



Product Allergen Guide

Our store offers products with peanuts, tree nuts, soy, milk, shellfish, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg, wheat and other allergies.

Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Appetizer								
Asian Meatballs			Green		Blue		Purple	Grey
Buffalo Chicken Wings		Yellow						
Honey Soy Chicken Wings			Green		Blue		Purple	
Mini Crab Cakes	Red	Yellow		Green	Blue		Purple	Grey
Stuffed Mushroom with Artichokes & Parmesa		Yellow					Purple	
Stuffed Mushrooms with Crabmeat	Red	Yellow		Green	Blue		Purple	Grey
Stuffed Mushrooms with Italian Sausage		Yellow					Purple	Grey
Swedish Meatballs	Red	Yellow					Purple	Grey
Tortilla Chips								
Other								
Cheddar White VT PS								
Gnocchi							Purple	
Italian Meatballs		Yellow					Purple	Grey
NY Strip Steak CAB 12 oz								
Test Item								
Tortellini		Yellow			Blue		Purple	Grey
Soup								
Beef & Bean Chili								
Butternut Bisque		Yellow						
Chicken Noodle Soup							Purple	Grey
Corn Chowder		Yellow					Purple	
Gazpacho								
Italian Wedding Soup		Yellow			Blue		Purple	Grey
Lobster Bisque	Red	Yellow		Green			Purple	
Minestrone Soup		Yellow						
New England Clam Chowder	Red	Yellow		Green			Purple	
Pasta Fagiolo		Yellow					Purple	
Personal Chicken Noodle Soup							Purple	Grey
Personal New England Clam Chowder	Red	Yellow		Green			Purple	
Personal Pasta Fagiolo		Yellow					Purple	
Tomato Bisque		Yellow						
Wild Mushroom and Rosemary Soup		Yellow					Purple	
Sauces								
Alfredo Sauce		Yellow						
Bolognese Sauce		Yellow						
Marinara								
Turkey Pan Gravy	Red	Yellow			Blue		Purple	
Vodka Sauce		Yellow						
White Clam Sauce	Red	Yellow		Green				
Sides								
BBQ Baked Beans		Yellow						
Black Beans and Brown Rice								



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Broccoli Au Gratin		Yellow					Purple	
Broccoli Rabe								
Buffalo Mac and Cheese		Yellow					Purple	Grey
Buttered Noodles		Yellow					Purple	Grey
Cauliflower Au Gratin		Yellow					Purple	
Cheddar Scalloped Potatoes		Yellow						
Classic Mashed Potatoes		Yellow						
Couscous							Purple	
Cranberry Herb Stuffing		Yellow			Blue		Purple	Grey
Creamed Spinach		Yellow						
Escarole and White Beans		Yellow						
Fresh Mixed Vegetables		Yellow						
Glazed Carrots		Yellow						
Green Beans with Toasted Almonds		Yellow				Blue		
Grilled Vegetables								Grey
Italian Broccoli								
Lobster Mac and Cheese	Red	Yellow		Green			Purple	Grey
Macaroni and Cheese		Yellow					Purple	Grey
Maple Glazed Yams		Yellow			Blue	Blue		
Mashed Butternut Squash		Yellow						
Rice Pilaf		Yellow						
Risotto alla Parma		Yellow						
Roasted Asparagus								
Roasted Beets and Carrots								
Roasted Brussell Sprouts		Yellow						
Roasted Root Vegetables								
Sausage Stuffing		Yellow			Blue		Purple	Grey
Sautéed Spinach								
Tomato Basil Risotto		Yellow						
Twice Baked Potatoes		Yellow						Grey
Vegetarian Chickpea Curry		Yellow						
Breads								
Large Garlic Bread		Yellow					Purple	
Mini Baguette							Purple	
Mini Ciabatta		Yellow					Purple	
Multi-Grain Sandwich Roll						Blue	Purple	
Small Garlic Bread		Yellow					Purple	
Chicken Entrée								
Chicken Alfredo		Yellow					Purple	Grey
Chicken Alicia		Yellow			Blue	Blue	Purple	
Chicken alla Roma		Yellow						
Chicken and Gnocchi		Yellow					Purple	Grey
Chicken Cordon Bleu		Yellow			Blue		Purple	Grey



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Chicken Curry		Yellow				Blue		
Chicken Enchiladas		Yellow			Light Blue		Purple	
Chicken Francaise		Yellow					Purple	Grey
Chicken Italiano		Yellow					Purple	
Chicken Marbella								
Chicken Marsala		Yellow					Purple	Grey
Chicken Morengo		Yellow			Light Blue			
Chicken Pad Thai	Red		Light Green	Green	Light Blue		Purple	
Chicken Palermo		Yellow			Light Blue		Purple	Grey
Chicken Parmesan		Yellow			Light Blue		Purple	Grey
Chicken Parmesan Dinner for Four		Yellow			Light Blue		Purple	Grey
Chicken Picatta		Yellow					Purple	Grey
Chicken Portofino		Yellow			Light Blue	Blue	Purple	Grey
Chicken Pot Pie	Red	Yellow			Light Blue		Purple	Grey
Chicken Pot Pie for Four	Red	Yellow			Light Blue		Purple	Grey
Chicken with Prosciutto and Rosemary		Yellow						
Chipotle Chicken Quesadilla		Yellow			Light Blue		Purple	
Coconut Chicken with Fresh Mango Salsa						Blue	Purple	Grey
Coq au Vin		Yellow						
Grilled Chicken and Penne with Brie		Yellow					Purple	
Grilled Chicken and Vegetables								Grey
Grilled Chicken de Medici		Yellow					Purple	
Herb Roasted Chicken	Red	Yellow					Purple	
Kansas City BBQ Chicken	Red	Yellow						
Pasta Vita Chicken Cutlets		Yellow			Light Blue		Purple	Grey
Pasta Vita Grilled Chicken								
Pasta with Grilled Chicken, Tomatoes and Baco		Yellow					Purple	
Southern Chicken Tenders		Yellow			Light Blue		Purple	Grey
Ziti with Broccoli and Chicken		Yellow					Purple	Grey
Eggplant & Misc Entrée								
Eggplant Parmesan		Yellow					Purple	Grey
Eggplant Parmesan Dinner for Four		Yellow					Purple	Grey
Eggplant Rollatini		Yellow					Purple	Grey
Vegetarian Stuffed Peppers		Yellow						
No Gluten Added								
No Gluten Added Chicken Parmesan		Yellow						Grey
Beef Entrée								
Beef and Bean Burrito		Yellow			Light Blue		Purple	
Beef Bourguignon		Yellow			Light Blue		Purple	
Beef Bourguignon with Buttered Noodles Dinne		Yellow			Light Blue		Purple	Grey
Beef Stroganoff	Red	Yellow					Purple	
Beef Tenderloin Tips with Mushroom Sauce &		Yellow					Purple	
Beef Tenderloin Demi Glaze		Yellow			Light Blue			



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Beef Tenderloin Tips with Rice Pilaf	Red	Yellow			Blue		Purple	
Classic Meatloaf	Red	Yellow					Purple	Grey
Classic Meatloaf Dinner for Four	Red	Yellow					Purple	Grey
Grilled Balsamic Flank Steak	Red	Yellow			Blue		Purple	
Grilled Steak Fajitas		Yellow			Blue		Purple	
London Broil with Red Wine Mushroom Gravy	Red	Yellow			Blue		Purple	
Shepherd's Pie	Red	Yellow					Purple	Grey
Spaghetti and Meatballs		Yellow					Purple	Grey
Stuffed Peppers	Red	Yellow						
Tuscan Beef Stew							Purple	
Tuscan Short Ribs and Mashed Potatoes		Yellow					Purple	
Yankee Pot Roast		Yellow					Purple	
Pork Entrée								
BBQ Pulled Pork	Red	Yellow						
Cider Cured Pork Chops		Yellow						
Gumbo with Rice Pilaf	Red	Yellow		Green				
Jambalaya	Red	Yellow		Green				
Kansas City Style Spare Ribs	Red	Yellow						
Pork Tenderloin with Grilled Vegetables and Pe		Yellow				Blue		Grey
Pork Tenderloin with Tarragon Mustard		Yellow					Purple	
Pulled Pork Quesadilla	Red	Yellow			Blue		Purple	
Rigatoni with Sausage, Pink Sauce and Asiago		Yellow					Purple	
Sausage and Peppers		Yellow						
Ham Entrée								
Baked Ham Dinner		Yellow						
Pasta Entrée								
Baked Cheese Ravioli		Yellow					Purple	Grey
Baked Cheese Ravioli Dinner for Four		Yellow					Purple	Grey
Baked Ziti		Yellow					Purple	
Cavatelli with Broccoli Rabe and Sausage		Yellow					Purple	Grey
Linguine with Fresh Vegetables		Yellow					Purple	
Linguine with White Clam Sauce	Red	Yellow		Green			Purple	
Pasta Bolognese with Orecchiette		Yellow					Purple	
Pasta Bolognese with Orecchiette Dinner for Fo		Yellow					Purple	
Pasta Puttanesca	Red	Yellow					Purple	
Pasta with Sausage		Yellow					Purple	
Penne with Artichokes & Asparagus		Yellow					Purple	
Penne with Broccoli Aglio Olio		Yellow					Purple	
Penne with Meat Sauce		Yellow					Purple	
Penne with Vodka Sauce		Yellow					Purple	
Spaghetti Carbonara		Yellow					Purple	Grey
Spinach & Cheese Manicotti		Yellow					Purple	Grey
Stuffed Shells		Yellow					Purple	



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Turkey Entrée								
Roast Turkey Dinner	Red	Yellow			Blue		Purple	Grey
Roast Turkey Dinner For Four	Red	Yellow			Blue		Purple	Grey
Stuffed Cabbage	Red	Yellow			Blue		Purple	
Turkey Tetrazzini	Red	Yellow					Purple	Grey
Veal Entrée								
Veal Marsala		Yellow					Purple	
Veal Milano		Yellow					Purple	
Veal Parmesan		Yellow			Blue		Purple	Grey
Seafood Entrée								
Baked Boston Cod	Red	Yellow			Blue		Purple	
Baked Boston Cod Dinner for Four	Red	Yellow			Blue		Purple	
Baked Stuffed Shrimp	Red	Yellow		Green	Blue		Purple	Grey
Blackened Salmon with Chipotle Sour Cream	Red	Yellow						
Coconut Shrimp	Red			Green		Blue	Purple	Grey
Crab Cakes	Red	Yellow		Green	Blue		Purple	Grey
Crabmeat Stuffed Sole	Red	Yellow		Green	Blue		Purple	Grey
Fried Shrimp	Red			Green	Blue		Purple	Grey
Ginger Seared Sea Scallops	Red	Yellow	Light Green	Green	Blue		Purple	
Grilled Sea Scallops with Brown Butter & Prosci	Red	Yellow		Green			Purple	
Grilled Shrimp Linguine	Red	Yellow		Green			Purple	
Grilled Swordfish with Tomato Bacon Vinaigrett	Red	Yellow						
Lemon Sole	Red	Yellow					Purple	Grey
Roasted Salmon with Pistachio Crust	Red	Yellow				Blue	Purple	
Salmon Teriyaki with Broccoli	Red		Light Green		Blue		Purple	
Salmon with Black Bean Salsa	Red							
Salmon with Capellini	Red	Yellow					Purple	
Salmon with Mango Salsa	Red							
Shrimp Fajitas	Red	Yellow		Green	Blue		Purple	
Shrimp Puttanesca	Red	Yellow		Green			Purple	
Shrimp Scampi	Red	Yellow		Green			Purple	
Shrimp with Vodka Sauce	Red	Yellow		Green			Purple	
Quiches								
Artichoke and Fontina Half Quiche		Yellow			Blue		Purple	Grey
Artichoke and Fontina Quiche		Yellow			Blue		Purple	Grey
Broccoli and Cheddar Quiche		Yellow			Blue		Purple	Grey
Broccoli Cheddar Half Quiche		Yellow			Blue		Purple	Grey
Broccoli Cheddar Ham Half Quiche		Yellow			Blue		Purple	Grey
Broccoli, Cheddar and Ham Quiche		Yellow			Blue		Purple	Grey
Crustless Artichoke Fontina Quiche		Yellow						Grey
Crustless Broccoli Cheddar Ham Quiche		Yellow						Grey
Crustless Broccoli Cheddar Quiche		Yellow						Grey
Crustless Lorraine Quiche		Yellow			Blue		Purple	Grey



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Crustless Spinach Mushroom Quiche		Yellow						Grey
Lorraine Half Quiche		Yellow			Blue		Purple	Grey
Lorraine Quiche		Yellow			Blue		Purple	Grey
Spinach and Mushroom Quiche		Yellow			Blue		Purple	Grey
Spinach Mushroom Half Quiche		Yellow			Blue		Purple	Grey
Whole Chicken for 4								
Argentinean Whole Chicken with Carrots and P								
BBQ Rub Whole Roasted Chicken with Carrots a								
Greek Lemon Whole Chicken with Carrots and								
Lasagnas								
Cheese Lasagna		Yellow			Blue		Purple	Grey
Chicken and Artichoke Lasagna		Yellow			Blue		Purple	Grey
Meatball and Sausage Lasagna		Yellow			Blue		Purple	Grey
Vegetable Lasagna		Yellow			Blue		Purple	Grey
Family Lasagna								
Family Style Cheese Lasagna		Yellow			Blue		Purple	Grey
Family Style Chicken and Artichoke Lasagna		Yellow			Blue		Purple	Grey
Family Style Meatball and Sausage Lasagna		Yellow			Blue		Purple	Grey
Family Style Vegetable Lasagna		Yellow			Blue		Purple	Grey
Stromboli								
Broccoli and Mozzarella Stromboli		Yellow					Purple	Grey
Buffalo Chicken Stromboli		Yellow					Purple	Grey
Chicken Parmesan Stromboli		Yellow			Blue		Purple	Grey
Eggplant Parmesan Stromboli		Yellow					Purple	Grey
Italian Combo Stromboli		Yellow					Purple	Grey
Meatball Marinara Stromboli		Yellow					Purple	Grey
Pepperoni and Mozzarella Stromboli		Yellow					Purple	Grey
Sausage, Pepper and Onion Stromboli		Yellow					Purple	Grey
Spinach & Cheese Stromboli		Yellow					Purple	Grey
Vegetable Stromboli		Yellow					Purple	Grey
Focaccia								
3 Cheese and Tomato Focaccia		Yellow					Purple	Grey
Buffalo Chicken Focaccia		Yellow					Purple	Grey
Eggplant and Ricotta Focaccia		Yellow					Purple	Grey
Fresh Tomato, Basil and Mozzarella Focaccia		Yellow					Purple	Grey
Grilled Vegetable and Goat Cheese Focaccia		Yellow					Purple	Grey
Sausage, Spinach and Potato Focaccia		Yellow					Purple	Grey
Antipasto Case								
Asian Slaw		Yellow	Green		Blue		Purple	Grey
Coleslaw		Yellow			Blue			Grey
Fresh Mozzarella Salad		Yellow						
Fresh Tomato & Mozzarella Salad		Yellow						
Fresh Vegetables with Sundried Tomato Dip					Blue			Grey



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Giardineria Salad								
Marinated Artichoke Hearts								
Marinated Mushrooms					Blue			
Marinated Roasted Red Peppers								
Mixed Antipasto Platter		Yellow			Blue			Grey
Mixed Olive Salad								
Oil Cured Black Olives								
Roasted Red Pepper Hummus								
Spicy Pitted Olives								
Sriracha Hummus								
Stuffed Banana Peppers		Yellow						
Stuffed Cherry Peppers		Yellow						
Summer Bean Salad								
Sweet Soppresata and Assorted Cheese		Yellow						
Traditional Hummus								
Green Salads								
Arugula Salad		Yellow				Blue		
Caesar Salad	Red	Yellow					Purple	Grey
French Country Salad		Yellow						
Fresh Fruit Salad								
Garden Salad								
Gorgonzola and Walnut Salad		Yellow				Blue		
Greek Salad		Yellow						
Grilled Chicken Caesar Salad	Red	Yellow					Purple	Grey
Italian Chef Salad		Yellow						Grey
Personal Caesar Salad	Red	Yellow					Purple	Grey
Personal Gorgonzola Walnut Salad		Yellow				Blue		
Personal Grilled Chicken Caesar Salad	Red	Yellow					Purple	Grey
Personal Italian Chef Salad		Yellow						Grey
Southwest Chicken Salad		Yellow			Blue			Grey
Salads & Garde Manger								
Antipasto Pasta Salad		Yellow					Purple	
Cajun Chicken Pasta Salad		Yellow				Blue	Purple	
Classic Potato Salad		Yellow			Blue			Grey
Curried Chicken Salad					Blue	Blue		Grey
Egg Salad		Yellow			Blue			Grey
Fresh Tomato Salsa								
Greek Pasta Salad		Yellow					Purple	
Guacamole								
Macaroni Salad		Yellow			Blue		Purple	Grey
Nicoise Salad	Red							Grey
Orzo Salad with Grilled Vegetables							Purple	Grey
Pasta Vita Chicken Salad					Blue			Grey



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Personal Cajun Chicken Pasta Salad		Yellow				Blue	Purple	
Personal Chicken Salad					Cyan			Grey
Personal Summer Chicken Salad					Cyan	Blue		Grey
Personal Summer Pasta Verde		Yellow					Purple	
Personal Summer Pasta Verde with Chicken		Yellow					Purple	
Personal Tuna Pasta Salad	Red				Cyan		Purple	Grey
Pesto Pasta Salad		Yellow				Blue	Purple	
Quinoa Salad with Artichoke Hearts, Spinach an		Yellow						
Quinoa Salad with Black Beans and Tomatoes								
Roasted Beets and Fennel								
Roasted Corn and Black Bean Salad								
Seafood Pasta Salad	Red	Yellow		Green	Cyan		Purple	Grey
Shrimp Cocktail	Red			Green				
Summer Chicken Salad					Cyan	Blue		Grey
Summer Pasta Verde		Yellow					Purple	
Summer Pasta Verde with Chicken		Yellow					Purple	
Tabbouleh							Purple	
Tortellini Pasta Salad		Yellow			Cyan		Purple	Grey
Tuna Pasta Salad	Red				Cyan		Purple	Grey
Dressing								
Balsamic Vinaigrette Dressing								
Blue Cheese Dressing	Red	Yellow			Cyan			Grey
Caesar Dressing	Red	Yellow						Grey
Pesto		Yellow				Blue		
Southwest Chipotle Ranch Dressing		Yellow			Cyan			Grey
Sundried Tomato Aioli					Cyan			Grey
Sandwiches								
Chicken Salad Sandwich		Yellow			Cyan		Purple	Grey
Italian Combo Sandwich		Yellow					Purple	Grey
Turkey Sandwich		Yellow			Cyan		Purple	Grey
Desserts								
Apple Crisp		Yellow				Blue	Purple	
Apple Half Pie		Yellow			Cyan		Purple	
Apple Pie		Yellow			Cyan		Purple	
Belgian Chocolate Pudding		Yellow			Cyan			
Blueberry Half Pie					Cyan		Purple	
Blueberry Pie					Cyan		Purple	
Cherry Crunch Half Pie					Cyan		Purple	
Cherry Crunch Pie					Cyan		Purple	
Coconut Custard Half Pie		Yellow			Cyan	Blue	Purple	Grey
Coconut Custard Pie		Yellow			Cyan	Blue	Purple	Grey
Fruits of the Forest Half Pie					Cyan		Purple	
Fruits of the Forest Pie					Cyan		Purple	



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat	Eggs
Lemon Crunch Half Pie								
Lemon Crunch Pie								
Peach Half Pie								
Peach Pie								
Pumpkin Half Pie								
Pumpkin Pie								
Southern Pecan Half Pie								
Southern Pecan Pie								
Strawberry Rhubarb Half Pie								
Strawberry Rhubarb Pie								
Summer Berry Cobbler								
Tiramisu								
Toasted Almond Tiramisu								
Traditional Bread Pudding								
Snacks								
Banana Chips								
Dried Apricots								
Dried Mangos Slices								
Energy Mix								
Honey Roasted Almonds								
Honey Toasted Cashews								
Medjool Dates								
Milk Chocolate Almonds								
Pineapple Rings								
Plantain Chips								
Rocky Mountain Mix								
Trail Mix								