

Main Dish

Ham

Our hams are fully cooked and delicious served at room temperature. Remove from refrigerator approx. 45 minutes before serving.

To serve warm

1. Preheat oven to 325°F.
2. Remove plastic wrap and bone guards (if applicable) and wrap ham in foil. (Zupan's hams can stay in gold foil wrap).
3. Place ham in shallow pan flat side down and cover bottom of pan with water.
4. Bake the ham in center of oven for approximately 7 minutes per pound until ham is slightly warm and thermometer in the thickest part of the ham reads 145°F.
5. Let ham rest 15-30 minutes before enjoying.

Ham with Maple Mustard Glaze

1. Remove from fridge 45 minutes before warming to allow to come to room temperature.
2. Preheat oven to 325°F.
3. Remove plastic wrap and bone guards (if applicable) and wrap ham in foil. (Zupan's hams can stay in gold foil wrap).
4. For unsliced hams, if desired use a sharp knife to make ¼-inch vertical cuts in the ham about 1 inch apart, creating a diamond pattern.
5. Place ham in shallow pan flat side down and cover bottom of pan with water.
6. Bake the ham in center of oven for approximately 7 minutes per pound until ham is slightly warm and thermometer in the thickest part of the ham reads 145°F
7. Remove ham from oven and remove foil. Spoon and spread glaze on the ham. Be careful because the ham is hot and the liquid can splatter. Use the back of a spoon to uniformly spread the glaze 6. Return the uncovered ham to oven and roast for another 10 to 20 minutes, or until the ham is fully glazed and a thick and sticky coating is visible. Remove from the oven and place onto a serving plate.
8. Let rest for 5 minutes. Serve and enjoy!

Please allow time for items to come to room temperature before heating (approximately 30 minutes). Before heating, **remove plastic lids from oven-safe containers**. For best results, cover items with foil and place containers on the middle rack of oven to distribute heat evenly. Stir items thoroughly before and after heating, and season to taste. Multiple items in oven will require longer heating time.

Brunch

Cinnamon Rolls

1. Preheat oven to 350°F.
2. Place cinnamon rolls on a baking sheet.
3. Place in oven and warm for 10-15 minutes.
4. Take out, allow to cool slightly, and enjoy.

Quiche & Frittata

Delicious served at room temperature.

OR

1. Preheat oven to 300°F.
2. Place in oven uncovered for 20 minutes, or until the quiche or frittata is warmed through.

Dinner

Rolls

1. Preheat oven to 350°F.
2. Arrange rolls in a baking dish close together.
3. Heat for 7-10 minutes depending on preference of crispiness.

Scalloped Potatoes, Mashed Potatoes, Roasted Carrots

1. Preheat oven to 350°F.
2. Heat for 30-45 minutes, or until food reaches an internal temperature of 165°F.

Mac & Cheese

1. Preheat oven to 350°F.
2. Cover with foil. Bake for about 20 minutes, or until the mac and cheese is heated through.
3. Remove foil and bake for additional 5-10 minutes for a light crust on top.

Roasted Asparagus

Delicious served at room temperature.

OR

1. Preheat oven to 350°F.
2. Drizzle with a little olive oil and place on baking sheet uncovered in oven for 5-6 minutes.

Soup & Maple Mustard Glaze

Place in a saucepan and reheat on the stovetop over medium heat until heated through.

Dessert

Cakes are best served at room temperature.

We recommend removing from fridge 1-2 hours before serving.

Brunch

Quiche Lorraine

Eggs, pie crust, bacon, gruyere cheese, caramelized onion, heavy cream, parmesan, salt, pepper. Crust: Enriched wheat flour, organic palm oil, water, cane sugar, sea salt.

Broccoli Cheddar Quiche

VEGETARIAN

Eggs, broccoli, cheddar cheese, parmesan cheese, pie crust, heavy cream, salt, pepper. Crust: enriched wheat flour, organic palm oil, water, cane sugar, sea salt.

Mushroom, Ham & Swiss Quiche

Eggs, French ham, swiss cheese, cremini mushrooms, spinach, pie crust, heavy cream, parmesan, salt, pepper. Crust: enriched wheat flour, organic palm oil, water, cane sugar, sea salt.

Allergens for all quiche: Wheat, egg, milk

Zucchini, Tomato & Mozzarella Frittata

GLUTEN-FREE, VEGETARIAN

Eggs, zucchini, tomatoes, fresh mozzarella cheese (milk, citric acid, rennet, salt), red onion, butter, parsley, herbs de provence, canola/olive oil blend, salt and pepper.

Allergens: Milk, eggs.

Herbed Potato Salad

VEGAN, GLUTEN-FREE

Potatoes, celery, olive oil, mustard (mustard seed, vinegar, salt, potassium metabisulphite, citric acid), red wine vinegar, grainy mustard, salt, pepper.

Crunchy Spring Salad

VEGAN, GLUTEN-FREE

Peas, sugar snap peas, radish, oil blend (canola oil, olive oil) carrots sliced, almonds, garlic sauce (fresh garlic, vegetable oil, olive oil, salt, natural citric acid) lemon juice, salt, spices, tarragon, black pepper.

Allergens: Tree nuts (almonds)

Shrimp with Snap Peas Salad

GLUTEN-FREE

Cooked shrimp, snap peas, red onion, celery, mayonnaise, lemon juice, dill, Old Bay, Salt, Pepper

Allergens: Egg, Soy, Shellfish

Pesto Pea Salad

GLUTEN-FREE, VEGETARIAN

Green peas, sugar snap peas, onion, spinach, basil pesto (cheese, tree nuts), lemon juice, garlic, olive oil, salt.

Allergens: Milk, Tree Nuts

Berry Ambrosia Salad

GLUTEN-FREE

Strawberries, blueberries, Greek yogurt, whipped cream, marshmallows (contains gelatin).

Allergens: Milk

Deviled Eggs

GLUTEN-FREE, VEGETARIAN

Boiled eggs, dressing (soybean oil, egg yolks, water, distilled vinegar, sugar, salt, mustard seed, turmeric, spices, onion powder, garlic powder, xanthan gum, horseradish, citric acid, potassium sorbate, sodium benzoate & cultured dextrose), may contain paprika & chives.

Allergens: Egg, Soy

Fruit Tray

VEGAN, GLUTEN-FREE

Watermelon, strawberries, cantaloupe, pineapple, kiwi, blueberries, blackberries, raspberries

Sarah's Cinnamon Rolls

Wheat flour, palm shortening w/ mono-diglycerides, sugar, dextrose, soy flour, nf-milk, salt, whey, leavening, sodium stearoyl lactylate & color, yeast, water, eggs, pure vegetable shortening, margarine, liquid & partially hydrogenated soybean oil, soybean lecithin, sodium benzoate, citric acid, natural & artificial flavor, beta carotene, vitamin a palmitate, cinnamon, pasteurized cultured milk & cream, xanthan &/or carob bean &/or guar gums, vegetable mono & diglycerides, sodium benzoate, citric acid, natural & artificial flavor, beta carotene, whey, imitation vanilla, powdered sugar, cornstarch, icing: pure cane sugar, cornstarch, corn syrup, water.

Allergens: Wheat, Soy, Milk, Egg

Hot Cross Buns

All purpose flour (wheat flour), whole milk, granulated sugar, butter (milk), eggs, yeast, salt, cinnamon, currants, candied orange peel (glucose-fructose syrup, sugar, citric acid, e220), bavarian creme (corn starch, natural flavor, salt, titanium dioxide, xanthan gum, mono- and diglycerides, benzoic acid, potassium sorbate, beta carotene), polysorbate 60).

Allergens: Milk, eggs, wheat

Dinner

Zupan's Honey Glazed Ham

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

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

Lemon Pepper Salmon

GLUTEN-FREE

Salmon, lemon pepper spice (black pepper, lemon juice powder, lemon peel powder, garlic granules, salt, onion granules, paprika, sugar, celery seed, thyme, oregano).

Allergens: Fish

Maple Mustard Glaze

VEGAN, GLUTEN-FREE

Cider vinegar, brown sugar, maple syrup, paprika, Dijon mustard, grain mustard, salt.

Mint Sauce

GLUTEN-FREE, VEGETARIAN

Mint, ginger, cilantro, honey, rice wine vinegar, canola/olive oil, salt.

Scalloped Potatoes

GLUTEN-FREE, VEGETARIAN

Russet potatoes, heavy whipping cream, swiss cheese, potato starch, corn starch and calcium sulfate added to prevent caking, natamycin, minced garlic in water, salt.

Allergens: Milk

Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream, whole milk, unsalted butter, salt, black pepper.

Allergens: Milk

White Cheddar Mac & Cheese

VEGETARIAN

Enriched shell pasta (water, semolina, egg whites, niacin, ferrous sulfate, thiamin, mononitrate, riboflavin, folic acid), pasteurized process cheese spread (cheddar and Colby cheese [pasteurized milk, cheese, culture, salt, enzymes], water, whey, sodium phosphate, whey protein concentrate, skim milk, milkfat, salt, carrageenan, light cream, cheddar cheese, 2% or less of: butter (cream, salt) wheat flour, modified food starch, salt, nisin preparation, yeast extract.

Allergens: Milk, Egg, Wheat

Roasted Asparagus

VEGAN, GLUTEN-FREE

Asparagus, almonds, lemon zest, canola/olive oil blend, salt, pepper.

Allergens: Tree Nuts

Herb Roasted Carrots

VEGAN, GLUTEN-FREE

Carrots, Olive Oil Blend (Extra Virgin Olive Oil, Canola Oil), Minced Garlic in Water (Garlic, Water, Citric Acid), Parsley, Mint, Salt, Black Pepper

Beet & Arugula Salad

GLUTEN-FREE, VEGETARIAN

Arugula, beets, red onion, goat cheese, candied walnuts, balsamic dressing (soy).

Allergens: Milk, Tree Nuts, Soy

Spring Pea Soup

VEGAN, GLUTEN-FREE

Split peas, fresh peas, garlic, olive oil, water, mint, salt.

Brioche Dinner Rolls

VEGETARIAN

Wheat flour, eggs, sugar, butter, water, canola oil, nonfat milk, mono- and diglycerides, yeast, salt, natural flavors, acerola extract.

Allergens: Milk, Egg, Wheat

New Cascadia Gluten Free Dinner Rolls

GLUTEN-FREE, VEGETARIAN

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

Allergens: Egg

Desserts

Coconut Dream Cake

Buttermilk, Cane Sugar, Cream Cheese, Enriched Flour [bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Butter (cream, [milk]), Powdered Sugar (sugar, corn starch), Coconut, Egg Whites, Water, Natural and Artificial Flavor, Expeller Pressed Canola Oil [Non-GMO], Modified Corn Starch, Baking Soda, Salt.

Allergens: Milk, eggs, wheat.

Carrot Cake

All purpose flour bleached, salt, cinnamon, granulated white sugar, baking soda, canola oil, vanilla extract, egg raw, Pineapple, grated carrots, english walnuts, unsalted butter, cream cheese, lemon juice, powdered sugar, white chocolate baking chips, dried coconut.

Allergens: Milk, eggs, tree nuts (walnut/coconut) wheat

Lemon Chiffon Cake

Lemon juice, lemon curd, eggs, sugar, flour, oil, baking powder, cream of tartar, gelatin, cream, sour cream, salt.

Allergens: Milk, eggs, wheat

Robin Egg Carrot Cupcake

Unbleached enriched wheat flour (vitamin C, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Milk solids, salt, canola oil, palm oil, sugar, egg, baking powder, corn, robin eggs (sugar, dextrose, fractionated partially hydrogenated palm kernel oil, reduced protein whey, corn syrup solids, whey, malted milk (barley malt, wheat, sodium bicarbonate, contains 2% or less of: cocoa, carob, tapioca dextrin, yellow 5, blue 1, yellow 6, red 40, red 40 lake, yellow 5 lake, blue 1 lake, sorbitan tristearate, soyalecithin, carnauba wax, water, sugar, U.S. certified colors: Red #40, Red #3, Yellow #5, Blue #1, Yellow #6, Blue #2 and/or titanium dioxide, modified corn starch, vegetable bum, citric acid, vanilla.

Allergens: Milk, Egg, Wheat

Robin Egg Cake

Unbleached enriched wheat flour (vitamin C, enzyme, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Milk solids, salt, canola oil, palm oil, sugar, egg, baking powder, corn, Robin eggs (Sugar, dextrose, fractionated partially hydrogenated palm kernel oil, reduced protein whey, corn syrup solids, whey, malted milk (barley malt, wheat, sodium bicarbonate, contains 2% or less of: cocoa, carob, tapioca dextrin, yellow 5, blue 1, yellow 6, red 40, red 40 lake, yellow 5 lake, blue 1 lake, sorbitan tristearate, soya lecithin, carnauba wax, water, sugar, U.S. certified colors: Red #40, Red #3, Yellow #5, Blue #1, Yellow #6, Blue #2 and/or titanium dioxide, modified corn starch, vegetable bum, citric acid, vanilla.

Allergens: Milk, Egg, Wheat

Frosted Shortbread Cookies

Low gluten flour (unbleached wheat flour, enriched malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), butter (pasteurized cream), sugar, egg whites, powdered sugar (sugar, cornstarch), vanilla extract (vanilla bean, water, 35% alcohol), salt (magnesium carbonate), water, egg, salt (magnesium carbonate), lemon juice (alcohol, water, oil of lemon)

Allergens: Milk, Egg, Wheat