

Hugo's Common Allergen List

* denotes ingredients published elsewhere in document

Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
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Specials - May / June 2017

SPECIAL APPETIZER

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SPECIAL

ENTREES

Pasta Mama Italiana	(v) vt (gf) n	yes	pesto	no	yes	no	pasta	yes	*linguini pasta, garlic, olive oil, egg, black pepper, salt, zucchini, broccolini, parmesan cheese, *basil pesto, parsley, italian seasoning, paprika, onion powder, red bell pepper
Poblano Bowl	(v) vt gf	yes	no	pumpk	no	no	no	yes	poblano chili, *roasted potato, *sorghum, corn, tomatoe, avocado, onion, black beans, olive oil, garlic, salt, black pepper, *tomatillo sauce, cotija cheese, pumpkin seed, cilantro
Indian Bowl	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
Syrian Bowl	v vt gf	no	no	sesame	no	no	no	yes	lentil,water, baharat, salt, black pepper, basmati rice, olive oil, onion, *flatbread, thyme, garlic,*marinara sauce, green beans, aleppo chili pepper, cumin, tomatoes, lemon, parsley, suma, eggplant, red onion, *garlic spinach, sesame seeds.

SPECIAL DRINKS

Tamarind Aqua Fresca	v vt gf	no	no	no	no	no	no	no	cucumber, cayenne pepper, lemon juice, water, lime juice, sugar, salt
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BREAKFAST

Almond Energy Pancakes	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
Blueberry Pancakes	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

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Breakfast Salad	(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
Buttermilk Pancakes	vt	buttrmlk	no	no	yes	no	flour	yes	buttermilk pancake flour, bannana, currant
Byo Omelette Or Scramble	(v) (vt) gf							yes	garnished with orange slice
Chilaquiles	(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
Chipotle Scramble	(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
Chocolate Chip Pancakes	v vt gf	no	no	no	no	no	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
Cinnamon Swirl French Toast	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
Desayuno Fuerte	(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
Eggs Any Style	(vt) gf	butter	no	no	yes	no	no	butter	garnished with orange slice
Eggs Benedict	(vt) (gf)	butter	no	no	yes	English muffin	English muffin	yes	english muffin, pork loin boneless, *hollandaise sauce, egg, garnished with orange slice
Fresh Fruit & Yogurt	vt gf	yogurt	mixed nuts	no	no	no	no	no	lowfat yogurt, banana, strawberries, hazelnuts, currants, pineapple, fiji apple, gala apple, red grapes
Fresh Fruit Salad	v vt gf	no	no	no	no	no	no	no	pineapple, red grapes, fiji apples, gala apple, currants, hazelnuts, strawberries, banana
Go Green Frittata	(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
Good Morning Energy Cereal	(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

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Green Tamales And Eggs	(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
Herbed Omelette	(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
Huevos Rancheros	(v) vt gf n	butter, mozz	no	no	yes	no	no	yes	eggs, corn tortilla, mozzarella cheese, *tomato chipotle sauce, avocados, cilantro
Papa's Eggs	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
Pasta Mama	(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
Pasta Papa	(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
Protein Scramble	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

Artichoke Dip	v vt gf n	no	yes	no	no	tofu	no	yes	artichoke heart, spinach, onion powder, garlic, salt, arrowroot powder, veganaise, black pepper, lemon juice, tabasco, *mashed potatoes, rice milk, tofu, vegan mozzarella cheese, white wine, yellow onion, olive oil.
Asian Spring Rolls	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
Cauliflower Pakora	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

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Green Tamales (Not Published)	(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
Los Nachos	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
Four Cheese Mac & Cheese	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
Vegan Mac & Cheese	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

Tomato Basil Bisque	v vt gf	no	no	no	no	tofu	no	no	yellow onion, garlic, tomato, tofu, kosher salt, black pepper, unrefined sugar, rice milk, basil
Ginseng Chicken Soup	gf	no	no	no	no	no	no	no	chicken breast, celery, yellow onion, garlic, ginger, shiitake mushrooms, kosher salt, black pepper, ginseng, cilantro, spinach
Tortilla, Tomato & Black Bean (Served Monday)	v vt gf	no	no	no	no	no	no	no	yellow onion, zucchini squash, yellow squash, garlic, roma tomatoes, corn tortilla, tomato paste, cumin, table salt, corn, black beans, cilantro, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper, kosher salt
Spinach, Zucc, Sweet Corn (Served Tuesday)	v vt gf	no	no	no	no	no	no	no	yellow onion, garlic, idaho potato, spinach, yellow squash, rice milk, table salt, black pepper, corn, tarragon
Coconut Curry and Red Lentil (Served Wednesday)	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
Hearty Dal with Greens (Served Thursday)	v vt gf	no	no	no	no	no	no	no	yellow onion, garlic, ginger, paprika, cumin, black pepper, red lentil beans, garbonzo beans, tomato, white rose potato, lemon juice cayenne pepper

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Corn Chowder (Served Friday)	v vt gf	no	no	no	no	no	no	no	corn, onion, celery, red bell pepper, green bell pepper, potato, green chili, thyme, garlic, cumin, oregano, salt, bay leaf, black pepper, white bean, water, cholula sauce, cilantro, rice milk
Roasted Vegetable (Served Saturday)	v vt gf	no	no	no	no	no	no	no	yellow onion, celery, carrot, broccoli, zucchini, yellow squash, red bell pepper, tomato paste, garlic, white rose potato, bay leaf, coriander, cumin, onion powder, tarragon, thyme, sage, rosemary, unrefined sugar, maple syrup, italian seasoning, black pepper, ginger, paprika, basil
Potato Leek (Served Sunday)	v vt gf	no	no	no	no	no	no	no	white wine, bay leaf, white bean, water, rice milk, coriander, garlic, salt, celery salt, potato, thyme, sage, rosemary, leek, garlic.

SALADS

The Power Of Green Salad	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
Mexican Salad	(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
Sesame Salad	(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
BYO Salad	(v) vt (gf)	no	no	no	no	no	no	dressing	
Quinoa Beet Salad	(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
House Salad	v vt gf	no	no	mustard in dressing	no	no	no	dressing	baby mix lettuce, tomatoe, carrot, smow peas, *balsamic dressing
Caesar Salad	(v) vt (gf) n	yes	croutons	croutons, mustard in dressing	no	dressing	croutons	dressing	romaine lettuce, parmesan cheese, *croutons, *caesar dressing

SANDWICH

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Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
Avocado Hummus Wrap	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
Club - Chx, Pork, Turkey	(gf)	no	no	no	no	no	bread	yes	*guacamole, vegenaise, black pepper, romaine lettuce, tomatoes, country white bread, bacon
Club - Tofu	(v) (vt) (gf)	no	no	tofu marinade	no	tofu	bread	yes	*tofu, vegenaise, black pepper, romaine lettuce, tomatoes, country white bread, veggie bacon
Cuban Sandwich	(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
Hugo's Burger - Beef	(gf)	no	no	no	no	no	bread	vegense	*burger patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo
Hugo's Burger - Turkey	(gf)	no	no	no	yes	no	bread	vegense	*turkey patty, egg bun, red onion, tomatoes, romaine lettuce, *santa fe mayo
Hugo's Burger - Veg	v vt (gf) n	no	pinenut in veg. patty	pinenut in veg. patty	no	no	bread	yes	*veggie patty, tomatoes, red onion, egg bun
Mung Beans & Sorghum Quesdilla	(v) vt n	mozz, goat chz	pinenut in basil pesto	no	no	no	yes	yes	*spinach tortilla, *mung beans & sorghum, *leafy greens, *basil pesto, *mozzarella cheese, *goat cheese, basil, red bell pepper
Reuben Sandwich	v vt gf n	no	yes	caraway seeds, mustard	no	veg bacon	no	yes	*rye bread, sauerkraut, *russian dressing, garlic, tabasco, dijon mustard, black pepper, veggie mozzarella cheese, olive oil, garlic, *veggie bacon.
Tres Tacos - Chicken	(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
Tres Tacos - Steak	(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
Tres Tacos - Tofu	(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
Tres Tacos - Veggie	(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.

PASTA

Carbonara	(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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Carbonara - Vegan	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
Create-A-Pasta	(v) vt (gf)								
Four Cheese Mac & Cheese	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
Pasta Victor	(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
Pasta Victor - Vegan	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
Spaghetti With Turkey Balls	(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
Spaghetti With Veggie Balls	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
Vegan Mac And Cheese	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
Linguine Pasta (Housemade)	v vt	no	no	flax in pasta	no	no	pasta	yes	semolina flour, extra virgin olive oil, flax water
Fusilli Pasta (Housemade)	v vt	no	no	flax in pasta	no	no	pasta	yes	semolina flour, extra virgin olive oil, flax water

ENTREES

Asian Stir Fry	(v) (vt) gf	no	no	sesame-chili sauce	no	sesame-chili sauce	no	sesame-chili sauce	snow peas, tomatoes, mushrooms, broccolini, cilantro, green onion, jicama, olive oil, *sesame chile sauce
Chicken Carciofi	(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
Chimichurri Steak	gf	no	no	no	no	no	no	yes	tenderloin beef (marinated with black pepper, garlic, parsley, olive oil, kosher salt), red onion, *chimichuri sauce

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Create-A-Plate (3-5 Choice)	(v) vt gf								
Green Tamale Plate	(v) vt gf n	mozz	almond milk	no	no	no	no	yes	*sweet green corn tamales, *tomatillo sauce, mozzarella cheese, *pico de gallo
Market Fresh Fish	gf	no	no	no	no	no	no	yes	salmon fillet, black pepper, kosher salt, olive oil, lemon
Orange Mustard Chicken	(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
Rib-Eye Plate	gf	no	no	no	no	no	no	yes	rib-eye steak, salt, black pepper, olive oil
Shepherd's Pie	(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
Tikka Masala Plate	(v) (vt) gf n	no	tikka masala	pine nuts in veg patty	no	no	no	yes	*vegetable burger, *tikka masala sauce, cilantro
Turkey Meatloaf	(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
Very Green Casserole	(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

Breakfast Combo 3X1	(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
Kid'S Spaghetti	(v) (vt) (gf)	no	no	flax in pasta	no	braggs amino in marinara sauce	pasta	yes	*linguini pasta, broccoli, *marinara
Kids Burger & Fries	(v) (vt) (gf)	cheese	no	no	no	no	bread	fries	beef patty, egg bun
Kids Grilled Chicken	gf	no	no	no	no	no	no	yes	chicken breast
Kids Grilled Tofu	v vt gf	no	no	sesame seed oil	no	braggs amino in marinade	no	yes	tofu

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Kids Grilled Cheese Or Quesadilla	(v) (vt)	yes	no	no	no	marinara	bread	sandwch grilled in oil	*marinara with quesadilla option
L'Il Mac And Cheese	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
L'Il Pasta Mama	vt (gf)	butter, parm	no	flax in pasta	yes	no	pasta	yes	*linguini pasta, parmesan cheese, egg, kosher salt, butter
L'Il Vegan Mac And Cheese	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

Brownie Torte	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
Bread Pudding	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
Chocolate Mousse	vt gf	egg, cream	no	no	yes	no	no	cookie	vegan chocolate chips, egg, espresso, manufacturing cream, orange, *whipped cream, vanilla beans,*cane syrup
Chocolate Pecan Brownie Sundae	(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
Lemon Tart	vt gf	yes	no	no	yes	no	no	yes	lemon juice, orange zest, lemon zest, egg, butter, sugar, salt, sorghum flakes, cinnamon, almond milk, all purpose flour (gluten free), *energy granola
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

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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

Beets (Cooked)	v vt gf	no	no	no	no	no	no	no	
Broccoli & Garlic	v vt gf	no	no	no	no	no	no	yes	olive oil, garlic, broccolini, kosher salt, black pepper
Garlic-Spinach	v vt gf	no	no	no	no	no	no	yes	spinach, garlic, olive oil, kosher salt, black pepper
Green Beans & Garlic	v vt gf	no	no	no	no	no	no	yes	olive oil, garlic, green beans, kosher salt, black pepper
Green Tamale	v vt gf	no	almond milk	no	no	no	no	yes	corn, almond milk, unrefined sugar, spinach, earth balance butter, polenta, masarina flour, unrefined sugar, kosher salt, baking powder
Leafy Greens (Sautéed)	v vt gf	no	no	no	no	no	no	yes	euro greens, olive oil, garlic, kosher salt, black pepper
Mixed Mushrooms & Onions (Sautéed)	v vt gf	no	no	no	no	no	no	yes	mushrooms, yellow onion, kosher salt, black pepper, garlic, olive oil

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Mung Beans & Sorghum	v vt gf	no	no	no	no	no	no	yes	mung beans, organic whole grain sorghum, red bell pepper, green bell pepper, zucchini, celery, broccoli, garlic, yellow onion, turmeric, cumin, black pepper, bay leaf, curry powder, carrot, ginger, kosher salt
Plantains (Fried)	v vt gf	no	no	no	no	no	no	yes	
Quinoa (Organic Golden)	v vt gf	no	no	no	no	no	no	no	
Spanish Sorghum	v vt gf	no	no	no	no	no	no	yes	sorghum, *tomato chipotle sauce, salt, black pepper, cumin, oregano, carrot, onion, corn, tomato, peas, garlic, olive oil
Tomato Chipotle Black Beans	v vt gf	no	no	no	no	no	no	no	black beans, yellow onion, kosher salt, *tomato chipotle sauce
Yams & Sweet Potatoes (Roasted)	v vt gf	no	no	no	no	no	no	yes	red garnet yam, sweet potato, black pepper, kosher salt, nutmeg, olive oil
Zucchini, Corn & Roasted Red Peppers	v vt gf	no	no	no	no	no	no	yes	zucchini, red bell pepper, corn, olive oil, kosher salt, black pepper

PROTEIN CHOICES

Bacon	gf	no	no	no	no	no	no	pork fat	
Beef Burger	gf	no	no	no	no	no	no	beef fat	
Natural Chicken (Marinated)	gf	no	no	no	no	no	no	yes	
Natural Chicken (Plain)	gf	no	no	no	no	no	no	no	
Organic Chicken (Mary's)	gf	no	no	no	no	no	no	no	
Pork Loin (House-Smoked)	gf	no	no	no	no	no	no	pork fat	
Tenderloin	gf	no	no	no	no	no	no	yes	
Tofu (Marin./Grilled)	v vt gf	no	no	no	no	Yes	no	yes	
Tofu (Plain)	v vt gf	no	no	no	no	Yes	no	no	

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Turkey (Sliced)	gf	no	no	no	no	no	no	Yes	
Turkey Bacon	gf	no	no	no	no	yes	no	yes	
Turkey Burger	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
Turkey Loaf	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
Turkey Meatballs (4)	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
Turkey Sausage Patties	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
Veggie Bacon (House-Made)	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
Veggie Burger	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
Veggie Meatballs (4)	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

Applesauce	v vt gf	no	no	no	no	no	no	no	gala apple, fiji apple, apple juice
Black Bean Cakes	v vt gf	no	no	no	no	no	no	yes	yellow onion, cayenne pepper, black pepper, garlic, chili powder, ZTF oil (non-gmo), oregano, cumin, black beans, kosher salt, rice puffs
Egg Whites (Two)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic egg whites
Eggs (Two, Any Style)	vt gf	no	no	no	yes	no	no	cooked in oil or butter	organic eggs

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Energy Cereal	v vt gf n	no	yes	yes	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, raisins, coconut
Flax Seed	v vt gf n	no	no	yes	no	no	no	no	
Fries	v vt gf	no	no	no	no	no	no	yes	kennebeck potato, kosher salt
Fruit Cup	v vt gf	no	no	no	no	no	no	no	pineapple, gala apple, fiji apple, red grapes
Hot Cereal (Granola)	v vt gf	no	no	no	no	no	yes	no	kamut flake oats, rye flake oats, steel cut oats, cinnamon, almond, maple syrup, molasses, unrefined sugar
Kelp Noodles	v vt gf	no	no	no	no	no	no	no	
Mashed Potatoes	v vt gf	no	no	no	no	no	no	yes	idaho potato, artichoke hearts, rice milk, kosher salt, white pepper, yellow onion, garlic, vegenaïse
Potato Chips	v vt gf	no	no	no	no	no	no	yes	idaho potato, kosher salt, white vinegar
Potato Pancakes	v vt gf	no	no	no	no	no	no	yes	white rose potato, parsley, kosher salt, black pepper, potato flour, garlic, onion powder, seasoning salt, garlic pepper, italian seasoning, paprika, black pepper
Rice (Brown)	v vt gf	no	no	no	no	no	no	no	
Rice (Tumeric)	v vt gf n	no	yes	no	no	no	no	yes	basmati rice, currants, turmeric, cumin, garlic, kosher salt, almond, olive oil, black pepper
Roasted Potatoes	v vt gf	no	no	no	no	no	no	yes	white rose potato, olive oil, rosemary, kosher salt, black pepper, seasoning salt, garlic pepper, italian seasoning, paprika, onion powder, black pepper
Sorghum (Organic)	v vt gf	no	no	no	no	no	no	no	sorghum, water
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

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Title	Dingbats	Dairy	Tree Nuts	Seeds	Eggs	Soy	Gluten	Oil	Ingredients
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
Russian Dressing	v vt gf	no	no	mustard	no	no	no	vegenaize	ketchup, dijon mustard, yellow mustard, vegenaize.
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)

SAUCES

Basil Pesto	v vt gf n	no	yes	no	no	no	no	yes	basil, kosher salt, black pepper, garlic, pine nuts, olive oil
BBQ Sauce	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 braggs amino mix, tomato paste, tabasco red sauce, liquid smoke seasoning, kosher salt

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Carbonara Sauce	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
Cashew Cream Sauce	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
Chimichurri	v vt gf	no	no	no	no	no	no	yes	tomatillo, jalapeno chile, garlic, oregano, lemon juice, parsley, kosher salt, olive oil
Cilantro-Mint Chutney	v vt gf	no	no	no	no	no	no	no	cilantro, mint, jalapeno chile, kosher salt, lemon juice, unrefined sugar, garlic, ginger
Ghost Pepper (Hot) Sauce	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
Guacamole	v vt gf	no	no	no	no	no	no	no	avocado pulp, red onion, cilantro, kosher salt, black pepper, lemon juice
Hollandaise	vt gf	yes	no	no	yes	no	no	Butter	unsalted butter, egg, lemon juice, kosher salt, black pepper, tabasco red sauce
Honey Chipotle (1oz)	vt gf	no	no	no	no	no	no	yes	cilantro, honey, ZTF oil (non-gmo), kosher salt, olive oil, chipotle chile, white vinegar, garlic, brown sugar, tomato paste, black pepper, bay leaf, cumin, oregano, kosher salt
Hummus	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
Marinara	v vt gf	no	no	no	no	Bragg's aminos	no	no	tomato, braggs amino acids, italian seasoning, oregano, garlic, basil, black pepper
Mushroom Gravy	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, braggs amino mix, tamari soy
Nacho Sauce	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
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	

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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, chipotle 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, chipotle 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
Flatbread	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
Multigrain	vt	no	no	flax seeds 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
Rye Bread	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
Tortilla - Corn	v vt gf	no	no	no	no	no	no	no	organic yellow corn, water, lime, calcium hydroxide

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Tortilla - Spinach	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.
Tortilla - Wheat	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
Rustic Dinner Rolls	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
WW Ciabatta	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
Croutons	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

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

