

October 2026 Market Sides
All Recipes Contain Oil, Salt, Pepper
***Available in Naperville and Oak Park**

Name	Dietary	Notes	Ingredients
*Chicken Salad	GF, DF	Allergen Alert: Mayo (Soy, Eggs, Corn), Nuts (Almonds)	Chicken, Apples, Diced Celery, Currants, Sliced Almonds, Mayo, Shallots, Champagne Vinegar, Sugar, Dijon
*Tuna Salad	GF, NF, DF	Allergen Alert: Mayo (Soy, Eggs, Corn) Fish	Tuna, Celery, Dill, Lemons, Mayo, Dijon, Red Onion
*Blackberry Kale	GF, DF, V+	Allergen Alert: Nuts(Pecans)	Kale, Golden Raisins, Pecans, Blackberries, Sunflower Seeds, Balsamic, Apple Juice, Blackberry Puree
*Broccoli Slaw	GF, V	Allergen Alert: Mayo (Soy, Eggs, Corn), Nuts(Almonds), Dairy (Buttermilk)	Broccoli, Cranberries, Almonds, Shallots, Mayo, Buttermilk, Apple Cider Vinegar, Sugar
*Pesto Pasta	NF, V	Allergen Alert: Gluten (Pasta), Dairy (Parm, Mozz)	Cavatappi, Mozzarella Balls, Spinach, Tomato, Parmesan, Basil, Garlic
Roasted Veggie Orzo	NF, V+	Allergen Alert: Gluten (Pasta)	Pasta, Sweet Potatoes, Cauliflower, Carrots, Beets, Green Onion, Apple Cider Vinegar, Orange Juice, Dijon, Maple Syrup, Smoked Paprika
*Pumpkin Chickpea	GF, NF, V+	Allergen Alert: None	Chickpeas, Pumpkin Pie Spice, Carrots, Green Onion, Golden Raisins, Parsley, Pumpkin Puree, Lemon, Garlic, Dijon, Curry, Brown Sugar
*Apple Pecan Sweets	GF, V	Allergen Alert: Nuts(Pecans), Dairy (Goat Cheese)	Sweets, Apples, Pecans, Dried Cranberries, Goat Cheese, Cinnamon, Apple Cider Vinegar, Orange Juice, Maple Syrup, Dijon
*Spiced Apple Quinoa	GF, NF, V+	Allergen Alert: None	Quinoa, Roasted Brussels, Apple, Cranberries, Blueberries, Apple Cider Vinegar, Apple Juice, Brown Sugar, Dijon, Cinnamon, Chipotle Powder
*Honey Mustard Roasted Cauliflower	GF, NF, V	Allergen Alert: Honey, Mayo (Soy, Corn, Egg), Dairy(Feta)	Cauliflower, Garlic, Thyme, Cranberries, Green Onions, Feta, Pepitas, Honey, Mayo, Dijon, Garlic, Apple Cider Vinegar
*Maple Tahini Brussels	GF, V	Allergen Alert: Dairy (Parm), Soy (Miso, Soy Sauce), Nuts (Almonds), Sesame (Tahini)	Brussels, Kale, Parmesan, Almonds, Gluten Free Soy Sauce, Miso, Tahini, Lemon, Maple Syrup, Bourbon, Chili Flake