

\*All Recipes contain oil, salt, pepper

June 2026 Market Sides			
Name	Dietary	Notes	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
Bruschetta Pasta	NF, V	Allergen Alert: Gluten (Pasta), Dairy (Parmesan)	Pasta, Tomatoes, Basil, Garlic, Parmesan, Red Onion, Balsamic, Dijon, Chili Flake
*Dilly Egg Salad	DF, GF, NF, V	Allergen Alert: Eggs, Mayo (Soy, Corn, Eggs)	Egg, Celery, Dill, Mayo, Dijon, Lemon
*Lemon Tahini Sweets	GF, V+	Allergen Alert: Sesame(Tahini), Nuts (Almonds)	Sweet Potato, Cilantro, Cranberries, Almonds, Green Onion, Shredded Carrots, Kale, Smoked Paprika, Cumin, Cinnamon, Garlic, Lemon, Tahini, Champagne Vinegar, Whole Grain Mustard
*California Quinoa	GF, V+	Allergen Alert: Nuts (Almonds,) Coconut, Soy (Edamame)	Quinoa, Shredded Coconut, Pineapple, Edamame, Bell Peppers, Cilantro, Red Onion, Almonds, Kale, White Wine Vinegar, Garlic, Dijon, Orange Juice, Maple Syrup
*Watermelon Basil	GF, NF, V	Allergen Alert: Dairy(Feta)	Watermelon, Blueberries, Feta, Basil, Lime
*Sweet Poppy Brussels	GF, NF, DF, V	Allergen Alert: Mayo (Egg, Soy, Corn)	Brussels, Kale, Dried Cranberries, Pepitas, Sunflower Seeds, Poppy Seeds, Green Onion, Mayo, Apple Cider Vinegar, Sugar

\*Available in NV & AD

## Grab & Go June 2026

Continuing	Price	Allergen Info	Ingredients
Chicken Bacon Ranch Wrap	\$11.50	NF	Tortilla, Chicken, Spinach, Bacon, Cheddar, House Ranch
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
Protein Pack	\$13.00	GF	Chicken, Smoked Paprika, Granulated Garlic, Cumin, Smoked Gouda, Hard Boiled Egg, House Nut Brittle
Bowls			
Balsamic Chicken & Veggie Bowl	\$8.75	GF,NF	Chicken, Mushrooms, Zucchini, Red Onion, Balsamic Glaze
Cinnamon Roll Overnight Oats	\$6.75	GF,NF,V	GF Oats, Vanilla Greek Yogurt, Toasted Coconut, Oat Milk, Maple Syrup, Cinnamon
Blackberry Overnight Oats	\$6.75	GF,NF,V	GF Oats, Toasted Coconut, Oat Milk, Maple Syrup, Vanilla Greek Yogurt, House Made Blackberry Jam
Caesar Chickpea Bowl	\$7.75	GF,NF,V	Brussels, House Caesar, Chickpeas, Garlic, Onion, Parsley, Smoked Paprika, Parmesan, Tomatoes
Grilled Veggie Bowl with Lentils	\$7.75	GF, NF, V+	Lentils, Zucchini, Bell Pepper, Red Onion, Eggplant, Lemon, Parsley, Dill, Mint, Garlic, Dijon
Entrees			
Pepperoni Pizza Quesadilla	\$15.00	NF	Flour Tortilla, Onion, Peppers, Garlic, Tomato Paste, Red Wine, Oregano, Sugar, Parsley, Basil, Fire Roasted Tomatoes, Pepperoni, Pepper Jack, Cheddar
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
Pineapple Mango Salmon with Coconut Quinoa	\$20.00	GF, NF, DF	Salmon, Quinoa, Vegetable Stock, Pineapple, Mango, Poblano, Red Onion, Smoked Paprika, Granulated Garlic, Cumin, Cilantro, Lime Juice, Coconut
Grilled Vegetable Pasta	\$15.50	NF, V	Pasta, Zucchini, Eggplant, Red Onion, Bell Peppers, Portobello Mushrooms, Parmesan, Garlic, Lemon