

## COLD GRAB & GO

### Pastas

**Chicken Capellini Salad** - Grilled Marinated Chicken Breast (*gluten free tamari (water, soybeans, salt, sugar), lemon juice, canola oil, sesame oil, sugar, parsley, garlic, dry mustard, salt, pepper.*), Cherry Tomatoes, Fresh Basil, **Mozzarella**, **Scallions**, Parsley, **Capellini Pasta** (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*). Dressing: Basic Vinaigrette (*olive oil (refined olive pomace oil, extra virgin olive oil), canola oil, red wine garlic, salt*), Tomato Puree, **Garlic**, Red Pepper Flakes, Sugar, Salt, Pepper

**Spaghetti & Meatballs** – *meatballs*: ground beef, **english toaster bread crumbs**, **onion**, **parmesan**, parsley, **eggs**, fresh basil, **garlic**, dried oregano, salt, pepper. **Spaghetti Noodles** (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*). Sauce: tomato, **garlic**, **onion**, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), crushed red pepper, oregano, salt, pepper, bay leaf, basil.

**Pappardelle Pasta with snap peas & asparagus** – **pappardelle pasta** (*durum wheat semolina, eggs, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid, iron (ferrous lactate))*), asparagus, spring peas, **butter**, **shallots**, chives, lemon zest, olive oil, kosher salt, pepper

**Spinach Gorgonzola Pasta** – **pasta shells** (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*), **gorgonzola sauce** (*bechamel sauce (milk, butter, flour, nutmeg, salt, pepper), gorgonzola cheese*), **ricotta**, frozen spinach, **gorgonzola cheese**, **garlic**, **parmesan cheese**, salt, pepper.

**Penne d'Alba** – **penne pasta** (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), red sauce (*canned pear tomatoes, olive oil (refined olive pomace oil, extra virgin olive oil), garlic, salt, pepper*), **mozzarella cheese**, **garlic**, **parmesan cheese**, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

Eggs  
Dairy  
Nuts

onion & garlic  
sesame  
wheat

soy

**Lasagne Bolognese** – **lasagna noodles** (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), Bolognese sauce (*ground beef, carrots, celery, onion, garlic, pear tomato, red pepper flakes, tomato paste (tomato pulp, citric acid), white wine, red wine, sherry, bay leaves, basil, chicken stock (chicken bones, paprika, salt, pepper, oregano), salt, pepper, fresh oregano*), fresh spinach, **ricotta**, fresh basil, fresh oregano, **parmesan cheese, mozzarella cheese, garlic**, salt.

**Spinach & Ricotta Lasagne** - **lasagna noodles** (*durum wheat semolina, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid), iron (ferrous lactate)*), zesty sauce (*tomatoes, garlic, olive oil (refined olive pomace oil, extra virgin olive oil), crushed red pepper, basil, oregano, salt, pepper*), fresh spinach, **ricotta**, fresh basil, fresh oregano, **parmesan cheese, mozzarella cheese, garlic**, salt.

## Entrees

**Meatloaf & Mashed Potatoes** -*meatloaf*: ground beef, celery, carrots, **yellow onion, breadcrumbs, eggs**, salt, pepper, red pepper flakes, dried oregano, ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*). *Mashed potatoes*: russet potatoes, **cream, butter**, salt, pepper.

**Chicken Parmesan** - chicken breast, panko breadcrumbs (*bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt*), **garlic, parmesan cheese, mozzarella cheese**, thyme, **egg, flour**, parsley, canola oil (for frying). **Sauce**: tomato, tomato paste (*tomato pulp, citric acid*), white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), basil, **garlic**, oregano, red pepper flakes, salt, pepper.

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**Chicken Pot Pie** – chicken meat (*roasted with paprika, oregano, garlic*), Italian chicken sausage (*Chicken, mozzarella cheese (pasteurized milk, cultures, salt, enzymes, cellulose added to prevent caking), contains 2% or less of the following: parsley, roasted garlic (with olive oil), salt, spices, vinegar, paprika, sugar, basil, celery powder, sea salt. Stuffed in a natural pork casing*), chicken stock (*chicken bones, paprika, salt, pepper, oregano, onion, red potato, carrot, mushroom, celery, butter, flour, green olive, sage, rosemary, oregano, bay leaf, peppercorn, clove. Crust: pastry flour, cake flour, unsalted butter, water, salt, egg wash on top (eggs, milk)*

**Polenta Casserole** - polenta (*polenta (organic corn), garlic, parmesan, white wine, mascarpone, oregano, salt, pepper*), zesty red sauce (*tomatoes, garlic, olive oil (refined olive pomace oil, extra virgin olive oil), crushed red pepper, basil, oregano, salt, pepper*), cremini mushrooms, white mushrooms, sauteed spinach, *yellow onion*, white wine, *chive*, olive oil (*refined olive pomace oil, extra virgin olive oil*), fresh oregano, *butter, garlic*, salt, pepper, *asiago cheese, mozzarella cheese*.

**Chicken Enchiladas** – corn tortillas (*Ground corn treated with lime, propionic acid (to preserve freshness), guar gum, cellulose gum, benzoic acid (preservative), phosphoric acid (acidulant), and enzymes (to preserve freshness)*), chicken (*roasted with paprika, oregano, garlic*), *jack cheese, yellow onion*, enchilada sauce (*chicken stock, water, sour cream, mild green chilis, gluten free flour (garbanzo bean flour, potato starch, tapioca flour, white sorghum flour, fava bean flour), salt, pepper*), cumin, chili powder, cilantro, salt, pepper.

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**Potato Enchilada:** potato, **pepper jack cheese**, **yellow onion**, kale, roasted poblano chile, green bell pepper, cilantro, cumin, salt, pepper, corn tortilla (*Ground corn treated with lime, propionic acid (to preserve freshness), guar gum, cellulose gum, benzoic acid (preservative), phosphoric acid (acidulant), and enzymes (to preserve freshness)*). Sauce: red enchilada sauce (*tomato puree (water, tomato paste), water, red chile puree, salt, chili pepper, canola oil, **onion powder**, spices, **garlic** puree, colored with oleoresin paprika, pectin, corn starch, natural flavors, lemon juice concentrate, citric acid, guar gum, xanthan gum, **garlic powder**, autolyzed yeast extract, locust bean gum), **heavy cream***).

**Bacon & Caramelized Onion Quiche** – **pastry flour**, **cake flour**, **unsalted butter**, water, salt. *Filling:* **cream**, **egg**, **Jarlsberg cheese**, **scallions**, salt, pepper, bacon, **caramelized onion**, mushroom.

**Broccoli & Cheddar Quiche** - **pastry flour**, **cake flour**, **unsalted butter**, water, salt. *Filling:* **cream**, **egg**, **Jarlsberg cheese**, **scallions**, salt, pepper, **cheddar cheese**, broccoli.

**BBQ Pork Ribs** - St. Louis pork ribs, BBQ sauce (*red wine vinegar, brown sugar, ketchup (tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, **onion powder**, natural flavoring), Worcestershire sauce (water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, **hydrolized soy protein**, **wheat flour** (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), **garlic**, **salted butter**, Tabasco (distilled vinegar, red pepper, salt).*

**Twice Baked Potato** – russet potatoes, **sour cream**, **cheddar cheese**, **white cheddar cheese**, **manufacturers cream**, green chili, black olives, salt, pepper.

**Mashed potatoes:** russet potatoes, **cream**, **butter**, salt, pepper

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## Gayle's Own Sides

**Deviled Eggs** – **hard boiled eggs**, mayo (*canola oil, olive oil (refined olive pomace oil, extra virgin olive oil)*), **egg**, white wine vinegar, Dijon mustard (*distilled vinegar, water, #1 grade mustard seeds, salt, chardonnay wine, spices, turmeric*), salt, white pepper), **chives**, dried mustard, white wine vinegar, black pepper, kosher salt, paprika, cayenne.

**Garlic Bread** – *Francese Baguette*: **unbleached wheat flour**, **all-purpose wheat flour**, water, yeast, salt, barley malt extract *Garlic butter*: **salted butter**, **parmesan cheese**, **garlic**, parsley

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**Garlic & Artichoke Dip** – artichoke hearts (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), **cream cheese**, **sour cream**, **garlic**, **scallions**, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper.

**Hummus** – garbanzo beans, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, tahini (*ground sesame seeds*), parsley, **scallions**, **garlic**, cumin, salt, black pepper.

**Roasted Red Pepper Cashew Spread**: **cashews**, roasted red bell pepper (*fire roasted peppers, water, salt, citric acid, calcium chloride*), olive oil (*refined olive pomace oil, extra virgin olive oil*), gluten free tamari (*water, soybeans, salt, sugar*), cayenne.

**Savory Cheese Spread** - **cream cheese**, Spanish olives, pepperoncini, **garlic**, pimento

**Orange Balsamic Vinaigrette** - olive oil (*refined olive pomace oil, extra virgin olive oil*), orange juice, red wine vinegar, balsamic vinegar, sugar, **garlic**, **red onion**, red bell pepper, cayenne, parsley, salt, pepper.

**Poppyseed Dressing** – canola oil, apple cider vinegar, sugar, **yellow onion**, poppyseeds, salt, black pepper, dry mustard

**Red Wine Vinaigrette** - olive oil (*refined olive pomace oil, extra virgin olive oil*), canola oil, red wine vinegar, salt

**Sesame Lemon Dressing** - canola oil, **sesame** oil, lemon juice, wheat free tamari sauce (*water, soybeans, salt, sugar*), **garlic**, dry mustard, sugar.

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**Truffle Mousse Pate** - Pork, Chicken Liver, egg, Pork Fat, Milk, Pork Stock, Skim Milk Powder, Onions, Salt, Sherry Wine, Mushrooms, Truffles, Concentrated Mushroom Juice, Hydrolyzed Plant Protein (*Corn Gluten*, Soy Protein and *Wheat Gluten*), Pineau (*Cognac*, *Grape Juice*) Spices, Garlic. **Contains: Eggs, Milk, Soy, Wheat.**

**Marinated Anchovies** – anchovies, sunflower oil, alcohol vinegar (contains traces of sulphites), salt, parsley, acidity regulator: citric acid, preservative: potassium sorbate.

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