

*ALL recipes contain oil, salt, and pepper

May 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
7 Layer Pasta	NF	Allergen Alert: Gluten (Pasta), Mayo (Egg, Soy, Corn), Dairy (Buttermilk), Bacon	Pasta, Peas, Kale, Red Onion, Carrots, Bacon, Tomatoes, Eggs, Buttermilk, Mayo, Apple Cider Vinegar, Sugar
*Chipotle Sweet Potato	GF, NF, V+	Allergen Alert: Corn	Sweet Potato, Cilantro, Black Beans, Roasted Red Peppers, Poblanos, Corn, Onion, Chipotles in Adobo, Lime Juice, Chipotle Powder
*Cinnamon Crunch Quinoa	GF, V+	Allergy Alert: Nuts (Almonds, Pecans) *Contains Coconut	Quinoa, Almonds, Pecans, Dried Cranberries, Toasted Coconut, Apple, Cinnamon, Apple Cider Vinegar, Apple Juice, Brown Sugar, Chipotle, Dijon,
*Harissa Chickpea	GF, NF, V+	Allergen Alert: None	Chickpeas, Harissa Seasoning, Zucchini, Red Onion, Bell Pepper, Carrots, Basil, Lemon, Dijon, Garlic
*Chopped Veggie Salad	GF, NF, V+	Allergen Alert: None	Cucumbers, Broccoli, Bell Peppers, Shredded Carrots, Kale, Green Onion, Radish, Lemon, Orange, Lime, Champagne Vinegar, Dijon, Dried Chives, Mint, Dill, Garlic
*Honey Mustard Roasted Cauliflower	GF, NF, V	Allergen Alert: Honey, Mayo (Corn, Egg, Soy), Dairy (Feta)	Cauliflower, Garlic, Thyme, Cranberries, Green Onions, Feta, Pepitas, Honey, Mayo, Dijon, Garlic, Apple Cider Vinegar

*Available at Naperville