

Ingredients

THANKSGIVING 2021

ZUPAN'S
— MARKETS —

Main Dishes

Shelton's Fully Cooked Turkey

GLUTEN-FREE

Shelton's Free-Range turkey, sea salt, organic cane sugar, organic natural flavors and less than 2% organic rice hulls.

Turkey Breast, Fully Cooked

GLUTEN-FREE

Turkey, Water Contains Less than 2% of sea salt, raw cane sugar.

Turkey, Dark Meat Roasted

GLUTEN-FREE

Turkey, canola/olive oil blend, salt, pepper

Truffled Boneless Stuffed Turkey

Turkey, ground turkey, breadcrumbs (wheat), cream (milk), salt.

Allergens: Wheat, Milk

Zupan's Ham

GLUTEN-FREE

Cured with water, salt, honey & sodium nitrite. Glaze: cane sugar, brown sugar, gelatin, maltodextrin, paprika, sunflower oil, vanilla extract, honey, silicon dioxide (to prevent caking). Less than 2%, water, lactic acid, acidic calcium sulfate, sodium phosphate.

Snake River Farms Kurobuta Ham

GLUTEN-FREE

Water, salt, sodium lactate, sugar, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite, red pepper, bay, cloves and cassia.

Prepared Foods

Butternut Squash Soup

VEGETARIAN, GLUTEN-FREE

Butternut Squash, water, onion, cream (milk), non-gmo canola oil, vegetable stock (carrot, onion, tomato, potato, garlic, sea salt, organic raw cane sugar, organic canola oil, natural flavoring), garlic.

Allergens: Milk

Artisan Sage Stuffing

VEGETARIAN

Vegetable stock (Water, Vegetable Base [Sautéed Vegetable Puree Mix {Carrots, Onions, Celery}, Salt, Sugar, Maltodextrin, Corn Oil, 2% or less of Yeast Extract, Water, Potato Starch, Xanthan Gum, Natural Flavors, Carrot Juice Concentrate]), Bread Cubes (Enriched Unbleached Wheat Flour, Water, Sugar, Soybean oil, Bakers Yeast, Salt, Dough Conditioner, Crumb Softener, Yellow Onion, Celery, Unsalted butter (milk), liquid whole egg, parsley, rosemary, sage, thyme, black pepper.

Allergens: Egg, Milk, Wheat, Soy

Winter Quinoa Stuffing

VEGAN, GLUTEN-FREE

Organic quinoa, yams, cranberries, sunflower seeds, pumpkin seeds, parsley, smoked paprika, salt, pepper, apple cider vinegar, brown sugar, canola oil, salt, pepper.

Gluten Free Stuffing

GLUTEN-FREE, VEGETARIAN

Vegetable Stock (Vegetable Base (Onion, Carrot, Celery, Garlic), Salt, Corn Syrup, Corn Starch, Yeast Extract, Corn Oil, Sugar, Tomato Powder, Natural Flavor, Wine), Better Buns (Filtered Water, Potato Starch, Eggs, Tapioca Starch, White Rice Flour, Liquid Egg Whites, Canola Oil, Brown Rice Flour, Sugar, Whey, Modified Tapioca Starch, Potato Flour, Yeast, Salt, Apple Cider Vinegar, Xanthan Gum, Pectin, Guar Gum, Citric Acid, Ascorbic Acid, Olive Oil), Onion, Celery, Liquid Whole Egg (Whole Eggs, Citric Acid), Unsalted Butter (milk), Sage, Salt, Black Pepper.

Allergens: Egg, Milk

Holiday Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, Sour Cream (Grade A pasteurized cultured cream, [milk], Whey, Modified Food Starch, Sodium Phosphate, Guar Gum, Carrageenan and Carob Bean Gum), Whole Milk, Unsalted Butter (pasteurized milk), Salt, Black Pepper.

Allergens: Milk

French Green Beans with Roasted Chanterelles

GLUTEN-FREE, VEGETARIAN

Green Beans, Pearl Onions, Chanterelle

Mushrooms*, Grade AA Butter (pasteurized cream, lactic acid), Roasted Garlic (garlic, citric acid), Parsley, Basil, Oregano, Chives, Onion Salt, Garlic Salt, Black Pepper.

Allergens: Milk

*Wild mushroom: not an inspected product

Roasted Carrots with Candied Pecans

VEGAN, GLUTEN-FREE

Carrots, canola/olive blend, rosemary, maple syrup, lemon juice, parsley, candied pecans (pecans, organic cane sugar, honey, water, sea salt).

Allergens: Tree Nuts

Roasted Brussels Sprouts with Pancetta

GLUTEN-FREE

Brussels sprouts, pancetta (Pork Belly, Sea Salt, Sugar, Spices, Celery Powder.), thyme, garlic, balsamic glaze (Balsamic Vinegar[Wine Vinegar, concentrated grape must, caramel color] glucose syrup, sugar, modified corn starch, xanthan gum), black pepper, salt.

Brussels Sprouts Salad with Citrus Vinaigrette

GLUTEN-FREE, VEGETARIAN

Brussels Sprouts, Pomegranate Seeds, Roasted Butternut Squash, Parmigiano Reggiano (milk, salt, rennet), Sliced Almonds, Canola/Olive Oil blend, Lemon juice, salt, pepper, apple cider vinegar.

Allergens: Tree nuts, Milk

Sauces

Turkey Gravy

Turkey Stock, Chicken Stock, Butter (cream[milk], salt), Modified Cornstarch, Unbleached White Flour, Cultured Dextrose, Onion, Celery, Tomato Paste, Carrots Canola Oil, Garlic, Sea Salt, Poultry Seasoning, Sugar, Black Pepper, Citric Acid, Sage

Allergens: Milk, Wheat

Mushroom Gravy

VEGAN, GLUTEN-FREE

Mushroom Broth, (mushroom juice, natural flavor, sugar, yeast extract, xanthan gum), vegetable base (carrot, celery, onion, maltodextrin, salt, cornstarch, corn oil, parsnip, turnips, onion powder), Mushrooms, Rice Starch, Sage, Cultured Dextrose, Canola oil, Rice Flour, Black Pepper, Thyme, Rosemary, Citric Acid.

Cranberry Orange Sauce

VEGAN, GLUTEN-FREE

Cranberries, Sugar, Water, Orange Juice concentrate, Modified Cornstarch, Cultured Dextrose, Sea Salt, Allspice, Cardamom, Cinnamon.

*Gluten-free items not created in a gluten-free facility.

Ingredients

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ZUPAN'S
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Rolls

Brioche Dinner Rolls

VEGETARIAN

Wheat Flour, Eggs, Sugar, Butter, Water, Canola Oil, Nonfat Milk, Mono- and diglycerides, Yeast, Salt, Natural flavors, Acerola extract.

Allergens: Wheat, Egg, Milk

Take & Bake Dinner Rolls

VEGETARIAN

Flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, absorbic acid, alpha amylase, enzyme) water, wheat flour enriched (wheat flour, malted barley, flour, niacin, reduced iron, thiamin mononitrate, riboflavin and folic acid), sea salt, fresh yeast, dough improver (wheat flour, enzymes).

Allergens: Wheat

Made in a facility that uses milk, tree nuts, peanuts and eggs.

New Cascadia Gluten Free Rolls

GLUTEN-FREE, VEGETARIAN

Millet flour, whole eggs, water, brown rice flour, olive oil, honey, xanthan gum, salt, yeast.

Allergens: Egg

Desserts

Finales Dutch Apple Pie

Apples, enriched unbleached flour, pure cane sugar, unsalted butter, brown sugar, cream cheese. Contain 2% or less of each of the following: rolled oat, water, modified corn starch, lowfat cultured buttermilk. Salt, baking powder, vanilla flavoring, spices.

Allergens: Wheat, Milk

Finales Bourbon Pecan Pie

Dark corn syrup, pecans, eggs, brown sugar, unsalted butter, enriched unbleached flour, cream cheese. Contain 2% or less of each of the following: bourbon, vanilla flavoring, low-fat cultured buttermilk, salt, baking powder.

Allergens: Wheat, Egg, Milk, Tree Nuts

Blue Raven Pumpkin Pie

Pumpkin, Evaporated Milk, Sugar, Egg, Enriched White Flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), Lard, Shortening (Hydrogenated Soybean Oil), Salt, Spices (Pumpkin Pie Spice, Nutmeg, Cinnamon)

Allergens: Wheat, Milk, Egg, Soy

Blue Raven Pecan Pie

Water, Eggs, Sugar, White Flour, (white flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), Lard, Shortening (Hydrogenated Soybean Oil), Dark Corn Syrup, Butter(milk), Pure Vanilla Extract, Pecans

Allergens: Wheat, Milk, Egg, Tree Nuts, Soy

Blue Raven Classic Apple Pie

Apples, flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), lard, shortening (hydrogenated soybean oil), sugar, cornstarch, butter (milk), salt, spice

Allergens: Wheat, Milk, Soy

GEM Pecan Pie

GLUTEN-FREE

Brown sugar, butter, pecans, eggs, gluten free flour, sugar, water, gluten free oat flour, almond meal, sorghum flour, milk, vanilla, xanthan gum, apple cider vinegar, salt, baking soda.

Allergens: Tree nuts, Egg, Milk

GEM Mixed Berry Streusel Pie

VEGAN, GLUTEN-FREE

Blueberries, marionberries, raspberries, sugar, brown sugar, gluten free flour (rice flour, potato starch, tapioca flour), water, gluten free oats, margarine (veg. oil blend (palm fruit, canola, and olive oils), water, salt), gluten free oat flour, shortening (palm oil, vegetable mono & diglycerides, polysorbate 60), almond meal, sorghum flour, lemon juice, cornstarch, coconut oil, salt, apple cider vinegar, xanthan gum, vanilla, cinnamon, baking soda.

Allergens: Tree nuts

GEM Pumpkin Pie

VEGAN, GLUTEN-FREE

Pumpkin, coconut milk, brown sugar, gluten free flour (rice flour, potato starch, tapioca flour), water, shortening (palm oil, vegetable mono & diglycerides, polysorbate 60), gluten free oat flour, almond meal, sorghum flour, sugar, cornstarch, coconut oil, spices, vanilla, apple cider vinegar, xanthan gum, salt, baking soda, lemon juice.

Allergens: Tree nuts

Lauretta Jean's Chocolate Cream Pie

Milk, white sugar, unsweetened chocolate, sweetened chocolate, eggs, cornstarch, pastry flour, butter, heavy cream, vanilla extract, salt, apple cider vinegar, baking powder.

Allergens: Wheat, Milk, Egg