Ingredients

THANKSGIVING 2026

ZUPAN'S MARKETS

Main Dishes

Shelton's Fully Cooked Turkey
GLUTEN-FREE
Turkey, water. Contains less than 2% of: Sea salt, organic cane sugar.

Turkey Breast, Fully Cooked
GLUTEN-FREE
Turkey, Water Contains Less than 2% of sea salt, raw cane sugar.

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

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.

Prepared Foods

Cauliflower & Gruyère Soup
GLUTEN-FREE
Cauliflower, onions, vegetable stock, (vegetables (carrot, onion, tomato, potato, garlic), sea salt, organic raw cane sugar, organic canola oil, natural flavoring) potatoes, heavy cream, garlic, Swiss cheese, gruyere cheese, canola oil, spices.
Allergens: Milk

Artisan Sage Stuffing
VEGETARIAN
Vegetable stock (Water, Vegetable Base [Sauteed 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

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
Russet potatoes, Yukon gold potatoes, unsalted butter (pasteurized Sweet Cream, lactic acid) Whole Milk. salt, black pepper.
Allergens: Milk

Green Beans with Mushrooms
GLUTEN-FREE, VEGETARIAN
French Green Beans, Cremini Mushrooms, Pearl Onions, Balsamic Vinegar, Shallots, Non-GMO Canola Oil, Lemon Thyme Butter, Garlic, Thyme, Kosher Salt, Parsley, Black Pepper.
Allergens: Milk

Roasted Yams
GLUTEN-FREE, VEGETARIAN
Yams, Brown Sugar, Dried Apricots, Unsalted Butter, Apricot Glaze (cane sugar, apricots, rice vinegar, pineapple, apple cider vinegar, mirin [sucrose, water, alcohol, salt, glutinous rice], ginger puree, garlic, red chili pepper flakes), Orange Juice Concentrate, Kosher Salt, Aleppo Chili Peppers, Granulated Garlic, Corn Starch, Water
Allergens: Milk

Roasted Brussels Sprouts
GLUTEN-FREE
Brussels Sprouts, Pancetta (pork belly, salt, sugar, sodium nitrate, sodium ascorbate, sodium nitrite, lactic acid starter culture), Honey, Balsamic Vinegar, Pecans, Parmigiano-Reggiano.
Allergens: Tree Nuts, Milk

White Cheddar Macaroni & Cheese
Enriched shell pasta (water, semolina flour, 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, butter (cream, salt), wheat flour, modified food starch, salt, yeast extract, panko breadcrumbs, Parmigiano-Reggiano, ground black peppers, parsley.
Allergens: Wheat, Milk, Eggs

Roasted Root Vegetables
VEGAN*, GLUTEN-FREE
Butternut Squash, Carrots, Delicata Squash, Fennel, Parsnip, Honey, Non-GMO Canola Oil, Pomegranate Arils, Thyme, Parsley, Kosher Salt, Black Pepper.

Roasted Rainbow Carrots
VEGAN*, GLUTEN-FREE
Carrots, Tahini Sauce (Tahini [100% sesame seeds roasted and pressed], water, lemon zest, lemon juice, minced garlic in water), Honey, Golden Raisins, Roasted Salted Pistachios, Parsley, Thyme
Allergens: Tree Nuts, Sesame

Shrimp Party Tray
Shrimp, arugula, dill, lemon, cocktail sauce (Chili Sauce, Ketchup, Extra Hot Prepared Horseradish, Lemon Juice, Worcestershire Sauce, Cayenne Pepper)
Allergens: Shellfish, Egg, Fish

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

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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

Porcini Mushroom Cabernet Gravy
VEGAN, GLUTEN-FREE
Water, cremini mushrooms, yellow onion, canola oil, powdered porcini mushrooms, brown sugar, balsamic vinegar, salt.

Cranberry Orange Sauce
VEGAN, GLUTEN-FREE
Cranberries, Sugar, Water, Orange Juice concentrate, Modified Cornstarch, Cultured Dextrose, Sea Salt, Allspice, Cardamom, Cinnamon.

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

Butterflake Rolls
VEGETARIAN
Low Gluten Flour, butter, sugar, egg, milk, yeast, salt
Allergens: Milk, Egg, Wheat

Desserts

Blue Raeven 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 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, Egg, Tree Nuts, Soy

Blue Raeven 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

Blue Raeven Marionberry Pie
Marionberries, flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), lard, shortening (hydrogenated soybean oil), sugar, cornstarch, 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

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 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

Bakeshop Basque Cheesecake
Cream cheese (pasteurized milk and cream, salt, carob bean gum, cheese culture), eggs, heavy cream, sugar, salt, all-purpose wheat flour.
Allergens: Wheat, Milk, Egg

Bakeshop Pumpkin Pie
Orange sweet potatoes, whole milk, butter, heavy cream, brown sugar, sugar, ap flour, eggs, salt, ginger, cinnamon, nutmeg, black pepper.
Allergens: Wheat, Milk, Egg

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