

List of Ingredients

Applesauce <i>gluten-free</i>	Apple, Apple Juice Concentrate -OR- Apples, Ascorbic Acid (To Protect Color)
Asian Seasoning	Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices (Black Pepper, Ginger), Black Sesame Seed, Paprika (Color), Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, and Extractives of Black Pepper
Avocado <i>diced</i>	Avocado, Soybean Oil
Bacon <i>naturally raised</i>	ABF Pork, Water, Sea Salt, Natural Cane Sugar, Celery Powder, Cherry Powder
Baguette	Flour (Wheat, Malted Barley), Water, Yeast, Salt, Palm Oil, Sugar, Potato Flour, Contains Less Than 2% Of Each Of The Following: Cultured Wheat, Vinegar, Wheat Gluten, Monoglycerides, Ascorbic Acid, Dextrose, Soybean Oil, Corn Starch And Enzymes
Balsamic Vinaigrette <i>gluten-free</i>	Soybean Oil, Balsamic Vinegar, Water, Sugar, Contains Less Than 2% of Salt, Garlic, Caramel Color, Xanthan Gum, Spice, Paprika, Natural Flavor
Barbeque Sauce <i>gluten-free</i>	Vinegar, Sugar, Tomato Paste, Water, Molasses, Modified Food Starch, Salt, Contains Less Than 2% Of: Natural Smoke Flavor, Spice (Including Mustard Seed), Paprika, Onion, Garlic, Caramel Color, Maltodextrin, Yeast Extract, Natural Flavor
Basil Pesto Sauce <i>gluten-free</i>	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes) Salt, Granulated Garlic, Spices
Black Sesame Seeds	Black Sesame Seeds
Blue Cheese Crumble	Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose to prevent caking, Natamycin (A Natural Mold Inhibitor)
Buffalo Sauce	Distilled Vinegar, Aged Cayenne Red Peppers, Salt, Water, Canola Oil, Paprika, Xanthan Gum, Natural Butter Type Flavor And Garlic Powder
Butter	Cream, Salt
Caesar Dressing <i>gluten-free</i>	Soybean Oil, Water, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Distilled Vinegar, Anchovy Paste (Fish), Egg Yolk, Red Wine Vinegar, Contains Less Than 2% Of Garlic, Lemon Juice Concentrate, Sugar, Spices (Including Mustard Seed), Salt, Molasses, Corn Syrup, White Wine, Caramel Color, Citric Acid, Tartaric Acid, Tamarind, Natural Flavor
Cavatappi Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
Cheddar Jack Cheese <i>never given hormones</i>	Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Color Added), Monterey Jack Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Contains 2 Percent Or Less Of Potato Starch And Powdered Cellulose Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor)
Cheese Sauce <i>gluten-free</i> <i>varies by market</i>	Pasteurized Process Cheese Spread (American Cheese [Milk, Salt, Cheese Cultures, Enzymes], Buttermilk, Water, Semisoft Part-Skim Cheese ([Partially Skimmed Milk, Salt, Cheese Cultures, Enzymes], Whey, Sodium Phosphate, Cream, Salt, Guar Gum, Xanthan Gum, Annatto Extract Colour, Apocarotenal Colour, Lactic Acid), Milk, Whipping Cream (Heavy Cream, Milk Powder, Carrageenan), Modified Food Starch, Unsalted Butter (Cream, Natural Flavouring), and Salt. -OR- Processed Cheese Spread [Cheddar And Colby Cheeses (Milk, Bacterial Culture, Salt, Microbial Enzyme), Water, Whey, Sodium Phosphate, Whey Protein Concentrate, Skim Milk, Milk Ingredient, Salt, Carrageenan, Cellulose Gum], Cream, Water, Whole Milk, Salted Butter, Skim Milk Powder, Modified Cornstarch, Salt, Annatto
Chicken Broth with Vegetables	Water, Celery, Carrot, Onion, Chicken Base (Chicken, Salt, Hydrolyzed Wheat Gluten Protein, Chicken Fat, Sugar, Whey Powder, Maltodextrin, Natural Flavours, Yeast Extract, Extractives of Turmeric and Annatto [colour]), Rich Chicken Stock (Chicken, Water, White Wine, Onion, Carrots, Leeks, Spices, Parsley), Leeks, Extra Virgin Olive Oil, Unsalted Butter (Cream, Natural Flavouring), Thyme, Parsley, Black Pepper, and Turmeric
Chili Lime Chicken	Grilled Chicken (See Marinated Chicken Ingredient Statement), Chile Lime Seasoning (Chili Powder (Chili Pepper, Spices, Salt, Garlic, Silicon Dioxide), Lime Juice Powder (Corn Syrup, Lime Juice With Lime Oil), Sugar (Corn Starch), Spices (Cumin, Coriander, Red Pepper), Salt, Dehydrated Garlic, Citric Acid, Chili Pepper, Dehydrated Onion, And Key Lime Oil).

Chocolate Chunk Cookie	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Brown Sugar (Sugar, Invert Sugar, Molasses), Semisweet Chocolate (Sugar, Unsweetened Chocolate [Processed With Alkali], Cocoa Butter, Anhydrous Dextrose, Soy Lecithin, Vanilla Flavor), Whole Grain Oats, Eggs, Sugar, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Natural Flavor.
Crispy Jalapeños	Jalapeño Peppers, Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamine Monitrate, Riboflavin, Folic Acid), Sunflower and/or Canola Oil, Salt
Egg Noodle	Durum Wheat Flour ((Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Eggs), Water, Soybean Oil
Elbow Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
Feta Cheese	Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes
Croutons, Focaccia	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Canola And/Or Sunflower Oil, 2% Or Less Of Salt, Dehydrated Garlic, Yeast, Sugar, Natural Flavor (With Milk, Smoke Flavor), Extractive Of Annatto (Color), Butter Oil, Extractive Of Paprika (Color), Ascorbic Acid, Rosemary Extractives (To Preserve Freshness)
Four Cheese Alfredo Sauce	Whipping Cream (Cream, Grade A Milk Powder, and Carrageenan), Cheese Blend (Parmesan, Asiago and Romano Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Powdered Cellulose {added to prevent caking}), Salt), Unsalted Butter (Cream, Natural Flavours), Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion, Gorgonzola Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Penicillium Roquefortii and Cellulose [Anti-Caking Agent], Garlic and Black Pepper.
Fusilli Noodle <i>gluten-free</i>	Gluten Free Fusilli (Rice Flour, Corn Flour, Mono And Diglycerides Of Fatty Acids), Water, Soybean Oil
Granulated Peanuts	Dry Roasted Granulated Peanuts
Green Curry Sauce <i>gluten-free</i>	Coconut Milk (Coconut Extract, Water, Citric Acid), Water, Sugar, Spice Blend (Chili Pepper, Salt, Dehydrated Garlic, Spices, Lemongrass, Maltodextrin, Yeast Extract, Turmeric [Color], and Natural Flavouring), Ginger, Tamarind Concentrate (Tamarind, Water), Modified Food Starch, Salt, Lemongrass, Seasoned Rice Vinegar (Rice Vinegar, Water, Sugar, Salt), Thai Basil and Seasoning Blend (Salt, Yeast Extract, Dehydrated Vegetables [Mushroom, Garlic, Onion, Tomato], Maltodextrin, and Spice)
Grilled Chicken Breast	(Colorado Market) ABF Boneless Skinless Chicken Breast with Rib Meat Containing Up To 12% Solution Of Water, Soybean Oil, Salt, Garlic Powder, Black Pepper and Sodium Phosphates. -OR- Boneless Skinless Chicken Breast with Rib Meat Containing Up To 12% Solution Of Water, Soybean Oil, Salt, Garlic Powder, Black Pepper and Sodium Phosphates. -OR- Boneless, Skinless, Chicken Breast Fillet. Containing Up To 12% Solution of Water, Soybean Oil, Salt, Rice Starch, Black Pepper, Garlic Powder and Sodium Phosphates
Italian Seasoning	Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, and Lavender
Jalapeño Ranch <i>gluten-free</i>	Soybean Oil, Cultured Buttermilk, Vinegar, Water, Jalapeno Pepper, Egg Yolk, Salt, Cider Vinegar, Contains less than 2% of Modified Food Starch, Natural Flavor, Spice, Buttermilk Solids, Sugar, Xanthan Gum, Onion Powder, Garlic Powder, Paprika, Lactic Acid, Yeast Extract, Mustard Flour, Maltodextrin, Autolyzed Yeast Extract, Dried Dill, Whey, Milk, Lactose
Japanese Pan Sauce	Water, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Sesame Oil, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavour, Maltodextrin, Xanthan Gum and Citric Acid), Ginger, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavour, Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Corn Starch, Garlic and Citric Acid as a Preservative
Kalamata Olives	Olives, Water, Salt, Vinegar, Spices (Thyme, Rosemary, Bay Leaf), Olive Oil
Korean BBQ Sauce	Water, Sugar, Distilled Vinegar, Brown Sugar, Rice Vinegar, Wheat, Soybeans, Gochujang Hot Pepper Paste [Water, Sugar, Red Chili Peppers Powder, Fermented Soybean Paste (Water, Soybeans, Rice, Salt, Alcohol), Pear Puree Concentrate, Salt, Salted Sake (Sake (Water, Rice, Koji), Salt), Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika Powder, Corn Starch], Vegetable Oil (Soybean and/or Canola), Sesame Oil, Salt, Chili Garlic Sauce [Salted Chili Peppers (Chili Peppers, Salt), Garlic, Sugar, Rice Vinegar, Water, Modified Cornstarch, Acetic Acid], Contains less than 2% of: Modified Food Starch, Spices, Garlic*, Xanthan Gum, Propylene Glycol Alginate, Caramel Color, Onion*, Dextrose. * Dried

Light Cream <i>never given hormones, varies by market</i>	Milk, Cream, Sodium Citrate, Sodium Phosphate -OR- Milk, Cream, Disodium Phosphate. Sodium Citrate, Carrageenan
Marinara Sauce <i>gluten-free, varies by market</i>	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, And Naturally Derived Citric Acid), Water, Tomato Paste (Tomatoes), Onion, Seasoning (Sugar, Modified Corn Starch, Salt, And Spices), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil. -OR- Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride and Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Water, Tomato Paste (Tomatoes), Seasoning (Sugar, Modified Corn Starch, Salt, Spices), Canola and Extra Virgin Olive Oil, Garlic (Garlic, Water), and Spice
Med Dressing <i>gluten-free</i>	Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Yogurt (Cultured Pasteurized Grade A Whole Milk, Modified Food Starch, Pectin, Carrageenan, Contains Live Active Cultures [L.Bulgaricus, S.Thermophilus]), Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Salt, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavour, Maltodextrin, Xanthan Gum and Citric Acid), Garlic, and Soybean Oil
MontAmore® Cheese <i>never given hormones</i>	Montamoré Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (To Prevent Caking))
Pork, Naturally Raised <i>varies by market</i>	ABF Pork, Lard, Salt, Pepper, Oregano, Thyme -OR- ABF Pork, Salt, Spices, And Less Than 2% Olive Oil Added As A Processing Aid
Marinated Steak	Beef, Water, Salt, Rice Starch, Spice, Sodium Phosphates, Seasoning (Dextrose, Bromelain (Natural Enzyme), Soybean Oil (As A Processing Aid), Garlic Powder.
Oven-Roasted Meatballs	ABF Beef, ABF Chicken, Bread Crumbs [Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Cheddar/Parmesan/Blue Cheeses (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Wheat Flour, Wheat Starch, Salt, Dried Garlic, Maltodextrin, Natural Flavor, Nonfat Dry Milk, Spice, Yeast Extract, And Dried Parsley], Water, Seasoning [Salt, Dried Garlic, Spices, Dried Onion, Brown Sugar, Yeast Extract, Caramel Color, Dried Parsley, Dried Tomato, Maltodextrin, And Natural Flavor], And Natural Flavor
Oyster Crackers	Unbleached Wheat flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda
Pad Thai Sauce <i>gluten-free</i>	Brown Sugar, Soybean Oil, Organic Agave Nectar, Fish Sauce (Fresh Anchovy, Sea Salt), Fruit Concentrate (Tamarind, Water), Water, Lemon Juice (Water, Lemon Juice Concentrate, and Lemon Oil), Lime Juice (Water, Lime Juice Concentrate and Lime Oil), Sriracha (Red Peppers, Distilled Vinegar, Water, Sugar, Salt, Garlic, Contains 2% or less of the following: Natural Flavor, Maltodextrin, Xanthan Gum, and Citric Acid), Garlic, Salt and Modified Food Starch
Parmesan Cheese	High Moisture Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (To Prevent Caking)
Parmesan Chicken	Boneless, Skinless Parmesan Breaded Chicken Breast Fillets With Rib Meat Containing: Up To 10% Of A Solution Of Water, Salt, Soy Protein Concentrate, Sodium Phosphates, Garlic Powder, Spice, Seasoning [Salt, Garlic Powder, Spice,, Natural Flavor, Dehydrated Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Maltodextrin, Yeast Extract, Soy Lecithin]. Breaded With: Bleached Wheat Flour, Dehydrated Parmesan, Cheddar, And Blue Cheese (Pasteurized Cultured Milk, Salt, Enzymes), Water, Modified Wheat Starch, Salt, Yeast Extract, Yellow Corn Flour, Garlic Powder, Natural Flavor, Sugar, Nonfat Milk, Spices, Maltodextrin, Yeast, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate), Parsley, Soy Lecithin. Breeding set in vegetable oil
Penne Rigate Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
Penne Rosa Sauce <i>gluten-free, varies by market</i>	Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes In Juice (Tomatoes, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride And Naturally Derived Citric Acid), Onion, Seasoning (Salt, Sugar, Modified Corn Starch And Spices), Water, Tomato Paste (Tomatoes), Soybean Oil, Garlic In Water (Garlic, Water), Basil And Extra Virgin Olive Oil. -OR- Tomatoes (Tomatoes, Tomato Puree, Calcium Chloride, Citric Acid), Diced Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Seasoning (Salt, Sugar, Modified Corn Starch, Crushed Red Pepper, Spice), Onions, Water, Tomato Paste (Tomatoes), Canola Oil And Extra Virgin Olive Oil Blend, Garlic (Garlic, Water), Spice
Pomegranate Vinaigrette <i>gluten-free</i>	Soybean Oil, Red Wine Vinegar (Red Wine Vinegar, Naturally occurring Sulfites), Pomegranate Juice, Honey, Water, Extra Virgin Olive Oil, Balsamic Vinegar, Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Salt, Guar Gum, and Black Pepper

Potstickers	Chicken, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Bok Choy, Cabbage, Mushroom (Mushroom, Water, Salt, Ascorbic Acid/Citric Acid), Carrot, Onion, Sesame Seed Oil, Contains less than 2% of: Ginger, Cilantro, Garlic, Spice, Chili Sauce (Red Chili Peppers, Red Jalapeno Peppers, Distilled Vinegar, Sugar, Garlic, Salt, Xanthan Gum, Paprika Extract), Soy Sauce (Water, Wheat, Soybeans, Salt), Rice Flour, Modified Food Starch, Salt, Vegetable Oil (Soybean and/or Canola)
Potsticker Sauce	Water, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavor, Maltodextrin, Xanthan Gum and Citric Acid), Ginger Juice, Garlic, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavor, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Food Starch, and Citric Acid as a Preservative
Ramen Noodle	Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Modified Food Starch, Soybean Oil, Egg White Powder, Salt, Sodium Carbonate, Potassium Carbonate
Rice Crispy	Mini Marshmallow (Corn Syrup, Sugar, Modified Corn Starch, Water, Gelatin. Contains 2% or less of each of the following: Natural And Artificial Flavor, Tetrasodium Pyrophosphate), Rice Crispy Cereal (Rice, Sugar, Salt, Malt Extract, Preservative (Tocopherols). Vitamins And Minerals: Iron (Ferric Orthophosphate), Vitamin C (Sodium Ascorbate), Vitamin A (Palmitate), Niacinamide, Zinc (Zinc Oxide), Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin D (Cholecalciferol), Vitamin B2 (Riboflavin), Folic Acid, Vitamin B12 (Cyanocobalamin). **BHT Added To Packaging To Help Preserve Freshness), Butter (Cream, Salt), Soybean Oil
Rice Noodle <i>gluten-free</i>	Rice Flour, Water, Soybean Oil
Roasted Mushrooms	White Mushrooms, Soybean Oil, Garlic, Salt, Black Pepper
Roasted Vegetables	White Mushrooms, Red Bell Pepper, Red Onions, Soybean Oil, Italian Seasoning (Salt, Spices (Black Pepper, Parsley, Basil, Rosemary, Savory, Oregano, Thyme), Dehydrated Garlic, and Lavender)
Sautéed Shrimp	Shrimp, Salt, Sodium tripolyphosphate (to retain moisture)
Shiitake Mushrooms	Water, Shiitake Mushrooms
Smolder From Boulder	Spices, Capsicum Oleoresin
Snoodledoodle Cookie	Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- And Diglycerides, Colored With Annatto, Calcium Disodium Edta Preservative, Artificial Flavor, Vitamin A Palmitate), Candy (Sugar, Dairy Butter, Almonds Roasted In Cocoa Butter And/Or Sunflower Oil, Contains 2% Or Less Of Milk Chocolate [Sugar, Cocoa Butter, Chocolate, Nonfat Milk, Milkfat, Lactose, Soy Lecithin, Salt, Artificial Flavor], Milk, Salt), Eggs, Invert Sugar, Pudding (Modified Food Starch, Sugar, Salt, Natural Flavor, Monoglycerides, Whey, Citric Acid Preservative, Caramel Color), Baking Soda, Cinnamon, Natural Flavor.
Sour Cream	Cultured Cream
Soybean Oil	Refined Soybean Oil (no soy allergen)
Soy Sauce	Water, Soybeans, Wheat, Salt, Sugar
Spaghetti Noodle	Durum Wheat Flour (Enriched With Iron (Ferrous Sulfate) And B Vitamins (Niacin, Thiamin Monitrate, Riboflavin, Folic Acid), Water, Soybean Oil
Sriracha <i>gluten-free</i>	Chili, Garlic, Sugar, Salt, Vinegar
Stroganoff Sauce <i>gluten-free</i>	Sour Cream (Cultured Milk, Cream, Whey, Modified Corn Starch, Sodium Phosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum), Whipping Cream (Cream, Grade A Milk Powder, Carrageenan), Onion, Sherry, Cream Replacer (Milk, Cream, Soy-Lecithin, Guar Gum, Xanthan Gum, Carrageenan), Garlic, Pickapeppa Sauce (Cane Vinegar, Sugar, Tomatoes, Onions, Raisins, Sea Salt, Ginger, Peppers, Garlic, Cloves, Black Pepper, Thyme, Mangoes, Orange Peel), Mushroom Base (Sautéed Mushrooms [Mushrooms, Water, Salt], Salt, Maltodextrin, Palm Oil, Hydrolyzed Corn Gluten and Soy Protein, Sugar, Less than 2% of Onion Powder, Corn Oil, Mushroom Juice Concentrate, Natural Flavours), Salt, Soybean Oil, Italian Herb (Spices), and Black Pepper
Thai Chicken Soup <i>gluten-free</i>	Water, Coconut Cream (Coconut Extract, Water, With Natural Stabilizers (Xanthan Gum, Carrageenan And Guar Gum)), Milk, Chicken (White Chicken Meat, Water, Modified Food Starch, Salt, Sodium Phosphate), Brown Sugar, Onions, Cabbage, Red Bell Peppers, Carrots, Mushrooms, Spices, Yellow Curry Paste (Lemongrass, Garlic, Shallot, Salt, Galangal, Dried Red Chili, Coriander Seed, Kaffir Lime Peel, Cumin, Cinnamon, Mace, Turmeric, Cardamom), Fish Sauce (Anchovy Extract, Salt, Water), Modified Corn Starch, Ginger Puree (Ginger, Citric Acid), Butter (Sweet Cream, Natural Flavor (Lactic Acid, Starter Distillate)), Garlic, Green Onions, Soybean Oil, Lemongrass Puree (Lemongrass And Water), Sea Salt, Lime Juice, Yeast Extract, Soy Lecithin, Lemon Juice Concentrate, Xanthan Gum, Chili Peppers, Annatto (Color), Turmeric.

Tofu, Seasoned

Organic Tofu (Water, Organic Soybean, Calcium Sulfate, Calcium Chloride), Japanese Pan Sauce (Water, Soy Sauce (Water, Salt, Sugar, Soybeans, Wheat, Molasses), Molasses, Rice Vinegar Dressing (Rice Vinegar, Water, Sugar, Salt), Lemon Juice (Water, Lemon Juice Concentrate and Lemon Oil), Sesame Oil, Sriracha (Chile, Distilled Vinegar, Water, Sugar, Salt, Garlic, Natural Flavour, Maltodextrin, Xanthan Gum and Citric Acid), Ginger, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrot, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [from corn], Natural Flavour, Canola Oil, Barley Malt Extract [gluten], Dried Onion, Dried Potatoes, Dried Garlic), Modified Corn Starch, Garlic and Citric Acid as a Preservative), Asian Seasoning (Salt, White Sesame Seed, Dehydrated Garlic, Sugar, Spices (Black Pepper, Ginger), Black Sesame Seed, Paprika (Color), Chili Pepper, Dehydrated Onion, Torula Yeast, Extractives of Celery Seed, and Extractives of Black Pepper.)

Tomato Adobo

Fire Roasted Diced Tomatoes In Juice (Tomatoes, Tomato Juice, Salt, Calcium Chloride and Citric Acid), Chopped Tomatoes (Tomatoes, Salt, Calcium Chloride and Naturally Derived Citric Acid), Water, Red Bell Peppers, Soybean Oil, Onion, Modified Food Starch, Salt, Jalapeño Peppers, Jalapeño, Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Organic Cane Sugar, Maltodextrin [From Corn], Natural Flavour, Canola Oil, Barley Malt Extract [Gluten], Dried Onion, Dried Potato, Dried Garlic), Cumin, Morita Chile, Black Pepper, Spanish Paprika, Coriander, White Wine Vinegar, Cinnamon, Ground Cloves and Garlic Powder

Tomato Basil Bisque

gluten-free

Water, Heavy Whipping Cream (Cream, Milk Powder, Carrageenan), Tomato Paste (Tomatoes), Crushed Tomatoes (Tomatoes, Tomato Puree, Citric Acid), Onion, Diced Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, and Naturally Derived Citric Acid), Natural Vegetable Base (Vegetables and Concentrated Vegetables [Carrots, Celery, Onion, Tomato], Yeast Extract, Salt, Sugar, Maltodextrin [from corn], Natural Flavour, Canola Oil, Dried Onion, Dried Potato, Dried Garlic), Sugar, Soybean Oil, Garlic and Seasoning (Salt, Spices, Dehydrated Garlic, Lavender), Sherry Wine, Crushed Basil, Extra Virgin Olive Oil, Salt, Basil, Annatto Extract (Propylene Glycol, Water, Polysorbate 80, Annatto [color] Potassium Hydroxide)

Udon Noodle

varies by market

Bleached Wheat Flour, Water, Salt, Corn Starch, Soybean Oil
-OR-
Wheat Flour, Water, Corn Starch, Vegetable Oil (Canola/Soybean Oil), Salt, Fumaric Acid and Lactic Acid.
-OR-
Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin And Folic Acid), Water, Salt, Wheat Gluten, Citric Acid And Soybean Oil

Vegetable Broth

Salt, Sugar, Maltodextrin, Natural Flavors, Onion, Caramel Color, Garlic

* As we continually strive to evolve and improve, our ingredient list is subject to change.

** For specific ingredients in your market, please email thecavalry@noodles.com



Dish Reference Chart

Penne Rosa	<p>Penne Rigate Noodle Penne Rosa Sauce Light Cream Roma Tomatoes White Mushrooms White Cooking Wine Parmesan Or Feta Cheese Spinach Soybean Oil</p>
Japanese Pan Noodles	<p>Udon Noodle Japanese Pan Sauce Broccoli Carrots Mung Bean Sprouts Shiitake Mushrooms Soybean Oil Black Sesame Seeds Cilantro</p>
Wisconsin Mac & Cheese	<p>Elbow Noodle Cheese Sauce Cheddar Jack</p>
Pesto Cavatappi	<p>Cavatappi Noodle Roma Tomatoes Light Cream White Mushrooms White Cooking Wine Pesto Sauce Vegetable Broth Parmesan Cheese Soybean oil</p>
Pad Thai	<p>Rice Noodle Pad Thai Sauce Vegetable Broth Carrots Mung Bean Sprouts Cage Free Scrambled Eggs Napa/Red Cabbage Blend Soybean Oil Granulated Peanuts Lime</p>
Spaghetti & Meatballs	<p>Spaghetti Noodle Marinara Sauce Oven-Roasted Meatballs</p>
Spaghetti	<p>Spaghetti Noodle Marinara Sauce Parmesan Cheese</p>
Buttered Noodles	<p>Egg Noodle Parmesan Cheese Butter Italian Seasoning</p>

Alfredo MontAmore®	<p>Spaghetti Noodle Four Cheese Alfredo Sauce Parmesan Chicken Roma Tomatoes Roasted Mushrooms Montamore Cheese Spinach Black Pepper</p>
Steak Stroganoff	<p>Egg Noodle Stroganoff Sauce Marinated Steak Roasted Mushrooms Parmesan Cheese</p>
Mushroom Stroganoff	<p>Egg Noodle Stroganoff Sauce Roasted Mushroom</p>
Spicy Korean Beef Noodles	<p>Ramen Noodles Korean BBQ Sauce Marinated Steak Napa/Red Cabbage Blend Cucumbers Mung Bean Sprouts Green Onions Spinach Soybean Oil</p>
Thai Green Curry	<p>Rice Noodle Green Curry Sauce Sauteed Shrimp Broccoli Pineapple Snap peas Vegetable Broth Red Onions Soybean Oil Black Sesame Seeds Cilantro</p>
Pork Adobo	<p>Cavatappi Noodle Tomato Adobo Light Cream Pork White Mushrooms Vegetable Broth Kalamata Olives Red Onions Sour Cream Soybean Oil Cilantro</p>

Chicken Adobo	Cavatappi Noodle Tomato Adobo Light Cream Marinated Chicken White Mushrooms Vegetable Broth Kalamata Olives Red Onions Sour Cream Soybean Oil Cilantro	Grilled Chicken Caesar	Romaine Grilled Chicken Breast Parmesan Cheese Roman Caesar Dressing Focaccia Croutons
Thai Chicken Soup	Thai Chicken Soup Served With: Oyster Crackers	Caesar Salad	Romaine Parmesan Cheese Caesar Dressing Focaccia Croutons
Chicken Noodle Soup	Chicken Broth with Vegetables Egg Noodle Grilled Chicken Breast Served With: Oyster Crackers	Potstickers	Chicken Potstickers Potsticker Sauce Red Pepper
Tomato Basil Bisque	Tomato Basil Bisque Served With: Oyster Crackers	Cheesy Garlic Bread	Baguette Marinara Sauce Parmesan Cheese Butter Italian Seasoning
Napa Market Salad with Chicken	Grilled Chicken Mixed Greens Pomegranate Vinaigrette Roma Tomatoes Apples Blue Cheese Red Bell Pepper ABF Bacon	Korean Meatballs	Oven-Roasted Meatballs Korean BBQ Sauce Asian Seasoning
Chicken Veracruz Salad	Grilled Chicken Breast Mixed Greens Jalapeño Ranch Roma Tomatoes Shucked Corn Diced Avocado Red Onions Crispy Jalapeños ABF Bacon Chili Lime Seasoning Cilantro Soybean Oil	Tossed Green Salad	Mixed Greens Dressing of Your Choice <ul style="list-style-type: none"> • Balsamic Vinaigrette • Caesar Dressing • Med Dressing • Jalapeño Ranch • Pomegranate Vinaigrette Cucumbers Roma Tomatoes
The Med Salad with Chicken	Cavatappi Noodle Mixed Greens Grilled Chicken Breast Cucumbers Roma Tomatoes Med Dressing Kalamata Olives Red Onions Feta Cheese	Baguette Cookies Rice Crispy Proteins	See Ingredient Statement

* As we continually strive to evolve and improve, our ingredient list is subject to change.

** For specific ingredients in your market, please email thecavalry@noodles.com