# **HOLIDAY MEAL INGREDIENTS**

# MAINS

# Mary's Roasted Organic Turkey

Certified Organic, Non-GMO Verified, Free-Range, Antibiotic-Free Turkey, Water, Sea Salt, Organic Cane Sugar

## Mary's Smoked Turkey

Free-Range, Antibiotic-Free Turkey, Water, Salt, Naturally Smoked

# **Mary's Roasted Turkey**

Free-Range, Antibiotic-Free Turkey, Water, Sea Salt, Organic Cane Sugar

# **Mary's Roasted Boneless Turkey Breast**

Turkey, Water, Contains Less Than 2% of Sea Salt, Cane Sugar

## **Slow Roasted Prime Rib**

Beef, Salt, Pepper, Au Jus: Water, Beef Base (Dried Whey (Derived from Milk), Maltodextrin (Derived from Corn), Caramel Color, Natural Flavoring, Granulated Sugar, Paprika, Silicon Dioxide, Kosher Salt)

## **Roasted Atlantic Salmon**

Atlantic Salmon, Lemon, Lemon Juice, Dill Weed. Dill Sauce: Sour Cream (Grade A Cultured Cream), Vegenaise (Non-GMO Expeller-Pressed Canola Oil, Filtered Water, Brown Rice Syrup, Apple Cider Vinegar, Non-GMO Soy Protein, Sea Salt, Mustard, Flour, Lemon Juice Concentrate) Dill

## **Vegan Wellington**

Puff Pastry (Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Ascorbic Acid As A Dough Conditioner), Shortening (Palm Oil, Beta Carotene (Color), Water, Salt, Vital Wheat Gluten, Gluten Replacer (Wheat Flour, Enzymes), Water, Cremini Mushrooms, Water, Vegetable Oil, Vegetable Proteins, Dextrose, Maltodextrins, Starch, Organic Garbanzo (Chickpea) Flour, Lentils, Organic Breadcrumbs (Organic Wheat Flour, Yeast, Salt, Organic Expeller Pressed Palm Oil), Diced Yellow Onion, Organic Cranberries (Organic Cranberries, Organic Cane Sugar, Organic Sunflower Oil), Yellow Onion, Green Bell Pepper, Red Bell Pepper, Walnuts, Carrot, Expeller-Pressed Organic Oil Blend (Coconut, Hi-Oleic Sunflower, Palm Fruit), Water, Sunflower Lecithin, Tocopherol, Natural Flavor, Organic Annatto Extract Color, Shallots, Organic Tomato Ketchup (Organic Tomato Puree (Water, Organic Tomato Paste), Organic Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Natural Flavor, Organic Garlic Powder), Organic Raw Hulled Sunflower Kernels, Tomato Paste (Vine Ripened Tomatoes), Balsamic Vinegar (Wine Vinegar, Concentrated Grape Must, Caramel [Colorant E150d], Contains Sulfite), Organic Vegan Worcestershire (Apple Cider Vinegar, Tamari (Water, Soybeans, Wheat, Salt), Molasses, Water, Molasses, Agave Syrup, Sea Salt, Lemon Juice, Concentrate, Ginger Puree, Tamarind, Garlic Powder, Xanthan Gum, Allspice, Chili Pepper, Shiitake Mushrooms, Cloves, Orange Extract, Lemon Extract, Natural Smoke Flavor, Natural Onion Flavor, Organic Ingredients), Thyme Leaves, Extra Virgin Olive Oil, Sea Salt, Garlic, Organic Black Chia Seeds, Organic Vegetable Base (Organic Vegetables (Carrot, Tomato, Onion, Potato, Garlic), Sea Salt, Organic Dextrose, Organic Raw Cane Sugar, Organic Non-GMO Expeller-Pressed Canola Oil, Organic Spices, Organic Turmeric, Organic Maple Syrup, Black Pepper, Oregano Leaves, Parsley

## **Pineapple and Orange-Glazed Spiral Ham**

Uncured Ham Prepared With Water, Salt, Vinegar, Contains Less Than 2% Of The Following: Turbinado Sugar, Cultured Celery Powder, Light Brown Sugar, Orange Juice, Honey, Pineapple, Orange Marmalade (Sugar, Bitter Oranges, Water, Brown Sugar Cane, Concentrated lemon Juice, Fruit Pectin), Dried Cloves, Gelatin

# Lasagna

Tomatoes, Tomato Puree, Sea Salt, Citric Acid, Lasagna Sheet (Durum (Wheat) Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Eggs, Dough Mix (Yellow Corn Flour, Soybean Oil), Ricotta Cheese (Pasteurized Whey, Cream, Milk, Vinegar, Salt,) Mozzarella (Low-Moisture Whole Milk, Pasteurized Whole Milk, Cheese Cultures, Salt, Enzymes, Potato Starch, Corn Starch). Tomato Concentrate (Water, Tomato Paste), Water, Salt, Citric Acid, Red Bell Pepper Powder, Dextrose, Spices, Natural Flavor, Milk, Beef, Water, Natural Pork Antibiotic Free, Yellow Onion, Chablis Wine (Grapes, Sulfite), Tomato Juice from Concentrated Juices From Tomatoes, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Powdered Cellulose (To Prevent Caking), Whole Wheat Flour, Extra Virgin Olive Oil, Italian Parsley, Shallots, Kosher Salt, Garlic, Seasonings (Dextrose, Black Pepper, Fennel, Garlic, Oil of Fennel, Natural Flavoring), Non-GMO Expeller-Pressed Canola Oil, Bay Leaves, Basil Oregano, Fennel Seeds, Ground Nutmeg, Basil Leaves

GOOD · FOOD · MARKET

# SIDES

# **Traditional Stuffing with Italian Sausage**

Stuffing Croutons (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola/Sunflower Oil, Rosemary Extract, Asorbic Acid (To Preserve Freshness), Yeast, Sugar, 2% Or Less Of Salt, Enzymes, Ascorbic Acid, Pork Sausage Contains (Natural Pork Antibiotic-Free, Wheat, Water), Celery, Mushrooms, Diced Yellow Onion, Butter (Pasteurized Cream, Natural Flavors [Lactic Acid], Chicken Base (Cooked Chicken Meat, Salt, Rendered Chicken Fat, Dextrose, Sugar, Natural Flavoring, Roast Chicken Flavor (Rendered Chicken Fat, Flavor, Safflower Oil), Chicken Broth, Turmeric)), Sage, Thyme

#### **Cornbread Stuffing**

Water, Cultured Low-Fat Buttermilk (Organic Cultured Low-Fat Milk, Organic Nonfat Milk, Salt, Vitamin A Palmitate, Vitamin D3). Organic 100% Whole Wheat Flour, Non GMO Expeller-Pressed Canola Oil, Organic Granulated Sugar, Pasteurized Organic Whole Eggs, Organic Cornmeal, Organic Yellow Onion, Butter (Pasteurized Cream, Natural Flavors[Lactic Acid, Starter Distillate]), Organic Carrots, Organic Celery, Corn, Organic Granny Smith Apple, Organic Vegetable Base (Organic Vegetables (Carrot, Tomato, Onion, Potato, Garlic), Sea Salt, Organic Dextrose, Organic Raw Cane Sugar, Organic Canola Oil, Organic Spices, Organic Turmeric) Kosher Salt, Sage

#### **Potatoes Au Gratin**

Russet Potato, Heavy Cream, Milk (Milk, Vitamin D), Swiss Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes) Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Powdered Cellulose [To Prevent Caking]), Kosher Salt, Black Pepper r

#### Macaroni & Cheese

Elbow Pasta (Semolina, Durum, Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid), Non GMO Expeller Canola Oil, Cheese Sauce (Half & Half, Heavy Cream, All Purpose Flour, Butter, Sharp Cheddar Cheese, Garlic Powder, Onion Powder, Black Pepper & Kosher Salt)

#### **Mashed Potatoes**

Potatoes, Whole Milk (Milk, Vitamin D), Butter (Pasteurized Cream (Milk), Salt), Salt, Pepper

### **Vegan Mashed Potatoes**

Potatoes, Soy Milk (Filtered Water, Soybeans, Contains 2% or Less of: Vitamin & Mineral Blend [Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin B2, Vitamin B12], Sea Salt, Natural Flavor, Gellan Gum), Canola Oil and Extra Virgin Olive Oil Blend, Salt, Garlic (Garlic, Water, Phosphoric Acid), White Pepper, Black Pepper

# **Maple Glazed Carrots**

Orange Carrots, Yellow Carrots, Pure Maple Syrup, Organic Light Brown Sugar, Non GMO Expeller-Pressed Canola Oil, Kosher Salt, Black Pepper, Water

## **Organic Maple Glazed Carrots**

Organic Orange Carrots, Yellow Carrots, Pure Maple Syrup, Organic light brown Sugar, Non GMO Expeller-Pressed Canola Oil, Kosher Salt, Black Pepper, Water

#### **Green Bean Almondine**

Green Beans, Almonds, Organic Extra Virgin Olive Oil, Kosher Salt, Black Pepper

# **Candied Yams with Walnuts**

Yams, Walnuts, Organic Brown Sugar, Pure Maple Syrup, Non GMO Expeller-Pressed Canola Oil, Cornstarch, Water, Kosher Salt, Black Pepper

# **Organic Candied Yams with Walnuts**

Organic Yams, Walnuts, Organic Brown Sugar, Pure Maple Syrup, Non GMO Expeller-Pressed Canola Oil, Cornstarch, Water, Kosher Salt, Black Pepper



# SIDES

## **Butternut Squash Risotto**

Water, Organic Butternut Squash, Organic Yellow Onion, Organic Arborio Rice, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Powdered Cellulose (To Prevent Caking), Non-GMO Expeller-Pressed Canola Oil, Butter (Pasteurized Cream, Natural Flavors [Lactic Acid], Organic Vegetable Base Organic Vegetables (Carrot, Tomato, Onion, Potato, Garlic), Sea Salt, Organic Dextrose, Organic Raw Cane Sugar, Organic Non GMO Expeller-Pressed Canola Oil, Organic Spices, Organic Turmeric, Kosher Salt, White Pepper

# **Turkey Gravy**

Turkey Gravy (Chicken Stock (Water, Chicken Stock Concentrate (Chicken Stock, Salt, Spices)), Water, Modified Food Starch, Contains 2% Or Less Of: Butter (Cream, Salt), Wheat Flour, Turkey, Onion Powder, Garlic Powder, Turkey Flavor (Turkey Broth, Turkey Fat, Salt, Flavor, Onion Powder), Salt, Seasoning (Yeast Extract, Maltodextrin, Salt), Spices And Nisin Preparation

#### **Vegan Gravy**

Organic Soy Milk (Filtered Water, Whole Organic Soybeans), Organic Brown Rice Syrup, Sea Salt, Water, Mushrooms, Diced Yellow Onion, Amino Liquid (Vegetable Protein From Soybeans And Purified Water), Corn Starch, Organic Extra Virgin Olive Oil, Sauteed, Pureed Carrots, Celery And Onions With Non-GMO Expeller-Pressed Canola Oil, Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Yeast Extract Food Starch-Modified, Carrot Powder, Turmeric Color, Spice Extractive, Citric Acid, Garlic, Thyme

#### Roasted Brussels Sprouts with Bacon & Fig Glaze

Brussels Sprouts, Non-GMO Expeller-Pressed Canola Oil, Applewood Smoked Bacon (Pork, Water, Sea Salt, Cane Sugar, Natural Flavoring), Balsamic Vinegar of Modena, (Wine Vinegar (Sulfite), Concentrated Grape Must, Caramel Color, Fig Jam (Dried Figs, Sugar, Fruit Pectin, Citric Acid, Lactic Acid, Ascorbic Acid), Cornstarch, Kosher Salt, Black Pepper

#### **Creamed Corn**

Fire Roasted Corn, Heavy Cream, Contains: Milk, Gruyere Whole Cow's Milk, Part-Skim Cows Milk, Cheese Culture, Salt, Enzymes, Jarlsberg Pasteurized Cow's Milk, Microbial Enzymes, Salt, Bacterial Cultures, Butter (Cream (Milk), Natural Flavors (Lactic Acid), All Purpose Flour, Yellow Onions, Poblano Pepper, Black Pepper, Nutmeg, Non GMO Expeller-Pressed Canola Oil, Cayenne Pepper, Bay Leave, Kosher Salt, Dried Jalapeno

#### **Creamed Spinach**

Spinach, Heavy Cream, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Mozzarella (Cultured Pasteurized Milk, Salt, Enzymes, Potato Starch, Powder Cellulose), Butter (Cream (Milk), Natural Flavors (Lactic Acid), All Purpose Flour, Yellow Onions, Kosher Salt, Black Pepper, Nutmeg, Non GMO Expeller-Pressed Canola Oil, Crushed Red Pepper, Bay Leaf

# **Brioche Dinner Rolls**

Wheat Flour, Eggs, Sugar, Water, Butter, Canola Oil, Nonfat Milk, Natural Flavor, Enzymes, Mono-and Diglycerides, Salt, Yeast, Beta Carotene (Color), Acerola Extract

## **Cranberry Relish**

Cranberries, Sugar, Water, Orange Juice From Concentrate, Modified Corn Starch, Contains 2% Or Less Of Lemon Juice, Ginger, Citric Acid And Nisin Preparation

#### **Cornbread Loaf**

Cultured Nonfat Milk, Milk, Sodium Citrate, Vitamin A Palmite, Organic 100% Whole Wheat Flour, Non GMO Expeller-Pressed Canola Oil, Organic Granulated Sugar, Whole Cage Free Eggs, Citric Acid, 0.15 Water Added As Carrier For Citric Acid, Citric Acid Added To Preserve Color, Organic Cornmeal, Baking Powder Aluminum Free (Sodium Acid Pyrophosphate, Potato Starch, Sodium Bicarbonate), Kosher Salt

#### **Shrimp Cocktail**

Jumbo Cooked Shrimp, Cocktail Sauce, Ketchup (Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), Chili Sauce (Tomato Puree (Water, Tomato Paste), Distilled White Vinegar, High Fructose Corn Syrup, Salt, Corn Syrup, Dehydrated Onions, Spice, Garlic Powder, Natural Flavoring), Horseradish Sauce (Fresh Ground Horseradish, Distilled Vinegar, Water, Soybean Oil, Salt, Artificial Flavoring), Lemon Juice, Organic Vegan Worcestershire (Apple Cider Vinegar, Tamari (Water, Soybeans, Wheat, Salt), Molasses, Water, Agave Syrup, Salt, Lemon Juice Concentrate, Ginger Puree, Tamarind, Garlic Powder, Xanthan Gum, Allspice, Chili Pepper, Shiitake Mushrooms, Cloves, Orange Extract, Lemon Extract, Natural Smoke Flavor, Natural Onion Flavor, Organic Ingredients) Tabasco (Distilled Vinegar, Red Pepper, Salt), Lemon



# **DESSERTS**

## **Pumpkin Snickerdoodle Delight**

Evaporated Milk (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), Pumpkin, Organic Granulated Sugar, Organic 100% Whole Wheat Flour, Cream Cheese (Pasteurized Milk, Cream, Cheese Culture, Salt, Stabilizers (Carob Bean And/Or Xanthan And/Or Guar Gums), Butter (Cream (Milk), Natural Flavors (Lactic Acid), Eggs (Whole Cage-Free Eggs, Citric Acid), Heavy Cream (Pasteurized Grade A Heavy Cream, Carrageenan, Mono And Diglycerides), Organic Brown Sugar, Organic Powdered Sugar (Organic Raw Cane Sugar, Organic Cornstarch), Pecans, Vanilla Flavor (Glycerin, Water, Sugar, Alcohol And Natural Flavors Including Vanilla Bean Extractive), Kosher Salt, Baking Soda (Sodium Bicarbonate), Ground Cinnamon, Cloves, Ground Ginger, Ground Nutmeg, 100% Allspice, Baking Powder Aluminum-Free (Monocalcium Phosphate, Sodium Bicarbonate, Cornstarch (Made From Non-GMO Corn Starch)

# **Apple Cobbler Crisp**

Flame Roasted Apples (Fuji Apples, Contains Less Than 2% Of Ascorbic Acid, Brown Sugar, Cinnamon, Citric Acid, Cocoa Powder (Processed With Alkali), Modified Food Starch, Natural Flavor, Salt, Spice, Sugar), Butter (Cream (Milk), Natural Flavors (Lactic Acid), Organic 100% Whole Wheat Flour, Organic Oats, Organic Brown Sugar, Baking Soda (Sodium Bicarbonate), Kosher Salt

## **Classic Coffee Cake**

Organic Evaporated Cane Sugar, Butter (Cream (Milk), Natural Flavors[Lactic Acid), Certified 100% Organic Wheat Flour, Eggs (Whole Cage-Free Eggs, Citric Acid), Organic 100% Whole Wheat Flour, 100% RBD Non-GMO Expeller-Pressed Canola Oil, Sugar (Brown, Golden), Sour Cream (Grade A Cultured Cream), Milk (Milk, Vitamin D3), Ground Cinnamon, Baking Powder Non-GMO (Sodium Acid Pyrophosphate, Potato Starch, Sodium Bicarbonate), Vanilla Flavor (Glycerin, Water, Sugar, Alcohol And Natural Flavors Including Vanilla Bean Extractive)

