

## 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

### Zupan's Ham

**GLUTEN-FREE**

Pork, Water, Sugar, Salt, Seasoning, Sodium Phosphate, Curing Salt (salt, sodium nitrite), Sodium Erythorbate, Glaze (cane sugar, brown sugar, gelatin, maltodextrin, paprika, sunflower oil, vanilla extract, honey, silicon dioxide (to prevent caking). Less than 2% water.)

### 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.

### Boneless Fully Cooked

#### Prime Rib Roast

**GLUTEN-FREE**

Beef, water, salt, sodium phosphate, dextrose, caramel color, dried beef stock, flavoring, spice.

### Cornbread & Chorizo Boneless Stuffed Turkey

Turkey, cornbread, pork, chicken broth, onion, carrot, celery, bacon, garlic, egg, salt, aleppo chili, white pepper, sugar, nutmeg, marjoram.

Allergens: Egg, Soy, Wheat

### Wild Mushroom Boneless

#### Stuffed Turkey

Turkey, mushrooms, cream, croutons, sunflower oil, bell peppers, salt, white wine vinegar, garlic, spices, citric acid.

Allergens: Milk, Wheat

## Prepared Foods

### Curried Butternut Squash Soup

**VEGAN, GLUTEN-FREE**

Butternut squash, onions, olive oil, kosher salt, granulated garlic, curry powder, ground rosemary, bay leaf, turmeric, curry paste, sumac, fenugreek, coconut milk, lime juice.

Allergens: Tree Nuts

### 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

### 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.

### French Green Beans with Wild Mushrooms

**GLUTEN-FREE, VEGETARIAN**

Green Beans, Pearl Onions, Wild 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

### Creamed Kale & Spinach

**VEGETARIAN**

Spinach, kale, milk, yellow onion, red pepper, garlic, flour, butter, salt, pepper.

Allergens: Milk, Wheat

### 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 sweet cream), Salt, Black Pepper

Allergens: Milk

### Beet & Arugula Salad

**GLUTEN-FREE**

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

Allergens: Milk, Nuts, Soy

### Artisan Sage Stuffing

**VEGETARIAN**

Vegetable Stock, Focaccia, Onion, Liquid Whole Egg, Celery, Unsalted Butter, Sage, Black Pepper

Allergens: Egg, Milk, Wheat

### Roasted Asparagus

**GLUTEN-FREE, VEGAN**

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

Allergens: Tree Nuts

### 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

**VEGETARIAN, GLUTEN-FREE**

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

## Sauces

### Turkey Gravy

Turkey Stock (natural flavor, salt, yeast extract, sugar), Chicken Stock (Chicken, Sugar, Maltodextrin, Chicken Fat, Natural Flavors, Onion, Potato Flour, Spices, Turmeric), Butter (cream), Modified Cornstarch, White Flour (wheat), Cultured Dextrose, Onion, Celery, Tomato Paste, Carrots Canola Oil, Garlic, Sea Salt, Poultry Seasoning, Black Pepper, Citric Acid, Sage.

Allergens: Milk, Wheat

### Mushroom Gravy

**GLUTEN-FREE, VEGAN**

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

**GLUTEN-FREE, VEGAN**

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

### Horseradish Cream

**GLUTEN-FREE, VEGETARIAN**

Sour cream, horseradish, salt, pepper.

Allergens: Milk

# Ingredients

HOLIDAY 2023

ZUPAN'S  
— MARKETS —

## Au Jus

Shallot, onion, canola/olive oil, cherry tomatoes, low sodium bouillon (roasted beef with concentrated beef stock, yeast extract, salt, sugar, maltodextrin, barley malt extract (gluten), flavoring, potato flour.

## 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

### Blue Raeven 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, Eggs, Tree Nuts, Soy

### Blue Raeven Marionberry Pie

Marionberries, Flour, lard, shortening, sugar, corn starch, butter (milk), salt.

Allergens: Wheat, Milk, Soy

### 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

### Hazelnut Praline Bûche de Noël

Eggs, wheat flour, cocoa, baking powder, salt, sugar, canola oil, cream of tartar, milk, cream, hazelnut paste, hazelnuts, soy lecithin, orange, white chocolate, vanilla extract.

Allergens: Egg, Tree nuts (hazelnuts), Wheat, Soy

### Chocolate Peppermint Cake

Cane Sugar, Cream cheese, flour, powdered sugar, unsalted butter, buttermilk, expeller-pressed canola oil, pure cocoa, eggs, baking soda, baking powder, salt, semi-sweet chocolate, pure vanilla, Seely's peppermint oil, all-natural red color.

Allergens: Wheat, Egg, Milk

### Maple Gingerbread Cake

Flour, salt, baking soda, ginger, cinnamon, allspice, eggs, pumpkin, canola oil, molasses, sugar, cream cheese, mascarpone, maple syrup, cream, butter, lemon juice, powdered sugar.

Allergens: Milk, Egg, Soy, Wheat

### Carnegie NY Cheesecake

Pasteurized milk and cream, salt, carob bean gum, cheese culture, sugar, wheat flour, malted barley flour, iron, thiamin mononitrate, riboflavin, folic acid, pasteurized whole eggs, citric acid, natural and artificial vanilla flavor, lemon juice.

Allergens: Milk, Egg, Wheat

### 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 Cherry Crumble Pie

VEGAN, GLUTEN-FREE

Cherries, sugar, gluten free flour (rice flour, potato starch, tapioca flour), gluten free oats, water, margarine (veg. oil blend (palm fruit, canola, and olive oils), water, salt), water, gluten free oat flour, shortening (palm oil), almonds, almond meal, sorghum flour, lemon juice, cornstarch, coconut oil, vanilla, apple cider vinegar, xanthan gum, salt, almond extract (water, alcohol, oil of bitter almonds), cinnamon, baking soda.

Allergens: Almonds, Coconut

### GEM Chocolate Bûche de Noël

VEGAN, GLUTEN-FREE

Powdered sugar (sugar, cornstarch), sugar, coconut milk, rice milk (water, rice, disodium phosphate, gellan gum, locust bean gum, natural flavor, potassium citrate, rice bran, salt, sodium citrate, sunflower lecithin, sunflower oil, xanthan gum), gluten-free flour (rice flour, potato starch,

tapioca flour), chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla), vegan sour cream (water, oil blend (soybean, palm fruit, olive), maltodextrin, soy protein, tofu, non-dairy lactic acid, natural gums (locust bean, guar, cellulose, xanthan, carrageenan), sugar, veg. mono and diglycerides, salt), margarine (veg. oil blend (palm fruit, canola, and olive oils), water, salt), shortening (palm oil, vegetable mono & diglycerides, polysorbate 60), cocoa (cocoa powder, alkali), non-GMO canola oil, water, egg replacer (potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, cream of tartar), cellulose gum, modified cellulose), cornstarch, vanilla, coffee, salt, vinegar, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), xanthan gum, baking soda, lemon juice.

Allergens: Tree Nuts, Soy

### Eggnog Cake

Unbleached enriched wheat flour, milk solids, milk, salt, canola oil, palm oil, sugar, egg, baking powder, whey, carrageenan, turmeric, cinnamon, corn, vanilla.

Allergens: Milk, Egg, Wheat

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