

# Hugo's Common Allergen List

\* denotes ingredients published elsewhere in document

| Title | Dingbats | Dairy | Tree Nuts | Seeds | Eggs | Soy | Gluten | Oil | Ingredients |
|-------|----------|-------|-----------|-------|------|-----|--------|-----|-------------|
|-------|----------|-------|-----------|-------|------|-----|--------|-----|-------------|

## Specials - Jan / Feb 2018

### SPECIAL APPETIZER

|                   |               |        |         |    |    |    |         |     |  |
|-------------------|---------------|--------|---------|----|----|----|---------|-----|--|
| French Onion Soup | (v) vt (gf) n | cheese | crouton | no | no | no | crouton | yes | yellow onion, garlic, thyme, vegetable base, marsala wine, arrowroot powder, extra virgin olive oil, baking soda, black pepper, water, sliced mozzarella cheese, *croutons |
| Polenta Putanesca | vt gf         | yes    | no      | no | no | no | no      | yes | polenta, milk, water, black pepper, salt, rosemary, butter prints, parmesan cheese, *marinara, capers  |

### SPECIAL

#### ENTREES

|                       |           |      |        |    |     |    |    |     |   |
|-----------------------|-----------|------|--------|----|-----|----|----|-----|---|
| Hugo's Hot Cereal     | (v) vt gf | milk | no     | no | no  | no | no | no  | rolled oats, buckwheat, red chai tea, water, black rice, milk, blueberries, bananas, strawberries, currants.  |
| Oatmeal Rice Frittata | vt gf n   | yes  | almond | no | yes | no | no | yes | rolled oats, buckwheat, almonds, cinnamon, maple syrup, black rice, egg whites, butter prints, *apple sauce, cottage cheese, strawberries   |
| Warm Winter Salad     | v vt gf   | no   | no     | no | no  | no | no | yes | brussel sprouts, butternut squash, salt, black pepper, balsamic vinegar, extra virgin olive oil, black rice, eggplant, lemon juice, garlic, italian parsley, sumac, kosher salt, zucchini, red bell pepper, pomegranate, baby arugula, garlic, *balsamic dressing |
| Pork Osso Bucco       | gf        | yes  | no     | no | no  | no | no | yes | pork osso bucco, red onion, carrot, celery, *marinara, water, garlic, bay leaf, rosemary, thyme, red wine, vegetable base, black pepper, salt, gf flour, extra virgin olive oil, polenta, milk, butter prints, parmesan cheese                                    |

### SPECIAL SIDES

|                |       |     |    |    |    |    |    |     |  |
|----------------|-------|-----|----|----|----|----|----|-----|--|
| Creamy Polenta | vt gf | yes | no | no | no | no | no | yes | polenta, milk, water, black pepper, salt, rosemary, butter prints, parmesan cheese |
|----------------|-------|-----|----|----|----|----|----|-----|--|

### SPECIAL DRINKS

|                   |         |    |    |    |    |    |    |    |  |
|-------------------|---------|----|----|----|----|----|----|----|--|
| Hibiscus Lemonade | v vt gf | no | no | no | no | no | no | no |  |
|-------------------|---------|----|----|----|----|----|----|----|--|

### BREAKFAST

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|---|-------------|---------------------------|-----------------|---------|------|----------------|----------------|--------|---|
| <b>Almond Energy Pancakes</b>               | v vt gf n   | no                        | granola         | granola | no   | no             | no             | yes    | gluten free pancake flour, *cane syrup, baking powder, baking soda, cinnamon, rice milk, polenta, vanilla bean, pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut |
| <b>Blueberry Pancakes</b>                   | v vt gf     | no                        | no              | no      | no   | no             | no             | yes    | powdered sugar,gluten free flour, rice milk, blueberries, orange zest, baking soda, baking powder,cinnamon, ZTF oil (non-gmo), kosher salt, *blueberry cane syrup, dry polenta, ground polenta  |
| <b>Breakfast Salad</b>                      | (v) vt gf n | butter                    | almonds in rice | no      | yes  | tamari         | no             | yes    | ginger, garlic, egg whites, tamari soy sauce, spinach, turmeric, basmati rice, almonds, currants, baby mix lettuce, balsamic vinegar, oyster mushrooms, shiitake mushrooms, cumin, kosher salt, olive oil, black pepper   |
| <b>Buttermilk Pancakes</b>                  | vt          | buttrmlk                  | no              | no      | yes  | no             | flour          | yes    | buttermilk pancake flour, bannana, currant  |
| <b>Chilaquiles</b>                          | (v) (vt) gf | butter, sour cream        | no              | no      | yes  | no             | no             | yes    | yellow onion, tortilla chips, egg, *tomato chipotle sauce, sour cream, *turkey sausage, garnished with orange slice   |
| <b>Chipotle Scramble</b>                    | (vt) gf     | butter, cheddar, mozz chz | no              | no      | yes  | no             | no             | yes    | chicken breast, red bell pepper, yellow onion, green onion, egg, mild cheddar cheese, mozzarella cheese, sour cream, corn tortilla, *honey chipotle sauce, garnished with orange slice  |
| <b>Chocolate Chip Pancakes</b>              | v vt gf     | no                        | no              | no      | no   | yes            | no             | yes    | xanthan gum, rice milk, earth balance butter, vanilla beans, salt, chocolate, brown sugar, vanilla syrup, flour, baking soda, baking powder, vinegar, powdered sugar, cocoa powder, salt, water, sugar  |
| <b>Cinnamon Swirl French Toast</b>          | v vt gf     | no                        | no              | no      | no   | no             | no             | yes    | gluten free flour, rice milk, yeast, vegan butter, sugar, kosher salt, cinnamon, currants, orange, vanilla beans, brown rice  |
| <b>Create Your Own Omelette Or Scramble</b> | (v) (vt) gf |                           |                 |         |      |                |                | yes    | garnished with orange slice   |
| <b>Desayuno Fuerte</b>                      | (v) vt gf   | butter, parm              | no              | no      | yes  | no             | no             | yes    | *potato cakes, egg, garlic, yellow onion, tomatoes, spinach, parmesan cheese, kosher salt, black pepper   |
| <b>Eggs Any Style</b>                       | (vt) gf     | butter                    | no              | no      | yes  | no             | no             | butter | garnished with orange slice   |
| <b>Eggs Benedict</b>                        | (vt) (gf)   | butter                    | no              | no      | yes  | English muffin | English muffin | yes    | english muffin, pork loin boneless, *hollandaise sauce, egg, garnished with orange slice  |
| <b>Fresh Fruit &amp; Yogurt</b>             | vt gf       | yogurt                    | mixed nuts      | no      | no   | no             | no             | no     | lowfat yogurt, banana, strawberries, hazelnuts, currants, pineapple, fiji apple, gala apple, red grapes   |
| <b>Fresh Fruit Salad</b>                    | v vt gf     | no                        | no              | no      | no   | no             | no             | no     | pineapple, red grapes, fiji apples, gala apple, currants, hazelnuts, strawberries, banana   |

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| <b>Go Green Frittata</b>          | (v) vt gf   | no                 | no          | no                           | yes  | mango chutney in sauce | no       | yes | olive oil, garlic, quinoa, spinach, basil, water, egg whites, snow peas, mango chutney, mint, gala apples, fiji apples, apple juice, kosher salt, black pepper, euro greens, asparagus, zucchini squash, broccolini  |
| <b>Good Morning Energy Cereal</b> | (v) vt gf n | no                 | granola     | granola                      | no   | no                     | no       | no  | pistachio, walnut, quinoa, pecan, pumpkin seeds, sunflower seeds, cashew, almond, rice puff, cinnamon, cardamom, ginger, black pepper, kosher salt, maple syrup, cherries, cranberries, golden raisins, coconut  |
| <b>Green Tamales And Eggs</b>     | (v) vt gf n | butter, sour cream | almond milk | sesame, mustard in avo salsa | yes  | no                     | no       | yes | eggs, spinach, earth balance butter, polenta, masarina flour (organic), water, unrefined sugar, kosher salt, baking powder, almond milk, corn polenta, corn tortilla, ZTF oil (non-gmo), avocado, black beans, cilantro, yellow onion, jalapeno chile, roma tomatoes, lemon juice, oregano, black pepper, sour cream, cilantro, garlic, jalapeno chile, japanese sweet potato, white vinegar, lime juice, rice milk, horseradish, dijon mustard, Tahini paste, oregano, white pepper, onion powder, tabasco red sauce, green onion, Italian parsley, tomatillo, yellow onion, chipotle, garlic, brown sugar, tomato paste, bay leaf, cumin |
| <b>Herbed Omelette</b>            | (v) vt gf   | butter             | no          | no                           | yes  | no                     | no       | yes | egg whites, mushrooms, tomatoes, spinach, red bell pepper, sage, tarragon, thyme, garnished with orange slice  |
| <b>Huevos Rancheros</b>           | (v) vt gf n | butter, mozz       | no          | no                           | yes  | no                     | no       | yes | eggs, corn tortilla, mozzarella cheese, *tomato chipotle sauce, avocados, cilantro   |
| <b>Lox, Eggs &amp; Latkes</b>     | gf          | yes                | no          | dill                         | yes  | no                     | no       | yes | egg, salmon, arugula, sour cream, italian parsley, paprika, tomato, cucumber, shallot, lemon, salt, black pepper, olive oil, sugar, celery salt, dill seed crushed, *vegan potato cakes  |
| <b>Papa's Eggs</b>                | gf          | butter             | no          | no                           | yes  | no                     | no       | yes | garlic, bacon,*turkey sausage, egg, green onion, parsley, kosher salt, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper, garnished with orange slice  |
| <b>Pasta Mama</b>                 | (v) vt (gf) | butter, parm       | no          | flax in pasta                | yes  | no                     | semolina | yes | *linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, kosher salt, garlic pepper, italian seasoning, paprika, onion powder, seasoning salt   |
| <b>Pasta Papa</b>                 | (gf)        | butter, parm       | no          | flax in pasta                | yes  | no                     | semolina | yes | *linguini pasta, garlic, black pepper, parsley, parmesan cheese, egg, green onion, bacon,*turkey sausage, *hugos seasoning   |
| <b>Protein Scramble</b>           | gf          | butter             | no          | no                           | yes  | no                     | no       | yes | chicken breast, oyster mushrooms, shiitake mushrooms, broccoli, asparagus, yellow onion, egg whites, garlic, kosher salt, black pepper, sage, tarragon, thyme, garnished with orange slice   |

## STARTERS

|                      |           |    |     |    |    |      |    |     |   |
|----------------------|-----------|----|-----|----|----|------|----|-----|---|
| <b>Artichoke Dip</b> | v vt gf n | no | yes | no | no | tofu | no | yes | artichoke heart, spinach, onion powder, garlic, salt, arrowroot powder, veganise, black pepper, lemon juice, tabasco , *mashed potatoes, rice milk, tofu, vegan mozzarella cheese, white wine, yellow onion, olive oil. |
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|--------------------------------------|-------------|-------------------|-------------|---------------------------------------|------|-----------|----------|----------|--|
| <b>Asian Spring Rolls</b>            | v vt gf     | no                | no          | sesame seeds                          | no   | in sauce  | no       | in sauce | rice paper wrappers, basil, mint, kelp noodles, cucumber, carrot, snow peas, avocados, baby mix lettuce  |
| <b>Cauliflower Pakora</b>            | v vt gf     | no                | no          | sesame seeds in sauce                 | no   | no        | no       | yes      | cauliflower, red lentil beans, water, kosher salt, black pepper, cayenne pepper, xanthan gum, celery salt, onion powder, garlic, all purpose flour (gluten-free), coriander, cumin, fenugreek, ginger, turmeric, cinnamon, clove, paprika, roasted garlic, jalapeno chile, japanese sweet potato, lime juice, rice milk, lemon juice. horseradish, dijon mustard, tahini Paste, oregano, white pepper, onion powder, tabasco red sauce, green onion, Italian parsley, green bell pepper, red bell pepper, carrot, red onion, cauliflower, white vinegar, water. bay leaf, oregano, clove, extra virgin olive oil |
| <b>Fried Pickles</b>                 | v vt gf     | no                | no          | no                                    | no   | bbq sauce | no       | yes      | dill pickle chips, baby mixed lettuce, red lentil, water, salt, black pepper, cayenne pepper, xanthan gum, celery salt, onion, garlic, gluten free flour, olive oil, oregano, paprika, potato.   |
| <b>Green Tamales (Not Published)</b> | (v) vt gf n | sour cream        | almond milk | sesame, mustard in avo salsa          | no   | no        | no       | yes      | corn, kosher salt, almond milk, unrefined sugar, polenta, spinach, earth balanced butter, masarina flour, water, baking powder, tomatillo, yellow onion, cilantro, black pepper, chipotle chili, white vinegar, brown sugar, tomato paste, bay leaf, cumin, oregano, avocado, tomato, black bean, sour cream, cilantro, jalapeno chile, roma tomatoes, lemon juice, garlic, japanese sweet potato, lime juice, rice milk, horseradish, dijon mustard, tahini paste, white pepper, onion powder, tabasco red sauce, green onion, Italian parsley  |
| <b>Los Nachos</b>                    | v vt gf     | no                | no          | no                                    | no   | no        | no       | yes      | corn tortilla, avocados, green chili, cilantro, roma tomatoes, guajillo chile, chipotle chili, water, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, oregano, kosher salt, avocados, black beans, cilantro, yellow onion, jalapeno chile, lemon juice, black pepper   |
| <b>Four Cheese Mac &amp; Cheese</b>  | vt (gf)     | cream, cheese mix | no          | flax in pasta                         | no   | no        | semolina | yes      | *fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, parmesan cheese, black pepper   |
| <b>Vegan Mac &amp; Cheese</b>        | v vt (gf) n | no                | cashews     | sunflwr seeds in sauce, flax in pasta | no   | no        | pasta    | yes      | *fusilli pasta, mushroom, peas, garlic, kosher salt, black pepper, yellow onion, rice milk, cornstarch, polenta, cayenne pepper, seasoning salt, garlic pepper, Italian seasoning, paprika, onion powder, sunflower seeds, cashew nuts, rice milk, nutritional yeast, garlic powder, white pepper, turmeric, all purpose flour (gluten free)   |

## SOUPS

|                             |         |    |    |    |    |      |    |    |   |
|-----------------------------|---------|----|----|----|----|------|----|----|---|
| <b>Tomato Basil Bisque</b>  | v vt gf | no | no | no | no | tofu | no | no | yellow onion, garlic, tomato, tofu, kosher salt, black pepper, unrefined sugar, rice milk, basil                                |
| <b>Ginseng Chicken Soup</b> | gf      | no | no | no | no | no   | no | no | chicken breast, celery, yellow onion, garlic, ginger, shiitake mushrooms, kosher salt, black pepper, ginseng, cilantro, spinach |

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| <b>Coconut Curry Red Lentil Soup</b> | v vt gf n | no    | coconut milk | no    | no   | no  | no     | no  | yellow onion, garlic, carrot, celery, red lentil beans, coconut milk, coriander, cumin, curry powder, kosher salt, black pepper, *veggie balls |

## SALADS

|                                 |               |                 |          |                                    |    |                  |          |          |   |
|---------------------------------|---------------|-----------------|----------|------------------------------------|----|------------------|----------|----------|---|
| <b>The Power Of Green Salad</b> | v vt gf       | no              | no       | sunflwr seeds, mustard in dressing | no | no               | no       | dressing | euro greens, cherries, avocados, sunflower seeds, *sherry vinagrette dressing, asparagus, zucchini, broccolini          |
| <b>Mexican Salad</b>            | (v) (vt) gf   | parmesan chz.   | no       | mustard in dressing                | no | dressing         | no       | dressing | romaine lettuce, avocados, kalamata olives, parmesan cheese, black beans, kosher salt, *pico de gallo, *caesar dressing |
| <b>Sesame Salad</b>             | (v) (vt) gf n | no              | almonds  | mustard & sesame in dressing       | no | chicken marinade | no       | dressing | baby mix lettuce, snow peas, jicama, orange, almonds, *sesame ginger dressing, *sesame chicken marinade                 |
| <b>BYO Salad</b>                | (v) vt (gf)   | no              | no       | no                                 | no | no               | no       | dressing |   |
| <b>Quinoa Beet Salad</b>        | (v) vt gf n   | gorgonzola chz. | walnuts  | mustard in dressing                | no | no               | no       | dressing | carrot, beets, green onion, cherries, walnut, gorgonzola cheese, baby mix lettuce, quinoa, *sherry vinagrette dressing  |
| <b>House Salad</b>              | v vt gf       | no              | no       | mustard in dressing                | no | no               | no       | dressing | baby mix lettuce, tomatoe, carrot, smow peas, *balsamic dressing  |
| <b>Caesar Salad</b>             | (v) vt (gf) n | yes             | croutons | croutons, mustard in dressing      | no | dressing         | croutons | dressing | romaine lettuce, parmesan cheese, *croutons, *caesar dressing   |
| <b>Wild Arugula Salad</b>       | v vt gf       | no              | no       | no                                 | no | no               | no       | yes      | arugula, tomato, cucumber, shallot, lemon, salt, black pepper, olive oil  |

## SANDWICH

|                            |      |    |    |                  |    |          |          |          |   |
|----------------------------|------|----|----|------------------|----|----------|----------|----------|---|
| <b>Avocado Hummus Wrap</b> | v vt | no | no | hummus, dressing | no | dressing | tortilla | dressing | spinach tortilla, snow peas, tomatoes, avocados, cucumber, *roasted garlic-red pepper hummus, *sesame ginger dressing |
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| <b>BBQ Turkey Sandwich</b>      | (gf)          | cheese      | no                    | no                    | no   | yes         | bread  | yes     | turkey, *bbq sauce, mozzarella cheese, *rustic bun, onion, rice milk, cornstarch, polenta, cayenne pepper, salt, black pepper, oregano, gluten free flour, italian seasoning             |
| <b>Club - Chx,Turkey</b>        | (gf)          | no          | no                    | no                    | no   | no          | bread  | yes     | *guacamole, vegenaise, black pepper, romaine lettuce, tomatoes, country white bread, bacon. (turkey is maranated in *honey chipotle sauce)   |
| <b>Club - Tofu</b>              | (v) (vt) (gf) | no          | no                    | tofu marinade         | no   | tofu        | bread  | yes     | *tofu, vegenaise, black pepper, romaine lettuce, tomatoes, country white bread, veggie bacon   |
| <b>Cuban Sandwich</b>           | (vt) (gf)     | goat cheese | no                    | mustard               | no   | multi-grain | bread  | yes     | chicken breast, goat cheese, tomatoes, red onion, black pepper, kosher salt, *honey chipotle sauce, plantains, baby mix lettuce, *balsamic dressing, *multi-grain bread                  |
| <b>Hugo's Burger - Beef</b>     | (gf)          | no          | no                    | no                    | no   | no          | bread  | vegense | *burger patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo   |
| <b>Hugo's Burger - Turkey</b>   | (gf)          | no          | no                    | no                    | yes  | no          | bread  | vegense | *turkey patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo   |
| <b>Hugo's Burger - Veg</b>      | v vt (gf) n   | no          | pinenut in veg. patty | pinenut in veg. patty | no   | no          | bread  | yes     | *veggie patty, tomatoes, red onion, egg bun  |
| <b>Lentil &amp; Rice Wrap</b>   | v vt          | no          | no                    | no                    | no   | yes         | no     | yes     | *wheat tortilla, *lentils and rice, *roasted eggplant, *green bean in tomato sauce, tomato, garlic, spinach, romaine lettuce, *lebanese garlic sauce                                     |
| <b>Tres Tacos - Chicken</b>     | (gf)          | no          | no                    | no                    | no   | no          | no     | yes     | corn tortilla, chicken breast, black beans, corn, *pico de gallo, *tomato chipotle sauce, *guacamole, kosher salt, black pepper, romaine lettuce   |
| <b>Tres Tacos - Steak</b>       | (gf)          | no          | no                    | no                    | no   | no          | no     | yes     | corn tortilla, steak, corn, *pico de gallo, *tomato chipotle sauce, black pepper, kosher salt, romaine lettuce, *guacamole, *black beans   |
| <b>Tres Tacos - Tofu</b>        | (v) (vt) (gf) | no          | no                    | no                    | no   | tofu        | no     | yes     | tofu, corn tortilla, corn, *pico de gallo, *tomato chipotle sauce, black pepper, kosher salt, *black beans, *guacamole, romaine lettuce  |
| <b>Tres Tacos - Veggie</b>      | (v) (vt) (gf) | no          | no                    | no                    | no   | no          | no     | no      | corn tortilla, carrot, cauliflower, zucchini, yellow squash, brocoli, black beans, corn, *pico de gallo, *tomato chipotle sauce, *guacamole, kosher salt, black pepper, romaine lettuce. |
| <b>Turkey Meatloaf Sandwich</b> | (gf) n        | yes         | yes                   | no                    | yes  | marinara    | bread  | yes     | *ciabatta bread, mozzarella cheese, romaine lettuce, red onion, *marinara sauce, *turkey loaf  |

## PASTA

|                  |               |             |    |               |    |    |       |     |  |
|------------------|---------------|-------------|----|---------------|----|----|-------|-----|--|
| <b>Carbonara</b> | (v) (vt) (gf) | cream, parm | no | flax in pasta | no | no | pasta | yes | bacon, prosciutto, green onion, garlic, parmesan cheese, white wine, manufacturing cream, *linguini pasta, parsley, kosher salt, black pepper, crushed red pepper, |
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| <b>Carbonara - Vegan</b>            | v vt (gf) n     | no               | cashews               | sunflwr seeds in sauce, flax in pasta | no       | veggie bacon | pasta  | yes | *linguini pasta, olive oil, garlic, *veggie bacon, mushrooms, green onion, parsley, kosher salt, black pepper, white wine, crushed red pepper, *cashew cheese sauce vegan                |
| <b>Create-A-Pasta</b>               | (v) vt (gf)     |                  |                       |                                       |          |              |        |     |  |
| <b>Four Cheese Mac &amp; Cheese</b> | vt (gf)         | yes              | no                    | flax in pasta                         | no       | no           | pasta  | yes | *fusilli pasta, manufacturing cream, mild cheddar cheese, mozzarella cheese, parmesan cheese, gorgonzola cheese, kosher salt, black pepper   |
| <b>Pasta Victor</b>                 | (v) (vt) (gf)   | cream, parm      | no                    | flax in pasta                         | no       | no           | pasta  | yes | chicken breast, corn, sundried tomato, kosher salt, black pepper, white wine, *tomato chipotle sauce, manufacturing cream, cilantro, parmesan cheese, *linguini pasta, garlic, olive oil |
| <b>Pasta Victor - Vegan</b>         | v vt (gf) n     | no               | cashews               | sunflwr seeds in sauce, flax in pasta | no       | tofu         | pasta  | yes | *linguini pasta, olive oil, garlic, tofu, corn, cilantro, kosher salt, black pepper, white wine, *cashew cheese sauce vegan, *tomato chipotle sauce, sundried tomato                     |
| <b>Spaghetti With Turkey Balls</b>  | (v) (vt) (gf) n | parm in meatball | meatblls              | flax in pasta                         | meatball | marinara     | pasta  | yes | *linguini pasta, olive oil, artichoke hearts, tomatoes, *turkey meatballs, *marinara sauce, parmesan cheese, basil   |
| <b>Spaghetti With Veggie Balls</b>  | v vt (gf) n     | parm             | pinenut in veg. balls | flax in pasta                         | no       | marinara     | pasta  | yes | olive oil, *linguini pasta, artichoke hearts, tomatoes, yellow onion, *marinara sauce, *vegetable balls, basil   |
| <b>Vegan Mac And Cheese</b>         | v vt (gf) n     | no               | cashews               | sunflwr seeds                         | no       | no           | pasta  | yes | *fusilli pasta, mushrooms, peas, garlic, *cashew cheese sauce vegan, kosher salt, black pepper, *crispy onions   |
| <b>Linguine Pasta (Housemade)</b>   | v vt            | no               | no                    | flax in pasta                         | no       | no           | pasta  | yes | semolina flour, extra virgin olive oil, flax water   |
| <b>Fusilli Pasta (Housemade)</b>    | v vt            | no               | no                    | flax in pasta                         | no       | no           | pasta  | yes | semolina flour, extra virgin olive oil, flax water   |

## ENTREES

|                         |             |        |    |                    |    |                    |    |                    |   |
|-------------------------|-------------|--------|----|--------------------|----|--------------------|----|--------------------|---|
| <b>Asian Stir Fry</b>   | (v) (vt) gf | no     | no | sesame-chili sauce | no | sesame-chili sauce | no | sesame-chili sauce | snow peas, tomatoes, mushrooms, broccolini, garlic, ginger, cilantro, green onion, jicama, olive oil, *sesame chile sauce   |
| <b>Chicken Carciofi</b> | (vt) gf     | butter | no | no                 | no | no                 | no | yes                | chicken breast, olive oil, artichoke hearts, tomatoes, spinach, lemon juice, white wine, garlic, butter, kalamata olives  |
| <b>Chicken Marsala</b>  | (vt) gf     | yes    | no | no                 | no | no                 | no | yes                | chicken, olive oil, mushroom, garlic, water, cream, marsala wine, butter prints, sage, tarragon, thyme, salt, black pepper, gluten free flour, potato, broccoli, rice milk, artichoke heart, white pepper, *veganaise |

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|------------------------------------|---------------|----------------------|-------------------------|------------------------------|------|--------------------------|----------|-----------------|---|
| <b>Chimichurri Steak</b>           | gf            | no                   | no                      | no                           | no   | no                       | no       | yes             | tenderloin beef (marinated with black pepper, garlic, parsley, olive oil, kosher salt), red onion, *chimichuri sauce  |
| <b>Create-A-Plate (3-5 Choice)</b> | (v) vt gf     |                      |                         |                              |      |                          |          |                 |   |
| <b>Indian Bowl</b>                 | v vt gf n     | no                   | yes                     | yes                          | no   | no                       | no       | yes             | *veggie patty, olive oil, zucchini, green bell pepper, red bell pepper, tomato, spinach, *turmeric rice, onion, jalapeno chile, garlic, ginger, *tikka masala sauce, cilantro, coriander, cumin, black pepper, fennel seed, cardamon, clove, nutmeg |
| <b>Market Fresh Fish</b>           | gf            | no                   | no                      | no                           | no   | no                       | no       | yes             | salmon fillet, black pepper, kosher salt, olive oil, lemon  |
| <b>Orange Mustard Chicken</b>      | (vt) gf       | no                   | no                      | mustard                      | no   | no                       | no       | yes             | chicken breast, olive oil, dijon whole grain mustard, honey, orange juice, water, garlic, kosher salt, black pepper, parsley, gluten free flour   |
| <b>Shepherd's Pie</b>              | (v) (vt) gf   | parm                 | no                      | no                           | no   | gravy                    | no       | yes             | asparagus, zucchini, broccolini, chicken, *mushroom gravy, *mashed potato, *parmesan cheese, olive oil, garlic, salt, black pepper, sage, tarragon, thyme   |
| <b>Syrian Bowl</b>                 | v vt (gf) n   | no                   | croutons                | sesame, sunflower in crouton | no   | yes                      | croutons | yes             | lentil, water, baharat, salt, black pepper, basmati rice, olive oil, onion, *croutons, *marinara sauce, green beans, aleppo chili pepper, cumin, tomatoes, lemon, parsley, suma, eggplant, red onion, *garlic spinach, sesame seeds.                |
| <b>Tikka Masala Plate</b>          | (v) (vt) gf n | no                   | tikka masala            | pine nuts in veg patty       | no   | no                       | no       | yes             | *vegetable burger, *tikka masala sauce, cilantro  |
| <b>Turkey Meatloaf</b>             | (v) (vt) gf n | cheddar, parm cheese | pinenuts                | no                           | yes  | braggs amino in gravy    | no       | mashed potatoes | turkey, kosher salt, rosemary, yellow onion, cheddar, parmesan, parsley, pine nuts, egg, rice puffs, garlic, seasoning salt, paprika, onion powder, black pepper, sundried tomato, *mushroom herb gravy   |
| <b>Very Green Casserole</b>        | (v) vt gf n   | yes                  | pesto, veg patty, sauce | veg. patty, sauce            | no   | braggs amino in marinara | no       | yes             | olive oil, asparagus, zucchini, broccolini, spinach, *marinara, basil, pine nuts, olive oil, sage, tarragon, thyme, kosher salt, *veggie burger, goat cheese, mozzarella cheese, black pepper, garlic   |

## KID'S MENU

|                                |               |                    |    |               |     |                                |                    |       |  |
|--------------------------------|---------------|--------------------|----|---------------|-----|--------------------------------|--------------------|-------|--|
| <b>Breakfast Combo 3X1</b>     | (vt) (gf)     | check pancake list | no | no            | yes | no                             | check pancake list | yes   | butter milk pancake flour, non-fat milk, ZTF oil (non-gmo), kosher salt, unrefined sugar, baking powder, baking soda, egg, bacon |
| <b>Kid'S Spaghetti</b>         | (v) (vt) (gf) | no                 | no | flax in pasta | no  | braggs amino in marinara sauce | pasta              | yes   | *linguini pasta, broccoli, *marinara   |
| <b>Kids Burger &amp; Fries</b> | (v) (vt) (gf) | cheese             | no | no            | no  | no                             | bread              | fries | beef patty, egg bun  |



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|--|-------------|----------------------|-----------|------------------------|------|--------------------------|--------|-------------------------|--|
| <b>Kid's Chicken Tenders</b>                 | gf          | yes                  | no        | no                     | yes  | no                       | no     | yes                     | chicken, gf bread flour, egg liquid, kosher salt, fried's, gf all purpose flour, italian seasoning, oregano, white pepper, table salt, black pepper, celery salt, onion powder, granulated roasted garlic, ground ginger, paprika, cayenne pepper  |
| <del>Kids Grilled Chicken</del>              | gf          | no                   | no        | no                     | no   | no                       | no     | yes                     | chicken breast   |
| <del>Kids Grilled Tofu</del>                 | v vt gf     | no                   | no        | sesame seed oil        | no   | braggs-amino-in-marinade | no     | yes                     | tofu   |
| <del>Kids Grilled Cheese Or Quesadilla</del> | (v) (vt)    | yes                  | no        | no                     | no   | marinara                 | bread  | sandwich-grilled in oil | *marinara with quesadilla option   |
| <b>L'Il Mac And Cheese</b>                   | vt (gf)     | cream, cheddar, mozz | no        | flax in pasta          | no   | no                       | pasta  | yes                     | *fusilli pasta, mild cheddar cheese, gorgonzola cheese, mozzarella cheese, manufacturing cream, kosher salt, black pepper  |
| <b>L'Il Pasta Mama</b>                       | vt (gf)     | butter, parm         | no        | flax in pasta          | yes  | no                       | pasta  | yes                     | *linguini pasta, parmesan cheese, egg, kosher salt, butter   |
| <b>L'Il Vegan Mac And Cheese</b>             | v vt (gf) n | no                   | cashew    | sunflwr seeds in sauce | no   | no                       | pasta  | yes                     | *fusilli pasta, mushroom, peas, garlic, kosher salt, black pepper, yellow onion, rice milk, cornstarch, polenta, cayenne pepper, seasoning salt, garlic pepper, Italian seasoning, paprika, onion powder, cashew nuts, sunflower seeds, rice milk, nutritional yeast, onion powder, garlic pepper, white pepper, turmeric. |

## DESSERTS

|                                       |             |            |                |            |     |    |     |        |   |
|---------------------------------------|-------------|------------|----------------|------------|-----|----|-----|--------|---|
| <b>Brownie Torte</b>                  | v vt gf n   | no         | pecans         | hemp, flax | no  | no | no  | no oil | black beans, vanilla bean, cocoa powder, gluten free devils food cake mix, hemp seeds, unrefined sugar, baking powder, baking soda, rice milk, pecan, kosher salt, gala apple, figi apple, strawberries, mint, powdered sugar, japanese sweet potato, agar-agar flakes, pecan, orange juice, cocoa powder, kosher salt, *cane syrup |
| <b>Bread Pudding</b>                  | vt          | yes        | no             | no         | yes | no | yes | yes    | *ciabatta bread, cream, half + half, egg, coconut, currants, vanilla beans, sugar, butter, cinnamon, salt, *whipped cream, *caramel sauce   |
| <b>Chocolate Mousse</b>               | vt gf       | egg, cream | no             | no         | yes | no | no  | cookie | vegan chocolate chips, egg, espresso, manufacturing cream, orange, *whipped cream, vanilla beans,*cane syrup  |
| <b>Chocolate Pecan Brownie Sundae</b> | (v) vt gf n | w/ gelato  | walnut garnish | no         | no  | no | no  | yes    | black beans, vanilla bean, cocoa powder, devils food cake mix (gluten free ), hemp seeds, unrefined sugar, baking powder, baking soda, rice milk, pecan, kosher salt, gala apple, figi apple, manufacturing cream, powdered sugar (organic), vanilla beans, water, walnuts, cinnamon, gelato  |

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|----------------------------|-----------|-------|----------------------------------|----------------------------------|------|-----|--------|-----|---|
| Lemon Tart                 | vt gf     | yes   | no                               | no                               | yes  | no  | no     | yes | lemon juice, orange zest, lemon zest, egg, butter, sugar, kosher salt, powdered sugar, millet, arrowroot powder, brown rice, xanthan gum, vinegar, sorghum.   |
| Mixed Berry Cobbler        | v vt gf n | no    | yes                              | yes                              | no   | no  | no     | yes | mixed berry, orange zest, lemon juice, sugar, cornstarch, ginger, sorghum flakes, butter, cinnamon, salt, almond milk, all purpose flour (gluten free), *energy granola   |
| Sticky Buns                | v vt gf n | no    | pecans                           | no                               | no   | no  | no     | yes | cinnamon, vanilla beans, brown sugar, maple syrup, cornstarch, earth balance butter, Japanese sweet potato, agar-agar flakes, pecan nuts, orange juice, cocoa powder, gluten free flour, baking powder, baking soda, kosher salt, unrefined sugar, dry active yeast, olive oil, rice milk, white vinegar, xanthan gum |
| Gelato - Vanilla Bean      | vt gf     | yes   | on equip used for nuts and seeds | on equip used for nuts and seeds | no   | no  | no     | no  | Whole Milk, Cream, Cane Sugar, Dextrose, Non Fat Dry Milk, Gelato Base, Vanilla Paste, Bourbon Vanilla Extract, Vanilla Bean Seeds.   |
| Gelato - Belgian Chocolate | vt gf     | yes   | on equip used for nuts and seeds | on equip used for nuts and seeds | no   | no  | no     | no  | Whole Milk, Cream, Cane Sugar, Dextrose, Cocoa Powder, 72% Dark Chocolate, Gelato Base, Invert Sugar  |
| Sorbet - Strawberry        | v vt gf   | no    | on equip used for nuts and seeds | on equip used for nuts and seeds | no   | no  | no     | no  | strawberries, water, sugar, dextrose, glucose, natural sorbet stabilizer  |
| Caramel Sauce              | vt gf     | yes   | no                               | no                               | no   | no  | no     | no  | manufacturing cream, sugar  |
| Whipped Cream              | vt gf     | yes   | no                               | no                               | no   | no  | no     | no  | manufacturing cream, vanilla beans, water, sugar, powdered sugar  |
| Vegan Whipped Cream        | v vt gf n | no    | coconut milk                     | no                               | no   | no  | no     | no  | xanthan gum, coconut milk, vanilla beans, mango puree   |

## CREATE-A-PLATE SIDES

|                     |         |    |    |    |    |    |    |     |  |
|---------------------|---------|----|----|----|----|----|----|-----|--|
| Baby Arugula Salad  | v vt gf | no | no | no | no | no | no | yes | arugula, tomato, cucumber, shallot, lemon, salt, black pepper, olive oil |
| Beets (Cooked)      | v vt gf | no | no | no | no | no | no | no  |  |
| Broccolini & Garlic | v vt gf | no | no | no | no | no | no | yes | olive oil, garlic, broccolini, kosher salt, black pepper                 |



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|----------------------------------|-----------|-------|-----------|-------|------|-----|--------|------------|--|
| <b>Organic Chicken (Mary's)</b>  | gf        | no    | no        | no    | no   | no  | no     | no         | salt, black pepper   |
| <b>Tenderloin (marinated)</b>    | gf        | no    | no        | no    | no   | no  | no     | yes        | olive oil, garlic, parsley, salt, black pepper   |
| <b>Tofu (Marin./Grilled)</b>     | v vt gf   | no    | no        | Yes   | no   | Yes | no     | yes        | cilantro, basil, jalapeno, garlic, sesame oil, soy braggs amino mix, ZTF oil   |
| <b>Tofu (Plain)</b>              | v vt gf   | no    | no        | no    | no   | Yes | no     | no         |  |
| <b>Turkey (Sliced)</b>           | gf        | no    | no        | no    | no   | no  | no     | Yes        | *honey chipotle sauce  |
| <b>Turkey Bacon</b>              | gf        | no    | no        | no    | no   | yes | no     | yes        |  |
| <b>Turkey Burger</b>             | gf        | no    | no        | no    | yes  | no  | no     | turkey fat | turkey, kosher salt, seasoning salt, garlic, italian seasoning, paprika, onion powder, black pepper, garlic, yellow onion, parsley, egg, rice puff   |
| <b>Turkey Loaf</b>               | gf n      | yes   | yes       | no    | yes  | no  | no     | no         | turkey, kosher salt, onion powder, paprika, italian seasoning, rosemary, garlic, onion, sundried tomato, black pepper, garlic, cheddar cheese, parmesan cheese, parsley, pine nuts, egg, rice puff   |
| <b>Turkey Meatballs (4)</b>      | gf n      | yes   | yes       | no    | yes  | no  | no     | yes        | *marinara, turkey, olive oil, mild cheddar cheese, parmesan cheese, parsley, pine nuts, garlic, black pepper, kosher salt, egg italian seasoning, rice puffs, yellow onion, brown rice   |
| <b>Turkey Sausage Patties</b>    | gf        | no    | no        | no    | no   | no  | no     | no         | turkey, white wine, fennel seed, black pepper, kosher salt, onion powder, garlic pepper, Italian seasoning, seasoning salt, garlic pepper, Italian seasoning, paprika, onion powder, orange, crushed red pepper  |
| <b>Veggie Bacon (House-Made)</b> | v vt gf   | no    | no        | no    | no   | yes | no     | yes        | quinoa, red lentil beans, paprika, black pepper, onion powder, garlic, dill seed, celery salt, xanthan gum, arrowroot powder,, liquid smoke seasoning, braggs amino mix tamari soy, masarina flour, brown sugar, beets, earth balance butter, olive oil                      |
| <b>Veggie Burger</b>             | v vt gf n | no    | yes       | yes   | no   | no  | no     | yes        | mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, onion, mushrooms, garlic, brown rice, basil, pine nuts, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds |
| <b>Veggie Meatballs (4)</b>      | v vt gf n | no    | yes       | yes   | no   | no  | no     | yes        | mung beans, olive oil, porcini mushrooms, celery, carrot, zucchini, yellow squash, mushrooms, garlic, brown rice, *basil pesto, kosher salt, black pepper, baking powder, baking soda, fennel seed, tarragon, rice puffs, polenta, pumpkin seeds, sunflower seeds            |

## SIDES



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|-------------------|----------|-------|-----------|-------|------|-----|--------|-----|--|
| Tortilla Chips    | v vt gf  | no    | no        | no    | no   | no  | no     | yes | tortilla thin corn                                 |
| Veggies - Sauteed | v vt gf  | no    | no        | no    | no   | no  | no     | yes | carrot, zucchini, cauliflower, broccoli, olive oil |
| Veggies - Steamed | v vt gf  | no    | no        | no    | no   | no  | no     | no  | carrot, zucchini, cauliflower, broccoli            |
| Yogurt            | v gf     | yes   | no        | no    | no   | no  | no     | no  | plain lowfat yogurt                                |

## SYRUPS

|                     |         |    |    |    |    |    |    |    |  |
|---------------------|---------|----|----|----|----|----|----|----|--|
| Cane Sugar (Spiced) | v vt gf | no | no | no | no | no | no | no | unrefined sugar, ginger, cinnamon, nutmeg, cloves, kosher salt, cardamom |
| Maple (Pure)        | v vt gf | no | no | no | no | no | no | no | pure maple syrup   |
| Strawberry Syrup    | v vt gf | no | no | no | no | no | no | no | *cane syrup, strawberries, salt, lemon juice, water.                     |

## DRESSINGS

|                      |         |    |    |                 |    |                             |    |           |   |
|----------------------|---------|----|----|-----------------|----|-----------------------------|----|-----------|---|
| Balsamic Vinaigrette | v vt gf | no | no | mustard         | no | no                          | no | yes       | shallots, ZTF oil (non-gmo), dijon mustard, balsamic vinegar, kosher salt, black pepper   |
| Caesar               | v vt gf | no | no | mustard         | no | Braggs                      | no | yes       | rosemary, garlic, soy braggs amino mix, kosher salt, black pepper, dijon mustard, vegenaize, white vinegar, lemon juice, tasco red sauce, ZTF oil (non-gmo), olive oil  |
| Garlic Jalapeno      | v vt gf | no | no | sesame, mustard | no | no                          | no | no        | garlic, chile jalapeno, japanese sweet potato, white vinegar, lime juice, rice milk, lemon juice, horseradish, dijon mustard, tahini paste, oregano, white pepper, onion powder, tabasco red sauce, kosher salt, green onion, parsley |
| Ranch                | v vt gf | no | no | no              | no | no                          | no | vegenaize | vegenaize, italian seasoning, cayenne pepper, lemon juice, rice milk, kosher salt, black pepper, oregano  |
| Sesame Chili         | v vt gf | no | no | sesame seeds    | no | mango chutney, braggs amino | no | no        | mango chutney (contains garlic), soy braggs amino mix, white sesame seeds, crushed red pepper, tahini paste   |
| Sesame Ginger        | v vt gf | no | no | sesame seed oil | no | Braggs                      | no | yes       | ginger, white vinegar, dijon mustard, vegenaize, kosher salt, garlic, black pepper, sesame oil, ZTF oil (non-gmo), rice syrup, tahini paste   |
| Sherry Vinaigrette   | v vt gf | no | no | mustard         | no | no                          | no | yes       | shallots, dijon mustard, black pepper, salt, sherry vinegar, ZTF oil (non-gmo)  |

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|-------|----------|-------|-----------|-------|------|-----|--------|-----|-------------|
|-------|----------|-------|-----------|-------|------|-----|--------|-----|-------------|

## SAUCES

|                                 |           |     |        |              |     |                  |    |        |  |
|---------------------------------|-----------|-----|--------|--------------|-----|------------------|----|--------|--|
| <b>Basil Pesto</b>              | v vt gf n | no  | yes    | no           | no  | no               | no | yes    | basil, kosher salt, black pepper, garlic, pine nuts, olive oil   |
| <b>BBQ Sauce</b>                | v vt gf   | no  | no     | mustard      | no  | Bragg's aminos   | no | yes    | garlic, cumin, coriander, garlic, yellow onion, yellow mustard, molasses, white vinegar, chili powder, brown sugar, soy brags amino mix, tomato paste, tabasco red sauce, liquid smoke seasoning, kosher salt  |
| <b>Carbonara Sauce</b>          | gf        | yes | no     | no           | no  | no               | no | yes    | bacon, prosciutto, green onion, garlic, parmesan, white wine, cream, parsley, kosher salt, black pepper, chili flakes, olive oil   |
| <b>Cashew Cream Sauce</b>       | v vt gf n | no  | Cashew | sunflower    | no  | no               | no |        | sunflower seed, cashew nut, rice milk, yeast, salt, onion powder, garlic pepper, white pepper, turmeric, water   |
| <b>Chimichurri</b>              | v vt gf   | no  | no     | no           | no  | no               | no | yes    | tomatillo, jalapeno chile, garlic, oregano, lemon juice, parsley, kosher salt, olive oil   |
| <b>Cilantro-Mint Chutney</b>    | v vt gf   | no  | no     | no           | no  | no               | no | no     | cilantro, mint, jalapeno chile, kosher salt, lemon juice, unrefined sugar, garlic, ginger  |
| <b>Ghost Pepper (Hot) Sauce</b> | v vt gf   | no  | no     | no           | no  | no               | no | no     | guajillo peppers, ghost pepper, chili flakes, water, white vinegar, kosher salt, onion powder, roasted garlic powder, black pepper, oregano, cumin, arrowroot powder, unrefined sugar  |
| <b>Guacamole</b>                | v vt gf   | no  | no     | no           | no  | no               | no | no     | avocado pulp, red onion, cilantro, kosher salt, black pepper, lemon juice  |
| <b>Hollandaise</b>              | vt gf     | yes | no     | no           | yes | no               | no | Butter | unsalted butter, egg, lemon juice, kosher salt, black pepper, tabasco red sauce  |
| <b>Honey Chipotle (1oz)</b>     | vt gf     | no  | no     | no           | no  | no               | no | yes    | cilantro, honey, ZTF oil (non-gmo), kosher salt, olive oil, chipolte chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, kosher salt  |
| <b>Hummus</b>                   | v vt gf   | no  | no     | sesame seeds | no  | no               | no | no     | red bell pepper, garbonzo beans, lemon, white sesame seeds, white pepper, table salt, cumin, cayenne, yellow onion, garlic, basil  |
| <b>Lebanese Garlic Sauce</b>    | v vt gf   | no  | no     | no           | no  | no               | no | yes    | *veganaise, garlic, lemon juice, salt, black pepper  |
| <b>Marinara</b>                 | v vt gf   | no  | no     | no           | no  | Bragg's aminos   | no | no     | tomato, brags amino acids, italian seasoning, oregano, garlic, basil, black pepper   |
| <b>Mushroom Gravy</b>           | v vt gf   | no  | no     | no           | no  | Bragg's in gravy | no | no     | mushroom, yellow onion, garlic, rosemary, potato flour, gluten free flour, black pepper, sage, tarragon, thyme, brags amino mix, tamari soy  |
| <b>Nacho Sauce</b>              | v vt gf   | no  | no     | no           | no  | no               | no | yes    | carrot, idaho potato, nutritional yeast, agar-agar flakes, kosher salt, turmeric, white pepper, onion powder, garlic, rice milk, arrowroot powder, earth balance butter, oregano, cumin, chhili powder, red bell pepper, green bell pepper, jalapeno chile, cholula hot sauce, green onion |

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|-------------------------|-----------|-------|--------------|-------|------|-----|--------|-----|---|
| Pepper Mayo             | v vt gf   | no    | no           | no    | no   | no  | no     | yes | black pepper, vegenaïse   |
| Pico de Gallo           | v vt gf   | no    | no           | no    | no   | no  | no     | no  | cilantro, yellow onion, jalapeno chile, tomatoes, lemon juice, oregano, black pepper, kosher salt   |
| Sante Fe Mayo           | v vt gf   | no    | no           | no    | no   | no  | no     | yes | chili powder, vegenaïse   |
| Sesame Chicken Marinade | v vt gf   | no    | no           | no    | no   | yes | no     | yes | tamari soy sauce, crushed red pepper, garlic, brown sugar, ginger, shallots, orange juice, sesame oil.  |
| Sour Cream              | vt gf     | yes   | no           | no    | no   | no  | no     | no  |   |
| Tikka-Masala            | v vt gf n | no    | coconut      | no    | no   | no  | no     | no  | tomatoes, crushed red pepper, garlic, ginger, curry powder, coconut milk, kosher salt, cilantro, arrowroot powder, coriander, cumin, black pepper, cayenne, fennel seed, cardamom, cloves, nutmeg   |
| Tomatillo Sauce         | v vt gf   | no    | no           | no    | no   | no  | no     | no  | tomatillo, yellow onion, cilantro, kosher salt, unrefined sugar, black pepper, chipolte chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano   |
| Tomato-Chipotle         | v vt gf   | no    | no           | no    | no   | no  | no     | no  | tomatoes, yellow onion, garlic, cilantro, lemon juice, black pepper, kosher salt, tomato juice, chipolte chile, white vinegar, brown sugar, bay leaf, cumin, oregano, tomato paste  |
| Vegan Victor Sauce      | v vt gf n | no    | yes          | no    | no   | no  | no     | yes | olive oil, garlic, corn, cilantro, kosher salt, black pepper, white wine, sunflower seeds, cashew nuts, rice milk, nutritional yeast, kosher salt, onion powder, garlic powder, white pepper, turmeric, roma tomatoes, yellow onion, lemon juice, black pepper, tomato juice, sundried tomato, chili flakes |
| Vegan Carbonara Sauce   | v vt gf n | no    | cashew sauce | no    | no   | yes | no     | yes | olive oil, garlic, *veggie bacon, mushrooms, green onion, kosher salt, black pepper, *cashew cheese sauce, white wine   |
| Victor Sauce            | vt gf     | yes   | no           | no    | no   | no  | no     | yes | corn, sundried tomato, chili flakes, kosher salt, black pepper, white wine, *tomato-chipotle sauce, cream, cilantro, parmesan, garlic, olive oil  |

## BREAD CHOICES

|                |      |     |    |             |    |     |     |                      |   |
|----------------|------|-----|----|-------------|----|-----|-----|----------------------|---|
| Countrybread   | v vt | no  | no | no          | no | no  | yes | no                   | unbleached flour, wheat flour, malted barley flour, sour culture, salt, wheat germ, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid  |
| Rustic Bun     | v vt | no  | no | sunflwr oil | no | no  | yes | canola & sunflwr oil | unbleached enriched flour, wheat, barley, niacin, iron, thiamine mononitrate, riboflavin, folic acid, salt, sugar wheat, canola oil, yeast, ascorbic acid, enzymes, sunflower oil   |
| English Muffin | vt   | yes | no | no          | no | yes | yes | yes                  | enriched wheat flour, malted barley flour, reduced iron, niacin, thiamin mononitrate, riboflavin, water farina, yeast, salt, sugar, calcium propionate, sorbic acid, soybean oil, wheat gluten, grain vinegar, soy lecithin, soy whey |



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# Hugo's Common Allergen List

\* denotes ingredients published elsewhere in document

| Title                      | Dingbats | Dairy | Tree Nuts | Seeds                         | Eggs | Soy | Gluten | Oil                  | Ingredients   |
|----------------------------|----------|-------|-----------|-------------------------------|------|-----|--------|----------------------|---|
| <b>Flatbread</b>           | v vt gf  | no    | no        | flax seeds                    | no   | no  | no     | yes                  | gluten free flour, yeast, kosher salt, unrefined sugar, polenta, olive oil, garlic, rice milk, turmeric, flax seed oats   |
| <b>Multigrain</b>          | vt       | no    | no        | flax seeds<br>sunflower seeds | no   | yes | yes    | no                   | unbleached flour, wheat flour, malted barley flour, medium rye flour, malt powder, flax seeds, honey, sour culture, hulled millet, sunflower seeds, salt, triticale, oats, millet, corn, soy beans, brown rice, flax seeds, yeast, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid |
| <b>Rye Bread</b>           | v vt gf  | no    | no        | caraway seeds                 | no   | no  | no     | yes                  | gluten free flour, sorghum, ztf oil (non-gmo), water, kosher salt, unrefined sugar, yeast, caraway  |
| <b>Tortilla - Corn</b>     | v vt gf  | no    | no        | no                            | no   | no  | no     | no                   | organic yellow corn, water, lime, calcium hydroxide   |
| <b>Tortilla - Spinach</b>  | v vt     | no    | no        | no                            | no   | no  | yes    | yes                  | organic wheat flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid, spinach powder, organic canola oil, water, salt, baking powder, calcium propionate, mono and diglyceride, fumeric acid, guar gum, sodium metabisulfate.   |
| <b>Tortilla - Wheat</b>    | v vt     | no    | no        | no                            | no   | no  | yes    | yes                  | organic whole wheat flour, enriched water, organic canola oil, salt, baking powder, calcium propionate, mono and diglyceride, fumeric acid, guar gum, sodium metabisulfate  |
| <b>Rustic Dinner Rolls</b> | v vt     | no    | no        | no                            | no   | no  | yes    | canola & sunflwr oil | unbleached enriched flour, wheat, barley, niacin, iron, thiamine mononitrate, riboflavin, folic acid, salt, sugar wheat, canola oil, yeast, ascorbic acid,enzymes, sunflower oil  |
| <b>WW Ciabatta</b>         | v vt     | no    | no        | no                            | no   | no  | yes    | no                   | unbleached enriched flour, wheat flour, malted barley flour, whole wheat flour, sour culture, malt, cracked wheat, salt, yeast, wheat bran, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid   |
| <b>Croutons</b>            | v vt n   | no    | cashews   | sunflwr seeds                 | no   | no  | yes    | no                   | ciabatta white garlic bread, oregano, italian seasoning, thyme, black pepper, garlic, parsley, garlic pepper, paprika, onion powder, seasoning salt, sunflower seeds, cashew, rice milk, yeast, white pepper, turmeric  |

## CHEESE CHOICES

|                      |           |     |         |    |    |    |    |         |   |
|----------------------|-----------|-----|---------|----|----|----|----|---------|---|
| <b>Goat</b>          | vt        | yes | no      | no | no | no | no | no      | cultured pasteurized goat milk, salt and microbial enzymes.                         |
| <b>Parmela Vegan</b> | v vt gf n | no  | cashews | no | no | no | no | coconut | Cashews, Water, Coconut Oil, Salt, Lactic acid, locust bean gum, cultures, enzymes. |
| <b>Gorgonzola</b>    | vt        | yes | no      | no | no | no | no | no      | pasteurized milk, cheese cultures, salt, enzymes, natamycin (to protect flavor).    |
| <b>Parmesan</b>      | vt        | yes | no      | no | no | no | no | no      | cultured milk, enzymes, salt  |
| <b>Cheddar</b>       | vt        | yes | no      | no | no | no | no | no      | pasteurized cultured milk, enzymes, salt, annatto color                             |

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|------------|----------|-------|-----------|-------|------|-----|--------|-----|---|
| Mozzarella | vt       | yes   | no        | no    | no   | no  | no     | no  | pasteurized whole milk, cheese cultures, salt, enzymes. |

