

*ALL recipes contain oil, salt, and pepper

April 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 (Mozzarella/Parmesan)	Cavatappi, Mozzarella Balls, Spinach, .Grape Tomato, Parmesan, Basil, Garlic
Citrus Herb Angel Hair	NF, V	Allergen Alert: Gluten, Dairy (Parmesan)	Pasta, Parmesan, Garlic, Parsley, Rosemary, Thyme, Lemon Juice, Orange Juice, Dijon, Maple Syrup
*Coconut Curry Sweets	GF, NF, V+	Allergen Alert: *Contains Coconut	Sweet Potatoes, Carrots, Cilantro, Shredded Coconut, Tomatoes, Kale, Green Onion, Red Curry Paste, Garlic, Ginger, Cumin, Lime Juice, Coconut Milk
*Spring Veggie Quinoa	GF, NF, V+	Allergen Alert: None	Quinoa, Zucchini, Tomatoes, Carrots, Asparagus, Peas, Garlic, Basil, Lemon Juice, Maple Syrup, Dijon, Champagne Vinegar
*Lemon & Herb Chickpea	GF, NF, V+	Allergen Alert: None	Chickpeas, Roasted Red Peppers, Kalamata Olives, Red Onion, Artichoke Hearts, Parsley, Garlic, Oregano, Basil, Lemon
*Sesame Slaw	GF, V+	Allergen Alert: Nuts (Almonds), Soy (Miso), Sesame	Slaw Mix, Kale, Red Peppers, Cilantro, Green Onion, Almonds, Miso, Apple Cider Vinegar, Maple Syrup, Sesame Oil, Garlic, Sriracha, Red Pepper Flakes
*BLT Egg Salad	GF, NF, DF	Allergen Alert: Mayo (Soy, Corn, Eggs), Egg, Bacon	Eggs, Bacon, Tomatoes, Green Onion, Dill, Mayo, Dijon, Horseradish, Garlic, Lemon, Worcestershire, Garlic, Celery

*Salads Available in Naperville