

## A

### au gratin potatoes

common allergens: dairy, soy  
potatoes, modified food starch, whey, maltodextrin, onion, potassium chloride, sugar, sunflower oil, contains 2% or less of: natural flavor, salt, colors (annatto extract, turmeric extract), mono and diglycerides, autolyzed yeast extract, cheddar cheese (pasteurized milk, cultures, salt, enzymes), corn syrup solids, green onion, nonfat milk, soybean oil, spices, torula yeast, freshness preserved with (sodium bisulfite).

## B

### Beef taco

ground beef, chili peppers Mexican oregano onion garlic salt and cayenne

### Beyond meat plant based seared beef tips

water, wheat gluten, faba bean protein, expeller-pressed canola oil, salt, natural flavor, and less than 1% of spice, garlic powder, onion powder, pomegranate concentrate, yeast extract, sunflower lecithin, fruit and vegetable juice color.

### Biscuits and gravy with pork sausage

common allergens: milk, wheat, soy

### Black bean burger

common allergens soy, wheat  
water, onions, cooked black beans (black beans, water), cooked brown rice (water, brown rice), corn, soy protein concentrate, tomatoes, wheat gluten, onion powder, vegetable oil (corn, canola and/or sunflower oil), green chiles, soy protein isolate, bulgur wheat, cornstarch. Contains 2% or less of green peppers, red bell peppers, spices, tomato powder, cilantro, tomato juice, salt, chipotle pepper, methylcellulose, cooked onion and carrot juice concentrate, jalapeno pepper, carrageenan, garlic powder, natural flavor, paprika, soy sauce powder (soybeans, wheat, salt), gum arabic, vinegar, citric acid, red pepper, green pepper juice, turmeric, garlic juice, lime juice.

### Black tie cake

common allergens egg, milk, soy, wheat  
sugar, fondant (sugar, corn syrup, water), heavy cream (cream, guar gum, carrageenan, locust bean gum), fudge base (cocoa processed with alkali, palm oil, soybean oil, mono and diglycerides, soy lecithin, sorbic acid [as preservative], propylene glycol, water, unsweetened chocolate, polysorbate 60, salt, dextrose, corn starch, artificial flavor), enriched bleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), butter (cream, starter distillate), whole milk (whole milk, vitamin a palmitate, vitamin d3), whole eggs, water, chocolate cookie crumbs (enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], sugar, palm and palm kernel oil, cocoa [processed with alkali], high fructose corn syrup, corn flour, salt, dextrose, sodium bicarbonate, soy lecithin), mousse mix (sugar, dextrose, modified corn starch, sodium pyrophosphate, salt, mono and diglycerides [soy]), pasteurized milk, soybean oil, palm oil, cocoa powder, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), white chocolate (sugar, cocoa butter, whole milk powder, skimmed milk powder, whey powder [milk], lactose, soy lecithin, vanilla), co-

coa (processed with alkali), maltitol syrup, custard mix (sugar, modified tapioca starch, whey [milk], nonfat dry milk, fully hydrogenated coconut oil, wheat starch, sodium caseinate [milk], natural and artificial flavors, sodium alginate, disodium phosphate, soybean oil, annatto and turmeric oleoresins [as coloring]), chocolate flavored syrup (high fructose corn syrup, corn syrup, water, cocoa, sugar, contains 2% or less of: potassium sorbate [preservative], salt, mono & diglycerides [soy], xanthan gum, polysorbate 60, vanilla [artificial flavor]), cheese culture, distilled white vinegar, salt, sodium bicarbonate, carob bean gum, mono and diglycerides [soy], apocarotenal [color]), leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), natural flavor, artificial vanilla flavor (water, alcohol, propylene glycol, sugar, artificial flavors, caramel color), coffee flavor (water, coffee, caramel color [contains sulfites], salt, natural flavor, citric acid, benzoic acid), instant coffee

### Boneless wings

common allergens wheat, eggs  
boneless chicken breast meat with rib meat, water, modified food starch, salt, sodium phosphates. Breaded with enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yellow corn flour, modified corn starch, spices, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, tripolyphosphate), cornstarch, garlic powder, sugar, dried buttermilk, disodium inosinate and disodium guanylate, tricalcium phosphate, onion powder, dried egg whites, yeast extract, mono and diglycerides, malt extract.

### Breaded chicken filet

common allergens wheat  
skinless boneless chicken breast fillets with rib meat, water, modified food starch, salt, sodium phosphates, carrageenan. Breaded with bleached wheat flour, water, wheat flour, modified cornstarch, salt, leavening (sodium bicarbonate, phosphates). Breaded, spices, dextrose, paprika extract (color) and xanthan gum.

### Breakfast burrito w/sausage

common allergens: wheat, dairy  
whole eggs, citric acid, 0.15% Water added as carrier for citric acid. Citric acid added to preserve color. Cheddar cheese, pork, water, salt, sugar, spices, natural flavors, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative), enzyme, dough conditioner (sodium metabisulfite)

### Breakfast burrito w/veggie sausage

common allergens wheat, dairy  
whole eggs, citric acid, 0.15% Water added as carrier for citric acid. Citric acid added to preserve color. Cheddar cheese, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative), enzyme, dough conditioner (sodium metabisulfite) water, wheat gluten, soy flour, soy protein concentrate, corn oil. Contains 2% or less of yeast extract, spices, salt, dextrose, maltodextrin, cooked onion and carrot

juice concentrate, natural flavors, sugar, paprika color, garlic powder, onion powder, soy sauce (water, soybeans, salt)

### Broccoli cheese soup

common allergens dairy  
water, milk (milk, vitamin d3 added), broccoli, pasteurized process cheese (American cheese [milk, cheese cultures, salt, enzymes], water, cream, sodium phosphate, salt, sorbic acid [preservative]), cheddar cheese base (cheese [milk, culture, salt, enzymes], water, sodium phosphate, enzymes), salt, yeast extract, corn oil, cream, butter [cream, natural flavoring], whey, sugar, mustard seed, natural flavor), modified corn starch, contains less than 2% of turmeric (color) and annatto (color), color (water, red 40, citric acid, sodium benzoate [preservative]).

### Broccoli salad

common allergens soy, eggs  
broccoli, soy bean oil, water, cider vinegar, egg yolks, salt, lemon juice, xanthan gum, celery, raisins, vegetable oil, dried cranberries, sunflower oil, sunflower seeds, carrot, cabbage, onion

### Brown gravy

common allergens dairy, soy, wheat  
modified food starch, maltodextrin, salt, dextrose, beef flavors (beef extract, beef stock, hydrolyzed corn, soy and wheat proteins, corn syrup solids, natural flavors, autolyzed yeast extract, canola oil, thiamine hydrochloride, canola oil), wheat flour, palm oil, beef fat, onion powder, contains 2% or less of: caramel color, yeast extract, coffee, garlic powder, sodium caseinate, tomato powder, citric acid, disodium inosinate, disodium-guanylate, natural flavor, dipotassium phosphate, extractive of paprika, mono & diglycerides, silicon dioxide (anti-caking agent), sodium hexametaphosphate.

### Brownies

common allergens egg, milk, soy, wheat  
confectioners sugar (sugar, cornstarch), eggs (whole eggs, citric acid, water), soybean oil, brown sugar, enriched flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chocolate syrup (high fructose corn syrup, corn syrup, water, sugar, cocoa, contains 2% or less of: potassium sorbate (to maintain freshness) salt, xanthan gum, mono and diglycerides, polysorbate 60, vanilla, artificial flavor), cocoa powder (processed with alkali), semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), artificial flavor, caramel color, cream (heavy cream, contains less than 0.5% Of: carrageenan, mono and diglycerides, polysorbate 80), salt, baking powder (corn starch, sodium bicarbonate, sodium aluminum sulfate and monocalcium phosphate). Common allergens present: egg, milk, soy, wheat

### Buttermilk biscuits

common allergens milk, wheat, soy  
bleached enriched flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), buttermilk (cultured low fat milk, food starch, salt, sodium citrate, carob bean gum, carrageenan, vitamin a palmitate, vitamin d3), palm oil, sugar, flour (enriched wheat flour [niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), sodium aluminum phosphate, sodium bicar-

bonate, salt, sodium stearoyl lactylate, artificial butter flavor [water, propylene glycol, alcohol, artificial flavors, butyric acid and yellow 5], potassium sorbate, monocalcium phosphate, soybean oil.

## C

### Cannolis

common allergens wheat, eggs  
sheep's ricotta 66% (sheep's milk whey, sheep's milk), sugar 33%, cocoa, salt. Flour, water, sugar, palm oil with citric acid added as a preservative, vinegar, pasteurized eggs, vanilla flavor, (water, propylene glycol, invert sugar, caramel color, xanthan gum, alcohol), cinnamon salt, cocoa.

### Cheese cake

common allergens soy, wheat, egg, milk, produced in factory that may contain peanuts  
cream cheese (pasteurized milk and cream [milk], salt, carob bean gum, cheese culture), sugar, honey graham crumbs (enriched flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], invert sugar, whole wheat flour, vegetable oil [soybean, palm and palm kernel oil with tbhq for freshness], contains 2% or less of baking soda, salt, honey), unsalted butter (pasteurized cream [milk], natural flavoring), whole eggs, non-fat dry milk, water, fructose, palm oil, soybean oil, whey protein concentrate (milk), natural flavors, enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy lecithin

### Cheese sauce

common allergens dairy  
water, soybean oil, modified corn starch, cheddar cheese, salt, nonfat dry milk, vinegar, sodium phosphate, maltodextrin, whey, corn starch, green chili peppers, yeast extract, sodium citrate, cellulose gum, milk fat, mono and diglycerides, lactic acid, acetic acid

### Cheese pizza

common allergens wheat, dairy  
enriched flour (wheat flour, niacin, reduced iron, ascorbic acid added as a dough conditioner, thiamine mononitrate, riboflavin, enzyme, folic acid), water, canola oil, yeast, contains less than 2% of the following: cultured wheat flour, sugar, salt, vinegar, xylanase, lipase, ascorbic acid added as a dough conditioner, amylase. Pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking), natamycin (added as a mold inhibitor) tomatoes, sugar, sea salt, cornstarch, olive oil, dehydrated onion, spices, dehydrated garlic, citric acid, peppers, natural flavors, vinegar

### Cheesy eggs

common allergens dairy

### Chicken ranch wrap

common allergens wheat, dairy  
skinless boneless chicken breast fillets with rib meat, water, modified food starch, salt, sodium phosphates, carrageenan. Breaded with bleached wheat flour, water, wheat flour, modified corn starch, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), spices, dextrose, paprika extract (color) and xanthan gum. Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative), enzyme, dough conditioner (sodium metabisulfite), cheddar cheese

### Cole slaw

common allergens egg  
cabbage, carrot, salt, sugar, vinegar, soybean oil, water, egg yolks, corn syrup, distilled vinegar, salt, mustard seed, calcium disodium edta added to protect flavor.

### Cream gravy no meat

common allergens milk, wheat, soy  
maltodextrin, whey, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, canola oil, soybean oil, skim milk, tapioca starch, salt, 2% or less of hydrolyzed soy, corn and wheat proteins, sodium caseinate, xanthan gum, spices, sugar, yeast extract, citric acid, disodium inosinate, natural flavors, dextrose, disodium guanylate

### Crinkle fries

potatoes, vegetable oil (contains one or more of the following oils: canola, soybean, cottonseed, sunflower, corn), potato starch -modified. Contains 2% or less of annatto extract (color), corn starch, corn starch -modified, dextrin, dextrose, extractives of capsicum, garlic powder, leavening (sodium acid pyrophosphate, sodium bicarbonate), onion powder, paprika (color), -paprika extract (color), potassium chloride, rice flour, salt, sodium acid pyrophosphate added to maintain color, spices, tapioca starch -modified, xanthan gum

## D

### Daring foods plant-based chicken patties

water, soy protein concentrate, natural flavor, canola oil, methyl cellulose contains less than 2% of: soy protein isolate, salt, potato starch, black pepper powder, garlic powder, onion powder

### Dinner rolls

common allergens wheat, soy, dairy  
enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, eggs, salt, hydrogenated cottonseed oil, yeast, mono and di-glycerides, ascorbic acid (vitamin c), whey (milk).

### Double choc cookies

common allergens egg, milk, soy made in factory that uses peanuts  
sugar, chocolate chunks (sugar, unsweetened chocolate, cocoa butter, soy lecithin [emulsifier], natural and artificial flavors, salt, milk), enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat flour, milk chocolate chunks (sugar, whole milk powder, cocoa butter, unsweetened chocolate, unsweetened chocolate processed with alkali, dextrose, milk fat, soy lecithin [emulsifier], artificial flavor), butter (cream, natural flavoring), water, cocoa powder processed with alkali, -margarine (palm oil, water, salt, mono- and diglycerides, soy lecithin, sodium benzoate [preservative], artificial flavor, beta-carotene [color], vitamin apalmitate), invert sugar, margarine (soybean oil, water, vegetable mono- and diglycerides, salt, contains less than 2% of whey solids, soy lecithin, sodium benzoate [preservative], citric acid, artificial flavor, beta carotene [color], vitamin apalmitate), contains less than 2% of baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), -baking soda, eggs, molasses, natural flavors, salt, whey protein concentrate, white chocolate flavored powder (sugar, creamer [coconut oil, corn syrup solids, sodium caseinate {milk}], sugar, tricalcium phosphate, dipotassium phosphate, propylene glycol esters of fatty acids, mono

## E

### Egg rolls vegetable

common allergens wheat, soy, sesame, eggs  
cabbage, enriched flour ([bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour), celery, water, carrots, bok choy, water chestnuts, enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), bamboo shoots, contains 2% or less of: salt, vegetable oil (cottonseed, canola, and/or soybean oil), sugar, modified food starch, spice, roasted garlic, wheat gluten, toasted sesame oil, dried onion, maltodextrin, natural flavor, disodium inosinate, disodium guanylate, dried whole eggs, cornstarch. Fried in vegetable oil (cottonseed, canola and/or soybean oil).

## F

### Flour tortillas

common allergens wheat  
enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative), enzyme, dough conditioner (sodium metabisulfite).

### French toast

common allergens wheat, soy, dairy  
bread (enriched wheat flour [wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, yeast, honey, contains 2% or less of: salt, palm oil, sugar, wheat gluten, wheat flour, soybean oil, spices [turmeric and paprika], natural flavor, calcium propionate [preservative], wheat starch, enzymes, ascorbic acid), water, eggs, sugar, less than 2% of: nonfat milk, whey, salt, soybean and/or canola oil, natural flavors, soylecithin, anhydrous milk fat

### Fried rice

common allergens sesame, wheat, soy, egg  
cooked white rice, carrots, peas, corn, seasoning (maltodextrin, soy sauce powder [soy sauce {wheat, soybeans, salt}, maltodextrin, salt], salt, garlic powder, powdered cellulose, caramel color, onion powder, sugar, vinegar powder [maltodextrin, modified food starch, vinegar], yeast extract, modified food starch, spice, lactic acid, canola oil, toasted sesame oil), soybean oil

## G

### Garlic toast

common allergens wheat, soy, eggs, milk

### Gf cheese pizza

common allergens dairy  
water, rice flour, modified rice starch, potato starch, sugar, tapioca starch, potato flour, canola/olive oil blend, yeast, salt, xanthan gum, cultured brown rice. Pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking), natamycin (added as a mold inhibitor) tomatoes, sugar, sea salt, cornstarch, olive oil, dehydrated onion, spices, dehydrated garlic, citric acid, peppers, natural flavors, vinegar educe

### Gf tortillas

tapioca starch, water, quinoa flour, potato starch, avocado oil, guarfiber, contains 2% or less of: oat

fiber, sunflower lecithin, citric acid, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, sodium bicarbonate, cultured corn syrup solids, cellulose gum, xanthan gum, sodium acid pyrophosphate.

### Gluten free, dairy free pizza

rice flour, water, potato starch, tapioca starch, rice starch, potato flour, cane sugar, modified rice starch, contains less than 2% of the following: canola oil, yeast, salt, extra virgin olive oil, xanthan gum. Filtered water, coconut oil, potato starch, tapioca starch, sunflower oil, sea salt, calcium citrate, natural flavor (vegetarian sources), chickpea protein, konjac and xanthan gums, potato protein, annatto and turmeric extracts (color), powdered cellulose added to prevent caking, tomato puree (water, tomato paste), diced tomatoes, less than 2% of: soybean oil, salt, sugar, spice, dried garlic, dried onion, natural flavor, olive oil, citric acid

## H

### Hamburger

choice chuck beef, contains 2% or less of: salt, maltodextrin, natural extractives of spice, dextrose, natural flavors, spice, citric acid.

### Hamburger bun

common allergens wheat enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, sugar, soybean oil, yeast, contains 2% or less of each of the following: pea protein, canola oil, dextrose, maltodextrins, starch, salt, dough conditioner (wheat flour, wheat gluten, enzymes, ascorbic acid, yeast, wheat starch), enzymes, calcium propionate (preservative), yellow corn flour, turmeric and paprika oleoresins (for color), natural flavor

### Hash brown patty

potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, dehydrated potato, onion powder, natural flavor, dextrose, disodium dihydrogen pyrophosphate (to promote color retention)

### Hoagie bun

common allergens sesame, wheat, eggs unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, sugar, high fructose corn syrup, wheat gluten, soybean oil, palm oil, contains 2% or less of the following: oat flour, potato flakes, salt, eggs, sesame seeds, dried onions, black sesame seeds, flax seeds, poppy seeds, wheat protein isolate, wheat starch, sodium alginate, sunflower lecithin, natural & artificial flavors, calcium propionate (preservative), wheat flour, spices (turmeric and paprika), potassium sorbate (preservative), sunflower and/or canola oil, pea protein, potato protein, fava bean protein, dextrose, maltodextrins, corn starch, ascorbic acid, enzymes

### Home fries

common allergens wheat, dairy, soy potatoes, vegetable oil (contains one of the following: canola, palm, soybean, sunflower) enriched wheat flour, thiamin, riboflavin, salt, modified corn starch, spices, corn meal, garlic powder, onion powder, disodium dihydrogen pyrophosphate, sodium bicarbonate, dried yeast, paprika, dextrose

### Hummus wrap

common allergens wheat

chickpeas (chickpeas, water), water, canola oil with natural roasted garlic flavor, sesame tahini, sea salt, citric acid, spices, sodium benzoate and potassium sorbate (to preserve freshness) enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, palm oil, sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), fumaric acid, mono & diglycerides, calcium propionate (a preservative), enzyme, dough conditioner (sodium metabisulfite), romaine lettuce, cucumber

## I

### Impossible foods plant-based chicken tenders

water, soy protein concentrate, wheat flour, sunflower oil, 2% or less of: food starch modified, soybean oil, potato starch, methylcellulose, salt, natural flavors, cultured dextrose, yeast extract, dextrose, dried onion, dried garlic, wheat gluten, spices, yellow corn flour, sugar, garlic powder, onion powder, leavening (cream of tartar, sodium bicarbonate), dried yeast, paprika extract, mixed tocopherols (antioxidant)

## J

### Just egg plant-based eggs

water, mung bean protein, expeller-pressed canola oil, carrot extractives, dehydrated onion, gellan gum, potassium citrate, salt, sugar, tapioca syrup solids, tetrasodium pyrophosphate, transglutaminase, turmeric extractives (for color), nisin (a preservative)

## K

### Krusteaz pancake, gluten free

rice flour, whole grain sorghum flour, sugar, brown rice flour (rice flour, stabilized rice bran with germ), soybean oil, dextrose, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), food starch-modified, salt, tapioca starch, xanthan gum, buttermilk, natural flavors (contains milk derivatives).

## L

### Lightlife plant-based jumbo hot dogs

water, soy protein isolate, soybean oil, raw cane sugar, salt, contains 2% or less of: pea protein, tapioca starch, yeast extract, natural flavor, garlic juice concentrate, sunflower oil, glutamic acid, xanthan gum, carrageenan, garlic powder, guar gum, hardwood smoked sugar, red rice flour (color), canola oil, oleoresin paprika (color).

## M

### Meatloaf

common allergens dairy, wheat ground beef, bread crumbs, salt, pepper, garlic, celery, onion, green peppers, egg, tomato nutrition

### Mashed potatoes

common allergens dairy potatoes, water, margarine (liquid and hydrogenated soybean oil, water, salt, contains less than 2% of vegetable mono and diglycerides, soy lecithin, citric acid, natural and artificial flavor, vitamin A palmitate added), nonfat milk and nonfat milk solids, salt, potassium sorbate (preservative), titanium dioxide (color), disodium pyrophosphate to maintain color, modified corn starch, glucono delta lactone, xanthan gum

### Mac n cheese

common allergens wheat, dairy, soy water, milk (milk, vitamin D3 added), enriched macaroni product (semolina [wheat], egg whites, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), pasteurized process white cheddar cheese (cultured milk, water, cream, salt, sodium phosphate, sodium citrate, lactic acid, sorbic acid [preservative], enzymes), soybean oil, contains less than 2% of cheddar cheese base (cheese [milk, culture, salt, enzymes], water, sodium phosphate, enzymes), salt, yeast extract, corn oil, cream, butter [cream, natural flavoring], whey, sugar, mustard seed, natural flavor), modified corn starch, salt, granulated onion, cultured milk (nonfat dry milk powder), fruit and vegetable juice for color (pumpkin, carrot and apple concentrates), modified potato starch, spices, natural flavors nutrition

### Morningstar farms vegetarian sausage patty

water, wheat gluten, soy flour, egg whites, corn oil, soy protein concentrate, sodium caseinate, modified tapioca starch, contains 2% or less of soybean oil, soy protein isolate, lactose, autolyzed yeast extract, spices, methylcellulose, natural and artificial flavors, sodium tripolyphosphate, salt, hydrolyzed wheat protein, disodium inosinate, caramel color, whey, hydrolyzed soy protein, hydrolyzed corn gluten, potassium chloride, disodium guanylate, dipotassium phosphate, onion powder, tetrasodium pyrophosphate, sodium hexametaphosphate, succinic acid, dried yeast, monosodium phosphate, lactic acid

### Morningstar black bean veggie burgers

water, onions, cooked black beans (black beans, water), cooked brown rice (water, brown rice), corn, soy protein concentrate, tomatoes, wheat gluten, onion powder, vegetable oil (corn, canola and/or sunflower oil), green chiles, soy protein isolate, bulgur wheat, cornstarch. Contains 2% or less of green peppers, red bell peppers, spices, tomato powder, cilantro, tomato juice, salt, chipotle pepper, methylcellulose, cooked onion and carrot juice concentrate, jalapeno pepper, carrageenan, garlic powder, natural flavor, paprika, soy sauce powder (soybeans, wheat, salt), gum arabic, vinegar, citric acid, red pepper, green pepper juice, turmeric, garlic juice, lime juice.

## O

### Omg it's gluten free double chocolate chip cookie

gluten free all purpose flour (rice flour, corn starch, tapioca dextrin, xanthan gum, rice extract), vegetable shortening (soybean oil, hydrogenated soybean oil, hydrogenated cottonseed oil), semi-sweet chocolate drops (sugar, chocolate liquor, cocoa butter, soy lecithin (an emulsifier)), cane sugar, unsweetened applesauce (apples, water, ascorbic acid (vitamin C) or erythorbic acid to maintain color), fairtrade cocoa powder (cocoa powder), brown sugar (sugar, molasses), pure vanilla extract (water, alcohol (35%), sugar, vanilla bean extractives), flaxseed meal, salt, sodium bicarbonate, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) contains: soy

### Omg it's gluten free butter biscuits

milk, corn starch, tapioca starch, butter, rice flour, honey, baking powder, salt, citric acid, xanthan gum

## P

### Pancakes

common allergens soy, wheat, dairy, egg enriched flour (wheat flour, malted barley flour, niacin, reduced iron, vitamin b1 [thiamin mononitrate], vitamin b2 [riboflavin], folic acid), water, high fructose corn syrup, vegetable oil (soybean and/or canola), buttermilk, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, soy lecithin, eggs. Vitamins and minerals: iron, vitamin a palmitate, vitamin b6 (pyridoxine hydrochloride), vitamin b12.

### Penne rigate pasta, gluten free

corn flour, rice flour, mono and diglycerides

### Pepperoni pizza

common allergens wheat, dairy pork enriched flour (wheat flour, niacin, reduced iron, ascorbic acid added as a dough conditioner, thiamin mononitrate, riboflavin, enzyme, folic acid), water, canola oil, yeast, contains less than 2% of the following: cultured wheat flour, sugar, salt, vinegar, exlanase, lipase, ascorbic acid added as a dough conditioner, amylase. Pasteurized milk, skim milk, cheese cultures, salt, enzymes, powdered cellulose (added to prevent caking), natamycin (added as a mold inhibitor) tomatoes, sugar, sea salt, cornstarch, olive oil, dehydrated onion, spices, dehydrated garlic, citric acid, peppers, natural flavors, vinegar, pork, beef, salt, spices, dextrose, lactic acid starter culture, oleoresin of paprika, sodium ascorbate, flavoring, sodium nitrite, bha, bht, citric acid.

### Plant-based breaded chicken patties

water, canola oil, rice flour, bamboo fiber, pea protein isolate, food starch-modified, pea protein, yellow pea flour, contains 2% or less of: corn flour, cornstarch, rice starch, salt, sugar, amaranth flour, quinoa flour, dextrose, hydrolyzed pea protein, sunflower oil, garlic, caramel color, onion, baking powder (corn starch, sodium acid pyrophosphate, sodium bicarbonate), cellulose gum, paprika, yeast extract, maltodextrin, natural flavors, citric acid, yeast, sodium phosphates

### Plant-based burgers

water, pea protein, sunflower oil, coconut oil, contains 2% or less of natural flavors, vegetable and fruit juices (for color), methylcellulose, spice, rice bran extract, yeast extract, salt, cultured dextrose, sugar, onion powder, garlic powder

### Plant-based plain wings

cauliflower, filtered water, cooked brown rice (water, long grain brown rice), pea protein isolate, corn starch, methylcellulose, yeast extract, onion powder, sea salt, organic cane sugar, garlic powder, salt, citric acid. Breading: water, rice flour, pea protein, canola oil, dextrose, baking soda, yellow corn flour, rice flour, potato starch, rice starch, sea salt, sunflower oil, spices, yeast extract, ancho pepper powder, xanthan gum

### Plant-based chicken strips

water, soy protein concentrate, natural flavor, canola oil, methylcellulose contains less than 2% of: soy protein isolate, salt, potato starch, black pepper powder, garlic powder, onion powder

### Philly steak

beef

### Pot roast

common allergens soy beef, water, seasoning (modified corn starch, hydrolyzed soy protein, maltodextrin, sugar, beef stock, cara-

mel color [sulfites], natural flavor, yeast extract, dehydrated onion, xanthan gum, dehydrated garlic, spice, spice extractive), contains less than 2% of seasoning (salt, dextrose, modified cornstarch, hydrolyzed soy protein, spices [including parsley], caramel color powder, natural beef flavor [beef stock, autolyzed yeast extract], dehydrated onion and garlic, sugar, natural flavor, xanthan gum, spice extractive).

### Potato wedges

common allergens soy potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), disodium dihydrogen pyrophosphate (to promote color retention), dextrose

### Pork sausage gravy

common allergens milk, wheat, soy maltodextrin, whey, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, canola oil, soybean oil, skim milk, tapioca starch, salt, 2% or less of hydrolyzed soy, corn and wheat proteins, sodium caseinate, xanthan gum, spices, sugar, yeast extract, citric acid, disodium nosinate, natural flavors, dextrose, disodium guanylate, pork pretzel bites gf water, long grain rice flour, tapioca starch, olive oil, sorghum flour, invert syrup, potato starch, salt, psyllium husk, xanthan gum, baking soda nutrition

## Q

### Quinoa

cooked quinoa (water, quinoa)

## R

### Refried beans

pinto beans, salt, palm oil, onion, maltodextrin, garlic, natural flavor, yeast extract, spice, calcium lactate, lactic acid

## S

### Sausage links

common allergens pork pork water, salt, sugar, spices, chili pepper, natural favors, bha, bht, citric acid.

### Scrambled eggs

eggs

### Sloppy joes

ground beef, onion, catsup, mustard, salt, brown sugar, vinegar

### Snicker doodle cookie gluten free

common allergens dairy, eggs, oats gluten free no artificial preservatives no artificial sweeteners no color from artificial sources no high fructose corn syrup no msg vegetarian

### Spanish rice

water, enriched rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, folic acid), vegetarian chicken flavored base (mirepoix [onion, carrot, celery], salt, sugar, maltodextrin, yeast extract, corn starch, garlic powder, turmeric, natural flavors), extra virgin olive oil and cold pressed lime oil blend, contains less than 2% of cilantro, spices, lime juice, chili powder (chili pepper, spices, salt, dehydrated garlic), smoked paprika.

### Stuffed shells with marinara sauce

common allergens wheat, eggs, milk jumbo stuffed shells. Stuffed with creamy rich ricotta cheese, imported romano, and a blend of spices.

### Sticky toffee pudding

common allergens wheat, milk, egg, soy sugar, flour, dates, sour cream, modified corn starch, disodium phosphate, locust bean gum, microbial enzyme, water, eggs, butter, canola oil, modified palm and palm kernel oil, margarine, cream, whipping cream, skim milk powder, whey powder, vanilla flavor, baking powder, baking soda, salt, soy lecithin, modified starch, caramel colour

## T

### Tater tots

common allergens soybean oil potatoes, vegetable oil (contains one or more of the following: soybean, canola, palm, sunflower), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose

### Tex mex quinoa

corn, pinto beans (organic pinto beans, water, sea salt, kombu seaweed), red bell peppers, lime juice, oil blend (canola oil, extra virgin olive oil), garlic, cilantro, contains less than 2% of chipotle pepper base (red chili peppers, chipotle peppers, salt, natural smoke flavor [natural smoke flavor, natural flavor]), salt, spices, chili powder (chili pepper, spices, salt, garlic).

### Tofu fried rice

cooked brown rice, carrots, peas, corn, seasoning (maltodextrin, soy sauce powder [soy sauce {wheat, soybeans, salt}, maltodextrin, salt], salt, garlic powder, powdered cellulose, caramel color, onion powder, sugar, vinegar powder [maltodextrin, modified food starch, vinegar], yeast extract, modified food starch, spice, lactic acid, canola oil, toasted sesame oil), soybean oil. Water, soy beans, calcium sulfate

### Tomato bisque

common allergens wheat, dairy tomato puree (water, tomato paste), diced tomatoes in tomato juice, cream, celery, onions, modified food starch, carrots, contains less than 2% of: sugar, butter (cream, salt), water, salt, bleached enriched flour (wheat flour, wheat starch, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), vegetables (celery, onions and carrots), parmesan cheese (part-skim milk, cultures, salt, enzymes), basil, yeast extract, natural flavoring, corn maltodextrin, \*onions, spices, cornstarch, \*dried

### Turkey gravy

common allergens milk, soy, wheat modified food starch, wheat flour, salt, modified whey, maltodextrin, hydrolyzed soy protein, palm oil, sugar, chicken fat, cooked chicken, chicken flavors (natural flavors, chicken stock, autolyzed yeast extract, chicken meat powder, chicken fat, lactic acid, calcium lactate, sodium phosphate), turkey stock, contains 2% or less of: onion powder, yeast extract, sodium caseinate, chicken broth, dipotassium phosphate, disodium inosinate, disodium guanylate, mono & diglycerides, spices, natural flavor, caramel color, silicon dioxide (anti-caking agent), sodium hexametaphosphate, extractive of turmeric, sunflower oil.

## U

### Udi's french dinner rolls

water, brown rice flour (rice flour, rice bran with germ), tapioca starch, potato starch, modified food starch, dried egg whites, canola oil, less than 2% of: rice bran, salt, xanthan gum, yeast, sugar, cultured brown rice, lactic acid, brown rice flour, palm oil, fumaric acid, enzymes. Contains: egg.

## V

### Vegetarian sloppy joe

impossible meat, onion, mustard, salt, brown sugar, vinegar

### Vegetarian tacos

impossible ground beef, chili peppers Mexican oregano onion garlic salt and cayenne

## W

### Wealthy street bakery cinnamon roll

whole milk (milk, vitamin d3), cornstarch, white rice flour, sugar, canola oil (canola oil, citric acid), potato starch, eggs, butter, yeast, xanthan gum, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), vanilla (water, artificial flavors, caramel color, citric acid and sodium benzoate), salt, baking soda (sodium bicarbonate) icing: powdered sugar, cream cheese (pasteurized cultured milk and cream, salt, stabilizers (xanthan and/or carob bean and/or guar gum)), butter, orange juice (water, orange juice concentrate, high fructose corn syrup, ascorbic acid (vitamin c)) filling: brown sugar, butter, cinnamon, whole grain sweet white sorghum flour, potato starch

### Western omelette

common allergens egg, milk  
whole eggs, citric acid, 0.15% Water added as carrier for citric acid. Citric acid added to preserve color. Green peppers, onion, cheddar cheese