

# INGREDIENTS GUIDE



<b>Bread, Laffa</b>	Laffa [Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Soybean &/or Hydrogenated Soybean &/or Palm Oils, Salt, Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate &/or Sodium Acid Pyrophosphate, Calcium Sulfate, Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose, Fumaric Acid, Sodium Metabisulfite, Calcium Propionate, Sorbic Acid &/or Citric Acid] , Tortillas, Flour [Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate, and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Salt, Calcium Propionate, Sorbic Acid and/or Citric Acid, Fumaric Acid, Sodium Metabisulfite and/or Mono- and Diacylglycerides]
<b>Bread, Laffa, Whole Wheat</b>	Tortillas, Whole Wheat [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil &/or Palm Oil), Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate &/or Sodium Acid Pyrophosphate, Calcium Sulfate), Monoglycerides, Enzymes, Wheat Starch, Calcium Carbonate, Tocopherols, Ascorbic Acid, Wheat Gluten, Cellulose, Fumaric Acid, Sodium Metabisulfite, Calcium Propionate, Sorbic Acid &/or Citric Acid]
<b>Bread, Pita, Gluten-Free</b>	Bread, Pita, Gluten-Free [Rice Flour, Tapioca Starch, Water, Eggs, Canola Oil, Sugar, Xanthan Gum, Potato Starch, Tapioca Flour, Calcium Lactate, Calcium Carbonate, Citric Acid, Cellulose, Yeast, Salt]
<b>Bread, Pita, Wheat</b>	Bread, Pita, Wheat [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Whey, L-Cysteine]
<b>Bread, Pita, White</b>	Bread, Pita, White [Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Yeast, Whey, L-Cysteine]
<b>Breakfast - Blueberries</b>	Blueberry
<b>Breakfast - Feta Cream Cheese</b>	Cheese, Feta [Milk, Salt, Cheese Culture, Enzymes] , Cream Cheese [Milk, Cream, Whey Protein, Salt, Carob Bean Gum, Cheese Culture] , Dill, Garlic , Milk, Lowfat [Lowfat Milk, Vitamin A Palmitate, Vitamin D3]
<b>Breakfast - Fruit Cup</b>	Fruit Cup [Honeydew Melon, Red Seedless Grapes, Cantaloupe, Pineapple]
<b>Breakfast - Granola</b>	Granola, Low Fat [Oats, Whole Wheat, Sugar, Rice, Corn Syrup, Almonds, Molasses, Modified Corn Starch, Palm Oil, Salt, Cinnamon, Nonfat Milk, Malt Flavoring, Polyglycerol Esters of Fatty Acids, Natural & Artificial Flavor, Guar Gum BHT, Niacin, Zinc, Vitamin B6, Vitamin C, Vitamin A Palmitate, Iron, Riboflavin, Folic Acid, Thiamin Hydrochloride, Vitamin D, Vitamin B12]
<b>Breakfast - Oatmeal, Jackpot</b>	Oatmeal, Jackpot [Oats, Cane Juice, Pecans, Raspberries Strawberries, Cane Sugar, Citric Acid, Carrot Juice, Blackberries, Sea Salt]
<b>Breakfast - Oatmeal, Kick Start</b>	Oatmeal, Kick Start [Oats, Cane Juice, Flax Seeds, Raisins, Almonds, Sunflower Seeds, Raisins, Blueberries, Cranberries, Walnuts, Sea Salt, Cinnamon]
<b>Breakfast - Oatmeal, Lei'd Back</b>	Oatmeal, Lei'd Back [Oats, Cane Juice, Papaya, Cranberries, Cashews, Macadamia Nuts, Sea Salt, Coconut, Cinnamon]
<b>Breakfast - Oatmeal, Mostly Sunny</b>	Oatmeal, Mostly Sunny [Oats, Cane Juice, Raisins, Cranberries, Raisins, Apples, Sea Salt, Cinnamon]
<b>Breakfast - Oatmeal, Not Guilty</b>	Oatmeal, Not Guilty [Oats, Flax Seeds, Chia Seeds, Blueberries, Apples]
<b>Breakfast - Oatmeal, Old School</b>	Oatmeal, Old School [Oats, Cane Juice, Pumpkin Seeds, Apples, Cranberries, Walnuts, Almonds, Sea Salt, Cinnamon]
<b>Breakfast - Oatmeal, R U Nuts</b>	Oatmeal, R U Nuts [Oats, Cane Juice, Flax Seeds, Almonds, Sunflower Seeds, Walnuts, Sea Salt, Cinnamon]
<b>Breakfast - Orange Juice</b>	Juice, Orange [Orange Juice, Water, Natural Flavors]
<b>Breakfast - Pepper Mix</b>	Black Pepper , Green Peppers , Red Onions , Red Peppers , Salt , Tomato
<b>Breakfast - Potatoes</b>	Potatoes, Frozen [Potatoes, Vegetable Oil (Canola, Sunflower, Cottonseed, Palm, Corn &/or Soybean), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose]
<b>Breakfast - Strawberries</b>	Strawberry
<b>Breakfast - Yogurt, Plain</b>	Yogurt, Plain, Fat-Free [Cultured Non Fat Milk]
<b>Breakfast - Yogurt, Vanilla Parfait</b>	Yogurt, Vanilla Parfait [Nonfat Milk, Oats, Wheat, Sugar, Rice, Corn Syrup, Almonds, Molasses, Modified Corn Starch, Palm Oil, Salt, Cinnamon, Nonfat Milk, Malt Flavoring, Polyglycerol Esters of Fatty Acids, Natural & Artificial Flavor, Guar Gum, BHT, Strawberries, Blueberries]

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<b>Dessert, Baklava</b>	Baklava [High Fructose Corn Syrup, Corn Syrup, Sucrose, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Shortening, Water, Almonds, Cashews, Pecans, Walnuts, Sugar, Maltodextrin, L-Cysteine, Salt, Corn Oil, Glycerine, Sodium Propionate, Sodium Benzoate, Potassium Sorbate, Honey, Cinnamon, Citric Acid, Natural & Artificial Flavor]
<b>Dessert, Chocolate Chunk Cookie</b>	Cookie, Chocolate Chunk [Enriched Wheat Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavoring), Eggs, Margarine (Partially Hydrogenated Soybean Oil, Buttermilk, Salt, Mono & Diglycerides, Soy Lecithin, Potassium Sorbate, Citric Acid, Artificial Flavoring, Vitamin A Palmitate, Carotene), Partially Hydrogenated Soybean & Cottonseed Oils, Margarine (Partially Hydrogenated Soybean & Cottonseed Oils, Water, Salt, Buttermilk, Soy Lecithin, Mono & Diglycerides, Sorbic Acid, Sodium Benzoate, Artificial Flavoring, Beta Carotene, Vitamin A Palmitate), Salt, Vanilla (Water, Ethyl Alcohol, Caramel Color), Buttermilk, Sodium Bicarbonate, Caramel Color]
<b>Drink, Iced Tea</b>	Tea, Iced, Black [Water, Tea]
<b>Drink, Iced Tea, Hibiscus Mango</b>	Tea, Iced, Mango [Water, Hibiscus, Rose Hips, Stevia, Strawberry Flavor, Tangerine Flavor, Peach Flavor, Cane Sugar, Water, Mango Flavoring, Lemon Juice]
<b>Drink, Iced Tea, Lemongrass Ginger</b>	Tea, Iced, Lemongrass/Green Ginger [Water, Lemongrass, Ginger, Green Tea]
<b>Drink, Iced Tea, Pomegranate</b>	Tea, Iced, Pomegranate [Water, Green Tea, Stevia, Pomegranate Flavor, Cranberry Flavor]
<b>Drink, Lemonade</b>	Lemon , Sugar , Water
<b>Drink, Lemonade, Mint</b>	Lemonade, Mint [Water, Lemon Juice, Sugar, Mint Flavor, Natural Flavors]
<b>Drink, Lemonade, Pomegranate</b>	Lemonade, Pomegranate [Water, Lemon Juice, Sugar, Cane Sugar, Water, Citric Acid, Natural Pomegranate, Flavor, Pomegranate Juice, Natural Flavors, Potassium Sorbate]
<b>Drink, Milk</b>	Milk, Lowfat
<b>Drink, Milk, Chocolate</b>	[Lowfat Milk, Vitamin A Palmitate, Vitamin D3]
<b>Drink, Milk, Chocolate</b>	Milk, Chocolate [Lowfat Milk, Sugar, Cocoa (with Alkali), Corn Starch, Salt, Carrageenan, Artificial Flavors, Vitamin A Palmitate, Vitamin D3]
<b>Drink, SoBe Lifewater Pomegranate</b>	Syrup, Yumberry Pomegranate [Water, Citric Acid, Calcium Lactate, Xanthan Gum, Natural & Artificial Flavor, Potassium Sorbate, Potassium Citrate, Sodium Benzoate, Polysorbate 60, Black Carrot Juice, Maltodextrin, Sucralose, Acesulfame Potassium, Vitamin E, Niacinamide, Calcium Pantothenate, Vitamin B6, Yellow #6, Vitamin B12] , Water
<b>Extra, Chips</b>	Chips, Garbanzo's [Potatoes, Vegetable Oil (May contain one or more of the following: Canola, Sunflower, Cottonseed, Palm, Corn, Soybean), Salt, Disodium Dihydrogen Pyrophosphate, Dextrose, Salt, Paprika, Sugar, Turmeric, Onion, Garlic, Tricalcium Phosphate]
<b>Extra, Dolmas</b>	Vine Leaves, Stuffed [Rice, Vine Leaves, Onion, Sunflower Oil, Water, Dill, Salt, Mint, Spices, Citric Acid]
<b>Extra, Feta Cheese</b>	Cheese, Feta [Milk, Salt, Cheese Culture, Enzymes]
<b>Extra, Grilled Eggplant</b>	Eggplant, Grilled [Eggplant, Canola Oil, Olive Oil]
<b>Extra, Hard Boiled Egg</b>	Eggs [Eggs]
<b>Kids Grilled Cheese Pita</b>	Cheese, Colby Jack [Cultured Milk, Salt, Enzymes, Artificial Color] , Bread, Pita, Wheat [Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Whey, L-Cysteine]
<b>Prep, Chip Seasoning</b>	Cumin , Paprika , Salt
<b>Protein, Chicken Kabob</b>	Kabob, Chicken [Chicken, Olive Oil, Garlic, Rosemary, Salt, Pepper, Lemon, Oregano, Red Pepper, Green Pepper, Red Onion]
<b>Protein, Chicken Shawarma</b>	Shwarma, Chicken [Chicken, Spices, Salt, Citric Acid, Canola Oil]
<b>Protein, Falafel</b>	Falafel [Chickpeas, Canola Oil, Parsley, Onion, Cilantro, Salt, Spices, Garlic, Baking Soda, Potassium Sorbate, Sodium Benzoate]
<b>Protein, Gyros</b>	Gyros Meat [Beef, Lamb, Bread Crumbs (Bleached Wheat Flour, Water, Dextrose, Salt, Yeast, Soybean Oil, Calcium Propionate), &/or Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Soybean Oil, Yeast, Sugar, Salt, Honey, Olive Oil, Water, Onions, Salt, Spices, Garlic, Soy Protein]
<b>Protein, Portobello Mushroom</b>	Mushrooms, Portobello, Grilled [Portobello Mushroom, Olive Oil, Garlic, Salt, Pepper]
<b>Protein, Steak Kabob</b>	Kabob, Steak [Steak, Olive Oil, Garlic, Rosemary, Salt, Pepper, Lemon, Oregano, Red Pepper, Green Pepper, Red Onion]
<b>Protein, Steak Shawarma</b>	Shwarma, Steak [Beef, Spices, Salt, Lemon, Citric Acid, Canola Oil]
<b>Salad, Babaganoush</b>	Babaganoush [Eggplant, Salt, Citric Acid, Ascorbic Acid, Tahini, Lemon Juice, Garlic, Salt, Canola Oil]
<b>Salad, Dressing, Creamy Mediterranean G</b>	Dressing, Mediterranean Garlic [Mayonnaise (Soybean Oil, Water, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Salt, Spice, Calcium Disodium EDTA), Water, Garlic, Spices, Sugar]
<b>Salad, Dressing, Greek Vinaigrette</b>	Dressing, Greek Vinaigrette [White Vinegar, Canola Oil, Garlic Salt, Black Pepper, Oregano, Sugar, Xanthan Gum]
<b>Salad, Dressing, Lemon Vinaigrette</b>	Dressing, Zesty Lemon Vinaigrette [Canola Oil, Lemon, Garlic, Salt, Black Pepper, Xanthan Gum]

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<b>Salad, Greek Salad</b>	Cheese, Feta [Milk, Salt, Cheese Culture, Enzymes] , Lettuce, Romaine, Fresh , Olives, Kalamata [Kalamata Olives, Water, Salt, Red Wine Vinegar, Olive Oil] , Pepperoncini [Peppers, Water, Salt, Vinegar, Citric Acid, Sodium Benzoate, Sodium Bisulfite, Yellow #5] , Red Onions , Salad, Veggie [Cucumber, Tomatoes, Canola Oil, Salt]
<b>Salad, Hummus</b>	Hummus [Chickpeas, Tahini (Sesame Seed), Water, Salt, Citric Acid, Potassium Sorbate, Sodium Benzoate]
<b>Salad, Pickles</b>	Pickles [Cucumbers, Water, Salt, Vinegar, Spices, Preservatives, Sodium Benzoate]
<b>Salad, Red Cabbage</b>	Cabbage, Red [Red Cabbage, Salt, Citric Acid, Canola Oil] , Oil, Canola [Canola Oil] , Salt
<b>Salad, Red Onion</b>	Red Onions
<b>Salad, Romaine Lettuce</b>	Lettuce, Romaine, Fresh
<b>Salad, Seasoned Rice</b>	Rice, Spiced [Rice, Canola Oil, Water, Rice Spice (Hydrolyzed Corn Protein, Salt, Turmeric, Spices, Canola Oil, Silicon Dioxide)]
<b>Salad, Tabuleh</b>	Tabuleh [Bulgur Wheat, Parsley, Tomatoes, Cucumbers, Red Onion, Olive Oil, Lemon Juice, Spices]
<b>Salad, Vegetable</b>	Salad, Veggie [Cucumber, Tomatoes, Canola Oil, Salt]
<b>Sauce, Cilantro</b>	Sauce, Cilantro [Tomatoes, Cilantro, Canola Oil, Jalapenos, Lemon, Red Onion, Garlic, Salt]
<b>Sauce, Mediterranean Garlic</b>	Dressing, Mediterranean Garlic [Mayonnaise (Soybean Oil, Water, Egg Yolks, Distilled Vinegar, High Fructose Corn Syrup, Salt, Spice, Calcium Disodium EDTA), Water, Garlic, Spices, Sugar]
<b>Sauce, Red Chili</b>	Sauce, Red Chili [Tomatoes, Canola Oil, Chili Sauce (Tomato Paste, Water, Distilled White Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Garlic, Onion, Citric Acid), Sriracha (Chili, Sugar, Garlic, Salt, Water, Acetic Acid, Lactic Acid, Xanthan Gum, Citric Acid, Potassium Sorbate, Ascorbic Acid), Chili Paste, Jalapenos, Garlic, Salt, Potassium Sorbate, Sodium Benzoate]
<b>Sauce, Tahini</b>	Garlic , Lemon , Parsley , Pepper, White , Salt , Tahini [Water, Sesame Seeds, Lemon, Parsley, Salt, Garlic] , Water
<b>Sauce, Tzatziki</b>	Tzatziki [Yogurt (Lowfat Milk, Nonfat Milk, Modified Food Starch, Cultures), Sour Cream (Cultured Cream, Whey, Modified Cornstarch, Sodium Phosphate, Sodium Tripolyphosphate, Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate), Cucumber, Lemon, Olive Oil, Garlic, Salt, Spices, Cumin, Sugar, Pepper]
<b>Soup, Garbanzo Bean</b>	Stew, Garbanzo Bean [Garbanzo Beans, Water, Vegetable Stock, Tomatoes, Salt, Citric Acid, Red Onions, Kale, Fennel, Green Peppers, Olive Oil, Rice Starch, Garlic, Sea Salt, Lemon, Spices, Parsley, Paprika]
<b>Soup, Lemon Chicken &amp; Orzo</b>	Soup, Lemon Chicken & Orzo [Chicken Stock, Orzo (Semolina, Niacin, Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Chicken, Onions, Water, Olive Oil, Rice Starch, Lemon, Sea Salt, Sugar, Mint, Spices, Distilled Vinegar, Red Pepper, Salt]
<b>Soup, Mediterranean Lentil</b>	Soup, Mediterranean Lentil [Water, Lentils, Carrots, Onions, Olive Oil, Turnips, Celery, Tomatoes, Citric Acid, Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Sea Salt, Garlic, Lemon, Spices, Paprika, Parsley, Distilled Vinegar, Red Pepper, Salt]
<b>Soup, Tomato Feta Bisque</b>	Soup, Tomato Feta Bisque [Water, Tomatoes, Salt, Citric Acid, Onions, Cream, Tomatoes, Citric Acid, Feta Cheese (Milk, Salt, Cheese Cultures, Enzymes, Potato Starch), Carrots, Butter (Cream, Salt), Rice Flour, Olive Oil, Rice Starch, Sea Salt, Garlic, Parsley, Spices]

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