

## 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.

### 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.

Allergens: Milk, eggs, wheat

### Asparagus & Goat Cheese Quiche

VEGETARIAN

Eggs, cream, parmesan cheese, asparagus, caramelized onions, goat cheese (milk) salt, pepper, enriched unbleached flour (wheat flour malted barley four, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), organic palm oil, water, cane sugar, salt.

Allergens: Milk, eggs, wheat

### Salmon, Spinach & Tomato Quiche

Eggs, cream, cream cheese, parmesan cheese, salmon, capers, tomatoes, spinach, red onions, dill, salt, pepper, enriched unbleached flour (wheat flour malted barley four, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), organic palm oil, water, cane sugar, salt.

Allergens: Wheat, egg, milk, fish

### Chorizo & Potato Frittata

GLUTEN-FREE

Eggs, milk, butter, potato, chorizo, scallion, salt, pepper.

Allergens: Milk, eggs

### Asparagus & Goat Cheese Frittata

GLUTEN-FREE

Eggs, asparagus, caramelized onions, goat cheese, fresh thyme, green onions, salt, 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

### Signature Fruit Bowl

VEGAN, GLUTEN-FREE

Seedless grapes, pineapple, apple, pear, pomegranate, kiwi, raspberry, blackberry, strawberry, blueberry, satsuma, mango, date, mint.

### Hot Cross Buns

Low gluten flour, water, milk, sugar, butter, currants, yeast, eggs, salt, vanilla, nutmeg, cinnamon

Allergens: Milk, eggs, wheat

## Dinner

### Zupan's Honey Glazed Ham

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

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

### Roasted Salmon

GLUTEN-FREE

Salmon, dill, lemon, mustard (mustard seeds, vinegar, salt, flavorings), salt.

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

## Desserts

### 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

### Mini Carrot Cupcakes

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