

ALL salads contain olive oil, salt, and pepper

February 2026

Market Sides			
Name	Dietary	Allergen Alerts	Ingredients
*Chicken Salad	GF, DF	Allergen Alert: Mayo (Soy, Corn, Eggs), Nuts (Almonds)	Chicken, Apples, Diced Celery, Currants, Sliced Almonds, Mayo, Shallot, Champagne Vinegar, Sugar, Dijon
*Tuna Salad	GF, NF, DF	Allergen Alert: Mayo (Soy, Corn, Eggs), Fish	Tuna, Celery, Dill, Lemons, Mayo, Dijon, Red Onion
*Blackberry Kale	GF, DF, V+	Allergen Alert: Nuts (Pecans)	Kale, Blackberries, Golden Raisins, Pecan Pieces, Sunflower Seeds, Blackberry Puree, Apple Juice, Canola Oil, Balsamic Vinegar
*Broccoli Slaw	GF, V	Allergen Alert: Mayo (Soy, Corn, Eggs), Dairy (Buttermilk), Nuts (Almonds)	Broccoli, Cranberries, Almonds, Shallots, Mayo, Buttermilk, Apple Cider Vinegar, Sugar
*Pesto Pasta	NF, V	Allergen Alert: Gluten, Dairy	Cavatappi, Mozzarella Balls, Spinach, Tomato, Parmesan, Basil, Garlic
BLT Caesar Pasta Salad	NF	Allergen Alert: Mayo (Egg, Soy, Corn), Dairy, Gluten, Bacon	Pasta, Bacon, Tomatoes, Green Onion, Kale, Parmesan, Mayo, Lemon, Worcestershire, Dijon, Garlic
*Cajun Sweet Potato	GF,NF,V	Allergen Alert: Corn, Dairy, Mayo(Egg, Soy, Corn),	Sweet Potatoes, Cajun Seasoning, Tomato, Corn, Red Bell Pepper, Poblano, Red Onion, Mayo, Buttermilk
*TexMex Chickpea	GF,NF,V+	Allergen Alert: Corn	Chickpeas, Tomato, Green Onion, Pickled Red Onion, Cilantro, Red Bell Pepper, Corn Blend, Parsley, Lime, Cumin, Chili Powder, Paprika
*Lemon Dill Quinoa	GF,NF,V	Allergen Alert: Corn (Veggie Base), Dairy	Quinoa, Veggie Base, Onion, Garlic, Tomato, Cucumber, Feta, Dill, Lemon, Red Onion
*Cherry Balsamic Slaw	GF, V+	Allergen Alert: Nuts (Almonds)	Cabbage, Red Onion, Dried Cherries, Apple, Shredded Carrots, Almonds, Cherries, Brown Sugar, Balsamic, Chipotle Powder, Dijon
Green Goddess Veggies	GF,NF,V	Allergen Alert: Mayo (Egg, Soy, Corn)	Zucchini, Brussels, Cucumber, Parsley, Green Onion, Grape Tomatoes, Dill, Mayo, Lemon, White Wine Vinegar, Dijon, Garlic

*Available in Naperville

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Grab & Go			
Continuing	Price	Allergen Info	Ingredients
Veggie Wrap	\$13.50	V+	Flour Tortilla, Chickpeas, Tahini, Lemon Juice, Roasted Red Pepper, Garlic, Dill, Oregano, Chili Flake, Granulated Onion, Dried Parsley, Sumac, Cucumber, Shredded Carrots, Red Bell Pepper, Spinach
Taco Dip	\$12.00	GF,NF,V	Cream Cheese, Sour Cream, Pepperjack, Cheddar, Garlic, Onion, Chili Powder, Chipotle Powder, Cumin, Enchilada Sauce, Green Onion, Tomatoes
Bowls			
Balsamic Chicken & Veggie Bowl	\$8.75	GF,NF	Chicken, Mushrooms, Zucchini, Red Onion, Balsamic Glaze
Chocolate Strawberry Overnight Oats	\$6.75	GF,NF,V	GF Oats, Vanilla Greek Yogurt, Toasted Coconut, Oat Milk, Maple Syrup, Strawberries, Chocolate Chips, Lemon Juice
Blackberry Overnight Oats	\$6.75	GF,NF,V	GF Oats, Toasted Coconut, Oat Milk, Maple Syrup, Vanilla Greek Yogurt, House Made Blackberry Jam
Sesame Noodle Bowl	\$7.75	V+	Angel Hair Pasta, Brussels, Edamame, Red Bell Pepper, Sesame Seeds, Almond Butter, Brown Sugar, Soy Sauce, Balsamic Vin, Lime, Sesame Oil, Red Curry Paste
Entrees			
Veggie Curry	\$15.50	GF,NF,V+	Coconut Milk, Bell Pepper, Carrots, Zucchini, Onion, Broccoli, Garlic, Ginger, Red Curry Paste, Curry Powder, Lime Juice
Chicken Parmesan with Angel Hair	\$18.50	NF	Chicken, Pasta, Mozzarella, Panko, Flour, Egg, Fire Roasted Tomatoes, Onion, Garlic, Red Pepper Flake, Red Wine, Tomato Paste, Basil
Cilantro Lime Salmon	\$20.00	GF, NF	Salmon, Basmati Rice, Cilantro, Butter, Lime Juice, Coconut, Cilantro, Smoked Paprika, Granulated Garlic
Sweet Potato Chickpea Bowl	\$16.50	GF, NF, V+	Sweet Potatoes, Chickpeas, Kale, Red Onion, Garlic, Smoked Paprika, Pepitas, Tahini, Maple Syrup, Dijon. Lemon Juice