



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
Appetizer							
Asian Meatballs			Green		Blue		Purple
Buffalo Chicken Wings		Yellow					
Honey Soy Chicken Wings			Green		Blue		Purple
Mini Crab Cakes	Red	Yellow		Green	Blue		Purple
Stuffed Mushroom with Artichokes & Parmesa		Yellow					Purple
Stuffed Mushrooms with Crabmeat	Red	Yellow		Green	Blue		Purple
Stuffed Mushrooms with Italian Sausage		Yellow					Purple
Swedish Meatballs	Red	Yellow					Purple
Tortilla Chips							
Wild Mushroom & Brie Puffs		Yellow			Blue		Purple
Other							
Gnocchi							Purple
Italian Meatballs		Yellow					Purple
Tortellini		Yellow			Blue		Purple
Soup							
Beef & Bean Chili							
Butternut Bisque		Yellow					
Chicken Noodle Soup							Purple
Corn Chowder		Yellow					Purple
Italian Wedding Soup		Yellow					Purple
Lobster Bisque	Red	Yellow		Green			Purple
Minestrone Soup		Yellow					
New England Clam Chowder	Red	Yellow		Green			Purple
Pasta Fagiole		Yellow					Purple
Personal Chicken Noodle Soup							Purple
Personal New England Clam Chowder	Red	Yellow		Green			Purple
Personal Pasta Fagiole		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							
Broccoli Au Gratin		Yellow					Purple
Broccoli Rabe							
Buffalo Mac and Cheese		Yellow					Purple
Buttered Noodles		Yellow					Purple
Cauliflower Au Gratin		Yellow					Purple



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
Cheddar Scalloped Potatoes		Yellow					
Classic Mashed Potatoes		Yellow					
Couscous							Purple
Cranberry Herb Stuffing		Yellow			Blue		Purple
Creamed Spinach		Yellow					
Escarole and White Beans		Yellow					
Fresh Mixed Vegetables		Yellow					
Glazed Carrots		Yellow					
Green Beans with Toasted Almonds		Yellow				Blue	
Grilled Vegetables							
Italian Broccoli							
Lobster Mac and Cheese	Red	Yellow		Green			Purple
Macaroni and Cheese		Yellow					Purple
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
Sautéed Spinach							
Twice Baked Potatoes		Yellow					
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
Chicken Alicia		Yellow			Blue	Blue	Purple
Chicken alla Roma		Yellow					
Chicken Cordon Bleu		Yellow			Blue		Purple
Chicken Curry		Yellow				Blue	
Chicken Enchiladas		Yellow			Blue		Purple
Chicken Francaise		Yellow					Purple
Chicken Italiano		Yellow					Purple
Chicken Marsala		Yellow					Purple
Chicken Morengo		Yellow			Blue		
Chicken Pad Thai	Red		Light Green	Green	Blue		Purple
Chicken Palermo		Yellow			Blue		Purple
Chicken Parmesan		Yellow			Blue		Purple



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
Chicken Parmesan Dinner for Four		Yellow			Blue		Purple
Chicken Picatta		Yellow					Purple
Chicken Portofino		Yellow			Blue	Blue	Purple
Chicken Pot Pie	Red	Yellow			Blue		Purple
Chicken Pot Pie for Four	Red	Yellow			Blue		Purple
Chicken with Prosciutto and Rosemary		Yellow					
Coconut Chicken with Fresh Mango Salsa						Blue	Purple
Coq au Vin		Yellow					
Grilled Chicken and Penne with Brie		Yellow					Purple
Grilled Chicken and Vegetables							
Grilled Chicken de Medici		Yellow					Purple
Herb Roasted Chicken	Red	Yellow					Purple
Kansas City BBQ Chicken	Red	Yellow					
Pasta Vita Chicken Cutlets		Yellow			Blue		Purple
Pasta Vita Grilled Chicken							
Pasta with Grilled Chicken, Tomatoes and Baco		Yellow					Purple
Southern Chicken Tenders		Yellow			Blue		Purple
Ziti with Broccoli and Chicken		Yellow					Purple
Eggplant & Misc Entrée							
Eggplant Parmesan		Yellow					Purple
Eggplant Parmesan Dinner for Four		Yellow					Purple
Eggplant Rollatini		Yellow					
Vegetarian Stuffed Peppers		Yellow					
No Gluten Added							
No Gluten Added Chicken Parmesan		Yellow					
Quesadillas							
Chipotle Chicken Quesadilla		Yellow			Blue		Purple
Pulled Pork Quesadilla	Red	Yellow			Blue		Purple
Beef Entrée							
Beef and Bean Burrito		Yellow			Blue		Purple
Beef Bourguignon		Yellow			Blue		Purple
Beef Bourguignon with Buttered Noodles Dinne		Yellow			Blue		Purple
Beef Stroganoff	Red	Yellow					Purple
Beef Tenderloin Tips with Mushroom Sauce &		Yellow					Purple
Beef Tenderloin Demi Glaze		Yellow			Blue		
Beef Tenderloin Tips with Rice Pilaf	Red	Yellow			Blue		Purple
Classic Meatloaf	Red	Yellow					Purple
Classic Meatloaf Dinner for Four	Red	Yellow					Purple
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
Spaghetti and Meatballs		Yellow					Purple
Stuffed Peppers	Red	Yellow					
Tuscan Beef Stew							Purple



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
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	
Pork Tenderloin with Tarragon Mustard		Yellow					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
Baked Cheese Ravioli Dinner for Four		Yellow					Purple
Baked Ziti		Yellow					Purple
Cavatelli with Broccoli Rabe and Sausage		Yellow					Purple
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
Spinach & Cheese Manicotti		Yellow					Purple
Stuffed Shells		Yellow					Purple
Turkey Entrée							
Roast Turkey Dinner	Red	Yellow			Blue		Purple
Roast Turkey Dinner For Four	Red	Yellow			Blue		Purple
Stuffed Cabbage	Red	Yellow			Blue		Purple
Turkey Tetrazzini	Red	Yellow					Purple
Veal Entrée							
Veal Marsala		Yellow					Purple
Veal Milano		Yellow					Purple
Veal Parmesan		Yellow			Blue		Purple
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



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
Blackened Salmon with Chipotle Sour Cream	Red	Yellow	White	White	White	White	White
Coconut Shrimp	Red	White	White	Green	White	Blue	Purple
Crab Cakes	Red	Yellow	White	Green	Blue	White	Purple
Crabmeat Stuffed Sole	Red	Yellow	White	Green	Blue	White	Purple
Fried Shrimp	Red	White	White	Green	Blue	White	Purple
Ginger Seared Sea Scallops	Red	Yellow	Light Green	Green	Blue	White	Purple
Grilled Sea Scallops with Brown Butter & Prosci	Red	Yellow	White	Green	White	White	Purple
Grilled Shrimp Linguine	Red	Yellow	White	Green	White	White	Purple
Grilled Swordfish with Tomato Bacon Vinaigrett	Red	Yellow	White	White	White	White	White
Lemon Sole	Red	Yellow	White	White	White	White	Purple
Roasted Salmon with Pistachio Crust	Red	Yellow	White	White	White	Blue	Purple
Salmon Teriyaki with Broccoli	Red	White	Light Green	White	Blue	White	Purple
Salmon with Capellini	Red	Yellow	White	White	White	White	Purple
Salmon with Mango Salsa	Red	White	White	White	White	White	White
Salmon wth Black Bean Salsa	Red	White	White	White	White	White	White
Shrimp Fajitas	Red	Yellow	White	Green	Blue	White	Purple
Shrimp Puttanesca	Red	Yellow	White	Green	White	White	Purple
Shrimp Scampi	Red	Yellow	White	Green	White	White	Purple
Shrimp with Vodka Sauce	Red	Yellow	White	Green	White	White	Purple
Quiches							
Broccoli and Cheddar Quiche	White	Yellow	White	White	Blue	White	Purple
Broccoli Cheddar Half Quiche	White	Yellow	White	White	Blue	White	Purple
Broccoli Cheddar Ham Half Quiche	White	Yellow	White	White	Blue	White	Purple
Broccoli, Cheddar and Ham Quiche	White	Yellow	White	White	Blue	White	Purple
Crustless Broccoli Cheddar	White	Yellow	White	White	White	White	White
Crustless Broccoli Cheddar Ham	White	Yellow	White	White	White	White	White
Crustless Lorraine Quiche	White	Yellow	White	White	Blue	White	Purple
Crustless Spinach Mushroom	White	Yellow	White	White	White	White	White
Lorraine Half Quiche	White	Yellow	White	White	Blue	White	Purple
Lorraine Quiche	White	Yellow	White	White	Blue	White	Purple
Spinach and Mushroom Quiche	White	Yellow	White	White	Blue	White	Purple
Spinach Mushroom Half Quiche	White	Yellow	White	White	Blue	White	Purple
Whole Chicken for 4							
Argentinean Whole Chicken with Carrots and P	White	White	White	White	White	White	White
BBQ Rub Whole Roasted Chicken with Carrots a	White	White	White	White	White	White	White
Greek Lemon Whole Chicken with Carrots and	White	White	White	White	White	White	White
Lasagnas							
Cheese Lasagna	White	Yellow	White	White	Blue	White	Purple
Chicken and Artichoke Lasagna	White	Yellow	White	White	Blue	White	Purple
Meatball and Sausage Lasagna	White	Yellow	White	White	Blue	White	Purple
Vegetable Lasagna	White	Yellow	White	White	Blue	White	Purple
Family Lasagna							
Family Style Cheese Lasagna	White	Yellow	White	White	Blue	White	Purple
Family Style Chicken and Artichoke Lasagna	White	Yellow	White	White	Blue	White	Purple
Family Style Meatball and Sausage Lasagna	White	Yellow	White	White	Blue	White	Purple



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
Family Style Vegetable Lasagna							
Stromboli							
Broccoli and Mozzarella Stromboli							
Buffalo Chicken Stromboli							
Chicken Parmesan Stromboli							
Eggplant Parmesan Stromboli							
Italian Combo Stromboli							
Meatball Marinara Stromboli							
Pepperoni and Mozzarella Stromboli							
Sausage, Pepper and Onion Stromboli							
Vegetable Stromboli							
Focaccia							
3 Cheese and Tomato Focaccia							
Buffalo Chicken Focaccia							
Eggplant and Ricotta Focaccia							
Fresh Tomato, Basil and Mozzarella Focaccia							
Grilled Vegetable and Goat Cheese Focaccia							
Sausage, Spinach and Potato Focaccia							
Antipasto Case							
Asian Slaw							
Coleslaw							
Fresh Mozzarella Salad							
Fresh Tomato & Mozzarella Salad							
Fresh Vegetables with Sundried Tomato Dip							
Giardiniera Salad							
Marinated Artichoke Hearts							
Marinated Mushrooms							
Marinated Roasted Red Peppers							
Mixed Antipasto Platter							
Mixed Olive Salad							
Oil Cured Black Olives							
Spicy Pitted Olives							
Stuffed Banana Peppers							
Stuffed Cherry Peppers							
Summer Bean Salad							
Sweet Soppressata and Assorted Cheese							
Traditional Hummus							
Green Salads							
Arugula Salad							
Caesar Salad							
Fresh Fruit Salad							
Garden Salad							
Gorgonzola and Walnut Salad							
Greek Salad							
Grilled Chicken Caesar Salad							



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Italian Chef Salad		Yellow					
Personal Caesar Salad	Red	Yellow					Purple
Personal Fruit Salad							
Personal Gorgonzola Walnut Salad		Yellow				Blue	
Personal Grilled Chicken Caesar Salad	Red	Yellow					Purple
Personal Italian Chef Salad		Yellow					
Southwest Chicken Salad		Yellow			Cyan		
Salads & Garde Manger							
Antipasto Pasta Salad		Yellow					Purple
Cajun Chicken Pasta Salad		Yellow				Blue	Purple
Classic Potato Salad		Yellow			Cyan		
Curried Chicken Salad					Cyan	Blue	
Egg Salad		Yellow			Cyan		
Fresh Tomato Salsa							
Greek Pasta Salad		Yellow					Purple
Guacamole							
Macaroni Salad		Yellow			Cyan		Purple
Nicoise Salad	Red						
Orzo Salad with Grilled Vegetables							Purple
Pasta Vita Chicken Salad					Cyan		
Personal Cajun Chicken Pasta Salad		Yellow				Blue	Purple
Personal Chicken Salad					Cyan		
Personal Summer Chicken Salad					Cyan	Blue	
Personal Summer Pasta Verde		Yellow					Purple
Personal Summer Pasta Verde with Chicken		Yellow					Purple
Personal Tuna Pasta Salad	Red				Cyan		Purple
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
Shrimp Cocktail	Red			Green			
Summer Chicken Salad					Cyan	Blue	
Summer Pasta Verde		Yellow					Purple
Summer Pasta Verde with Chicken		Yellow					Purple
Tabbouleh							Purple
Tortellini Pasta Salad		Yellow			Cyan		Purple
Tuna Pasta Salad	Red				Cyan		Purple
Dressing							
Balsamic Vinaigrette Dressing							
Blue Cheese Dressing	Red	Yellow			Cyan		
Caesar Dressing	Red	Yellow					
Pesto		Yellow				Blue	
Southwest Chipotle Ranch Dressing		Yellow			Cyan		



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Products Contains:	Fish	Milk	Peanuts	ShellFish	Soy	Tree Nuts	Wheat
Sundried Tomato Aioli					Yes		
Sandwiches							
Chicken Salad Sandwich		Yes			Yes		Yes
Italian Combo Sandwich		Yes					Yes
Turkey Sandwich		Yes			Yes		Yes
Desserts							
Apple Crisp		Yes				Yes	Yes
Apple Half Pie		Yes			Yes		Yes
Apple Pie		Yes			Yes		Yes
Belgian Chocolate Pudding		Yes			Yes		
Blueberry Half Pie					Yes		Yes
Blueberry Pie					Yes		Yes
Cherry Crunch Half Pie					Yes		Yes
Cherry Crunch Pie					Yes		Yes
Coconut Custard Half Pie		Yes			Yes	Yes	Yes
Coconut Custard Pie		Yes			Yes	Yes	Yes
Fruits of the Forest Half Pie					Yes		Yes
Fruits of the Forest Pie					Yes		Yes
Lemon Crunch Half Pie					Yes		Yes
Lemon Crunch Pie					Yes		Yes
Peach Half Pie					Yes		Yes
Peach Pie					Yes		Yes
Pumpkin Half Pie		Yes			Yes		Yes
Pumpkin Pie		Yes			Yes		Yes
Southern Pecan Half Pie					Yes		Yes
Southern Pecan Pie					Yes		Yes
Strawberry Rhubarb Pie					Yes		Yes
Strawberry Rhubarb Half Pie					Yes		Yes
Summer Berry Cobbler		Yes					Yes
Tiramisu		Yes					Yes
Toasted Almond Tiramisu		Yes			Yes	Yes	Yes
Traditional Bread Pudding		Yes					Yes
Snacks							
Banana Chips		Yes	Yes		Yes	Yes	Yes
Dried Apricots		Yes	Yes		Yes	Yes	Yes
Dried Mangos Slices		Yes	Yes		Yes	Yes	Yes
Energy Mix		Yes	Yes		Yes	Yes	Yes
Honey Roasted Almonds		Yes	Yes		Yes	Yes	Yes
Honey Toasted Cashews		Yes	Yes		Yes	Yes	Yes
Medjool Dates		Yes	Yes		Yes	Yes	Yes
Milk Chocolate Almonds		Yes	Yes		Yes	Yes	Yes
Pineapple Rings		Yes	Yes		Yes	Yes	Yes
Plantain Chips		Yes	Yes		Yes	Yes	Yes
Rocky Mountain Mix		Yes	Yes		Yes	Yes	Yes
Trail Mix		Yes	Yes		Yes	Yes	Yes