (unbleached hard wheat enriched flour, malted barley flour,

niacin, reduced iron thiamin mononitrate, riboflavin, folic acid) 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)

Contains: Pecans, gluten, dairy, eggs, soy, coconut

Oreo: all-purpose flour(unbleached hard wheat enriched flour, malted barley flour (niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), 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), eggs, salt, baking soda, vanilla extract (organic alcohol, organic vanilla bean extractives). **Oreo Filling:** confectioners sugar (sugar, cornstarch), butter (cream, natural flavorings), whole milk(milk, vitamin D3), vanilla extract (organic alcohol, organic vanilla bean extractives)

Contains: gluten, dairy, eggs, corn, soy

Vanilla Sable Cookie: 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), sugar, confectioners sugar (sugar, cornstarch), 83% butter (cream, natural flavorings), salt, vanilla paste (organic alcohol, organic vanilla bean extractives)

Contains: gluten, dairy, corn

WHOLEflour Power Bar: cashews, gluten free rolled oats, cinnamon, salt, dates, maple syrup, cacao nibs, dried cherries (cherries, sugar, sunflower oil), chia seeds, sunflower seeds

Contains: nuts

Rice Krispy Treat: butter (cream, natural flavorings), marshmallow (corn syrup, sugar, dextrose, modified food starch (corn), water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate), vanilla bean, salt, rice krispies (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), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) (*NOT Gluten free!*)

Contains: gluten, dairy, corn

CUPCAKES

Chocolate Cupcake: cocoa powder (high fat cocoa processed with alkali), unsweetened chocolate (100% cocoa mass), vanilla extract (organic alcohol, organic vanilla bean extractives), white whole wheat flour, cake flour (bleached enriched flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, baking soda, brown sugar, butter (cream, natural flavorings), vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), eggs, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

Contains: gluten, dairy, eggs, corn, soy

Vanilla Buttercream Frosting: eggs, milk (milk, vitamin D3), vanilla beans, sugar,

cornstarch, salt, butter (cream, natural flavorings), confectioners sugar (sugar, cornstarch)
Contains: dairy, eggs, corn

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 (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), vanilla extract (organic alcohol, organic vanilla bean extractives), egg, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)
Contains: gluten, dairy, eggs, corn, soy

Chocolate Crispy Magic Frosting: egg whites, sugar, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk (milk, vitamin D3), confectioners sugar (sugar, cornstarch), semisweet chocolate (unsweetened chocolate, sugar, cocoa fat, soy lecithin, natural vanilla flavor)
Contains: dairy, eggs, corn, soy

Blackberry Buttermilk Cupcake:butter (cream, natural flavorings), sugar, eggs, vanilla (organic alcohol, organic vanilla bean extractives), AP 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), 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). **Blackberry Crispy Magic:** egg whites, sugar, butter (cream, natural flavorings), salt, vanilla (organic alcohol, organic vanilla bean extractives), confectioners sugar (sugar, cornstarch), blackberry puree (blackberry, sugar)
Contains: gluten, dairy, corn

Crispy Magic Frosting: egg whites, sugar, butter (cream, natural flavorings), vanilla extract (organic alcohol, organic vanilla bean extractives), salt, milk (milk, vitamin D3), confectioners sugar (sugar, cornstarch)
Contains: dairy, eggs, corn

Lemon Strawberry Cupcake: sugar, cake 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, butter (cream, natural flavorings), lemon zest, vegetable oil blend ([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), eggs, buttermilk (grade A cultured pasteurized fat free milk, salt, sodium citrate), milk (milk, vitamin D3), confectioner's sugar (sugar, cornstarch), strawberry puree, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)
Contains: gluten, dairy, eggs, corn, soy

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 (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, ground ginger, carrots, raisins (raisins, soybean oil, cottonseed oil), walnuts.

Contains: nuts, gluten, dairy, eggs, corn, soy

PIES

Pie Crust (aka Pate Sucree): butter (cream, natural flavorings), 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)

Contains: gluten, dairy, eggs

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

Contains: dairy, eggs, corn

Chocolate Cream: heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), half and half (milk, cream, contains less than 0.5% of the following: carrageenan, sodium citrate, disodium phosphate), egg yolks, dark chocolate (cacao beans, cane sugar, cocoa butter, soy lecithin, vanilla beans), vanilla sugar (sugar, organic vanilla beans), 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)

Contains: gluten, dairy, eggs, corn, soy

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 (from non-genetically modified corn), white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin (emulsifier), natural vanilla)

Contains: gluten, dairy, eggs, corn, soy, coconut

Lemon Meringue: heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), butter (cream, natural flavorings), 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)

Contains: gluten, dairy, eggs, soy

BREAD

PLEASE NOTE: TOASTED/GRILLED SANDWICH BREADS CONTAIN VEGETABLE OIL BLEND

vegetable oil blend (may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene)

Focaccia: yeast, sugar, salt, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamine 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 (canola oil, phosphate mono- and diglycerides, water, propellant) **Contains: gluten, corn, soy**

Multigrain: whole wheat flour, spelt flour (organic spelt, malted barley), all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), yeast, honey, salt, millet, sunflower seeds, flax seeds, cornmeal, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **Contains: gluten, honey, corn (may contain soy)**

Country Bread: all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamine 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, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **Contains: gluten, corn**

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 (from non-genetically modified corn), white rice flour, brown rice flour, milk powder, tapioca flour, potato starch, xanthan gum pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **Contains: dairy, eggs, corn, soy**

SANDWICHES

Hummus (FOCACCIA)

hummus (chickpeas, garlic, cumin seeds, tahini [sesame seed puree], lemon juice, salt, black pepper, extra virgin olive oil), pickled daikon (carrots, fresno chile, distilled vinegar, sugar, salt), **vegan sriracha aioli** (chickpeas, aquafaba (chickpea cooking liquid, salt), sriracha {chile, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite, xanthan gum}, vegetable oil blend ({may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene}), cilantro, thai basil, mint, cucumber, **served on 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. **CONTAINS: GLUTEN, SOY, SESAME, CORN**

smoked turkey breast w/zucchini relish + black pepper mayo: smoked turkey breast [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 (white wine vinegar, potassium metabisulfite (preservative) diluted

with water to 5% acidity), 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, EGGS, GLUTEN, CORN

Roasted Chicken (FOCACCIA)

marinated achiote chicken (annatto seed, spices, vinegar, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene)), marinated jicama (jicama, honey, lime juice, lime zest), mashed avocado (avocado, chipotle peppers (chipotle peppers, water, tomato paste, onion, sugar, vinegar, sunflower oil, paprika, garlic, cornstarch, salt), lime juice, red onion, cilantro, salt) 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

CONTAINS: GLUTEN, SOY, CORN

Roast Beef (ciabatta)

roast beef (beef, salt, black pepper), tomato, crispy onions (onions, all-purpose flour (unbleached hard wheat enriched flour, malted barley flour, niacin, reduced iron thiamin mononitrate, riboflavin, folic acid), soybean oil), horseradish mayonnaise (mayonnaise [soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor], horseradish (horseradish, vinegar, water, soybean oil, salt, artificial flavor), crème fraîche (cream, carrageenan, mono and diglycerides, polysorbate 80, grade A cultured pasteurized fat free milk, salt, sodium citrate), grain and dijon mustard [water, mustard seeds, vinegar, salt]

Ciabatta: ciabatta/italian roll: unbleached and unbromated wheat flour (wheat, malted barley flour), BIGA (wheat flour, filtered water, fresh yeast), filtered water, extra virgin olive oil, sea salt, fresh yeast, vitamin C.

CONTAINS: GLUTEN, SOY, EGGS, CORN

To make gluten free, make on gluten free bread and make without crispy onions.

To make dairy free or egg-free, make without HR mayo.

Chicken + Broccoli Rabe Panini (FOCACCIA OR MULTIGRAIN)

marinated roasted chicken (thyme, salt, lemon juice, lemon zest, fennel seed, o, pepper, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene)), brie cheese (pasteurized cultured milk and cream, salt, enzymes, sodium phosphate, milk protein concentrate, lactic acid, beta carotene, guar and/or carob bean gums)

(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 **CONTAINS: DAIRY, GLUTEN, SOY, CORN**

Egg Sandwich (FOCACCIA BUN)

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), cheddar cheese pasteurized (milk, cheese cultures, salt, enzymes), dijonaise (mayonnaise (soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor), thyme, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite]), arugula, tomato, ABF applewood smoked bacon (Natural Pork, Water, Sea Salt, Turbinado Sugar, Cultured Celery Powder, Maple Syrup) or ham (natural pork, water, sea salt, turbinado sugar, cultured celery powder, maple syrup, vinegar) **On White 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 (canola oil, phosphate mono- and diglycerides, water, propellant) **CONTAINS: DAIRY, EGGS, GLUTEN, SOY, CORN**
To make dairy-free, sub hard boiled egg or poached egg for egg patty and make without cheese.

To make vegetarian, make without meat and option to sub guacamole.

BLT (FOCACCIA)

ABF applewood smoked bacon (Natural Pork, Water, Sea Salt, Turbinado Sugar, Cultured Celery Powder, Maple Syrup), tomato, mayonnaise [soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor], arugula, **balsamic vinaigrette** (balsamic vinegar (wine vinegar, concentrated grape must, caramel, antioxidant. contains sulfites), pasteurized egg yolks, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower] pure olive oil, beta-carotene), dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite] black pepper, salt) **served on 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 **CONTAINS: GLUTEN, SOY, EGG, CORN**

During Q4 + Q1 BLT has sundried tomato aioli: sundried tomatoes [sulfur dioxide, ascorbic acid, salt], sugar, white wine vinegar (white wine vinegar, potassium metabisulfite (preservative) diluted with water to 5% acidity), mayo [soybean oil, whole eggs, vinegar, water, egg yolks, salt, dextrose, sugar, lemon juice, calcium disodium edta, natural flavor], garlic cream [garlic, heavy cream, extra virgin olive oil, salt, pepper, red pepper flake, sherry vinegar]

Q4 + Q1 CONTAINS: GLUTEN, SOY, EGG, CORN, DAIRY

avocado toast (veg, w/o nuts): guacamole (avocado, red onion, cilantro, lime juice, salt, chipotle peppers [tomato paste, sugar, sunflower seed oil, onion, cornstarch, vinegar, salt, paprika, garlic, spices] egg, pickled fresno chili (sugar, salt, white distilled vinegar) cotija cheese (PASTEURIZED WHILE COW'S MILK, SALT, ENZYMES, CULTURE, POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR) salsa verde (oregano, parsley, chives, garlic, extra virgin olive oil, 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 (may contain soy)

CONTAINS: DAIRY, EGGS, GLUTEN, CORN

Strata: egg custard (eggs, milk (milk, vitamin D3), heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), salt, black pepper), 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), cheddar cheese (milk, cheese cultures, salt, enzymes), ABF applewood smoked bacon (Natural Pork, Water, Sea Salt, Turbinado Sugar, Cultured Celery Powder, Maple Syrup) or ham (natural pork, water, sea salt, turbinado sugar, cultured celery powder, maple syrup, vinegar) or italian sausage (Pork, Water, Salt, Spices, Monosodium Glutamate, Sugar, Paprika, BHA, BHT, Citric Acid), spinach, sage, thyme, garlic, onion, salt and pepper, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant)

CONTAINS: DAIRY, EGGS, GLUTEN, SOY

SALADS + GRAIN BOWLS

Chopped Greek Salad: romaine, cucumber, kalamata olive (olives, water, salt, vinegar), red onion, feta (cultured pasteurized cow's milk, salt, enzymes), tomato, garbanzo beans, pickled banana peppers (peppers, white vinegar, salt, calcium chloride, sodium benzoate, yellow #5, sodium bisulfite), **marinated roasted chicken** (thyme, salt, lemon juice, fennel seed, garlic, pepper, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower] pure olive oil, beta-carotene)), **green goddess dressing** (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], salt, black pepper, white wine vinegar (white wine vinegr, potassium metabisulfite (preservative) diluted with water to 5% acidity) **CONTAINS SOY, DAIRY, EGG, CORN**

To make vegetarian, make without chicken.

To make egg-free, make without green goddess dressing.

“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** (sesame seed puree, lemon juice, apple cider vinegar, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], 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, blended oil, sugar, pumpkin seedsseeds, black sesame seeds, salt) **CONTAINS: SOY, SESAME, CORN**

To make vegan, order without tuna.

Simple Green Salad: mixed greens, balsamic vinaigrette (balsamic vinegar (wine vinegar, concentrated grape must, caramel, antioxidant. contains sulfites), pasteurized egg yolks, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower] pure olive oil, beta-carotene), dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], black pepper, salt)

CONTAINS: SOY, EGG

Simple Green Salad with Veg: mixed greens, balsamic vinaigrette (balsamic vinegar (wine

vinegar, concentrated grape must, caramel, antioxidant. contains sulfites), pasteurized egg yolks, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene), dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], black pepper, salt), carrot, cucumber, tomato **CONTAINS: SOY, EGG**

Raw Cider Vinaigrette (raw apple cider vinegar, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite] 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) **CONTAINS: SOY**

Lemon-Tahini Dressing (sesame seed puree, lemon juice, apple cider vinegar, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], 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 (canola oil, phosphate mono- and diglycerides, water, propellant), red pepper flake, sugar, salt, pepper) **CONTAINS: SOY, SESAME**

Balsamic Vinaigrette: (balsamic vinegar (wine vinegar, concentrated grape must, caramel, antioxidant. contains sulfites), pasteurized egg yolks, vegetable oil blend ([may contain one or more of the following: soybean, canola, corn, sunflower]pure olive oil, beta-carotene), dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], black pepper, salt) **CONTAINS: SOY, EGG**

Parmesan Garlic Vinaigrette chickpeas, garlic, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], 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 **CONTAINS: SOY, UNPASTEURIZED CHEESE**

Lemon Vinaigrette: lemon juice, garbanzo beans, sugar, red pepper flake, dijon mustard [mustard seeds, water, alcohol vinegar, white wine (sulphites), salt, presevative: sodium bisulphite], blended oil {may contain one or more of the following: soybean, canola, corn, sunflower, pure olive oil, beta-carotene} **CONTAINS: SOY, CORN**

SAVORY CATERING

QUICHE

ham, roasted tomato, broccoli rabe, cheddar ham(natural pork, water, sea salt, turbinado sugar, cultured celery powder, maple syrup, vinegar), 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), pan spray

(canola oil, phosphate mono- and diglycerides, water, propellant) **CONTAINS: DAIRY, EGGS, GLUTEN**

bacon, caramelized onions, herbed goat cheese ABF applewood smoked bacon (Natural Pork, Water, Sea Salt, Turbinado Sugar, Cultured Celery Powder, Maple Syrup), 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), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **CONTAINS: DAIRY, EGGS, GLUTEN**

spinach, feta, roasted red pepper baby spinach, feta cheese (cultured pasteurized cow's 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), pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **CONTAINS: DAIRY, EGGS, GLUTEN**

HUMMUS PLATTER

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

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 [spices, turmeric, celery], garlic, ginger, cumin, parsley, sherry vinegar, lemon juice, extra virgin olive oil, salt, pepper **CONTAINS: COCONUT**

sausage, kale + white bean: white beans, italian sausage (Pork, Water, Salt, Spices, Monosodium Glutamate, Sugar, Paprika, BHA, BHT, Citric Acid), 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. **CONTAINS: DAIRY**

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

beef + black bean chili: ground beef, onions, carrots, garlic, cumin, dark chili powder, roasted jalapeno, ancho chili paste, roasted red peppers, chicken stock, chipotle [chipotle peppers, water, tomato paste, onion, sugar, vinegar, sunflower oil, paprika, garlic, corn, salt], lime juice, brown sugar, oregano, dry black beans, salt, pepper

creamy tomato + parmesan: crushed tomatoes, onions, garlic, honey, heavy cream (cream, carrageenan, mono and diglycerides, polysorbate 80), pecorino, parmesan stock (parmesan rinds (raw cow's milk, salt, rennet), celery, onion, bay leaf), extra virgin olive oil, red pepper flake, salt, pepper **CONTAINS: DAIRY**

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 **CONTAINS: DAIRY, GLUTEN**

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 (milk, vitamin D3), butter (cream, natural flavorings), salt, pepper **CONTAINS: DAIRY**

Smoked Salmon Chowder (w/o nuts)

Ingredients: Bacon, Onions, Celery, Potatoes, Butter, Flour, Chicken Stock (chicken, carrot, celery, onion, corn, herbs) Hot Sauce, Worcestershire Sauce (distilled vinegar, molasses, sugar, onions, anchovies, clove, tamarind, chili pepper extract), Lemon Juice, Corn, Heavy Cream, Parsley, Smoked Salmon (onion powder, garlic powder, sugar, cayenne pepper) Salt, Pepper

PIZZAS

Most Ingredients on pizza specials such as roasted vegetables contain blended oil - [sunflower, corn, soybean, canola, olive]

CHEESE PIZZA:

Focaccia Dough for all Pizza: 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 (soybean, canola, corn, sunflower, pure olive oil), cornmeal, pan spray (canola oil, phosphate mono- and diglycerides, water, propellant) **Contains: gluten, corn, soy**

Mozzarella Cheese: Pasteurized Milk, Vinegar, Enzymes, Salt

Pecorino Cheese: (pasteurized sheep's milk, cultures, enzymes, salt)

San Marzano Tomato Sauce: crushed tomatoes, onion, garlic, dried oregano, red pepper flake, blended oil [sunflower, corn, soybean, canola, olive] salt **Contains: corn, soy**

SPECIAL INGREDIENTS:

Garlic Cream: garlic, heavy cream, olive oil, red pepper flakes, sherry vinegar, salt, pepper

Sauteed Spinach: fresh baby spinach, extra virgin olive oil, garlic, red pepper flake, salt, pepper

Roasted Mushrooms: Cremini, shiitake, portabella, button mushrooms, blended oil [sunflower, corn, soybean, canola, olive] salt, pepper **Contains: corn, soy**

BEVERAGES:

Raspberry Seltzer: Raspberries, vanilla bean, sugar, lemon lime soda (sugar, filtered water, less than 2% of citric acid, natural flavor, sodium benzoate + potassium sorbate (preservatives))