

COLD DINNERS May 1-31, 2026

Mediterranean Salmon – salmon, salt, pepper, parsley.

Mediterranean salsa: cherry tomatoes, kalamata olives, capers (*capers, water, distilled vinegar, salt*), pepperoncini (*peppers, water, distilled vinegar, salt, citric acid, benzoate, sodium bisulfite*), extra virgin olive oil, balsamic vinegar, garlic, red onion, oregano, salt, pepper. **lemon roasted potatoes:** baby yukons, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, garlic, fresh thyme, lemon zest, parsley, salt, black pepper. **basil green beans:** green beans, butter, basil, salt, pepper.

Allergens: garlic/onion, dairy

Teriyaki Flank Steak – flank steak, wheat free tamari (*water, soybeans, salt, sugar*), canola oil, brown sugar, orange juice, sambal oelek chili sauce (*red chili peppers, salt, sugar, acetic acid, potassium sorbate (preservative), xanthan gum, ascorbic acid*), ginger. **Sticky rice:** white rice, shiitake mushrooms, edamame, wheat-free tamari (*water, soybeans, salt, sugar*), scallions, cilantro, salt, pepper, sesame oil, olive oil (*refined olive pomace oil, extra virgin olive oil*).

Garlic sauteed spinach: fresh spinach, garlic, olive oil (*refined olive pomace oil, extra virgin olive oil*), white wine, salt, pepper.

Allergens: soy, garlic/onion, sesame, alcohol

Chicken Piccata – boneless chicken breast, flour, salt, pepper, canola oil (for frying).

Sauce: white wine, capers (*capers, water, distilled vinegar, salt*), lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, butter, parsley, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper.

Pasta formaggio: gemelli pasta (*durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid*), peas, prosciutto, parmesan, fresh sage, garlic, olive oil (*refined olive pomace oil, extra virgin olive oil*), **mornay sauce:** heavy cream, white wine, parmesan, chicken stock, roux (*butter, flour*), yellow onion, butter, sage, garlic, salt, black pepper. **fresh asparagus:** asparagus, butter, salt, pepper.

Allergens: alcohol, wheat, onion/garlic, dairy

HOT & COLD DINNERS May 11-17, 2026

Slow Braised Lamb Shanks – lamb shank, yellow onion, pear tomatoes, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), white wine, garlic, fennel seed, coriander seed, cumin seed, mustard seed, ground cardamom, cayenne pepper, fresh ginger, cilantro, salt, pepper. **Dolmas Rice Pilaf:** basmati rice, grape leaves, currants, toasted pine nuts, fresh dill, preserved lemon (*lemons, water, salt, lemon juice*), butter, parsley. **Greek Country Salad:** romaine, radicchio, arugula, spinach, parsley, scallions. **Dressing:** lemon juice, olive oil (*refined olive pomace oil, extra virgin olive oil*), honey, shallots, parsley, fresh oregano, garlic, salt, pepper.

Allergens: *garlic/onion, alcohol, nuts, dairy*

BBQ Beef Brisket – **brisket:** red wine, white wine, tomato, thyme, garlic, rosemary, carrot, celery, bay leaf, red pepper, salt, pepper. **sauce:** red wine vinegar, brown sugar, ketchup (*tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spice, onion powder, natural flavoring*), garlic, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour, natural flavor, guar gum, benzoate of soda*), tabasco (*distilled vinegar, red pepper, salt*), butter.

Macaroni & Cheese: manufacturing cream, large elbow macaroni (*semolina (wheat), niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid*), cheddar cheese (*cultured milk, salt, enzymes, annato (color)*), parmesan cheese (*pasteurized milk, cheese culture, salt, enzymes*), asiago cheese (*pasteurized milk, cheese cultures, salt, enzymes*), butter, Worcestershire sauce (*water, high fructose corn syrup, molasses, salt, acetic acid, caramel color, hydrolyzed soy protein, rice flour*)), dry mustard, salt, pepper. *Flour is added to the sauce in the Gayle's to Go case.*

Old Fashioned Coleslaw: red cabbage, green cabbage, carrot, yellow onion, mayonnaise (*pasteurized egg yolks, whole eggs, Canola Oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon Mustard (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper*), sour cream, white wine vinegar, celery seed, salt, sugar, chili powder, pepper

Allergens: *garlic/onion, dairy, alcohol, soy, flour*

Ginger Glazed Prawns – prawns, orange juice, ginger, kosher salt, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, honey, orange marmalade (*high fructose corn syrup, corn syrup, orange peel, sugar, contains 2% or less of orange juice concentrate, citric acid, pectin, sodium benzoate (preservative)*). **Salsa:** mango, red bell pepper, red onion, jalapeno, ginger, garlic, mint, salt, pepper, orange juice, hot house cucumber, rice vinegar, olive oil (*refined olive pomace oil, extra virgin olive oil*).

Cilantro-Coconut Rice: basmati rice, coconut milk, chicken stock (*chicken bones, garlic, paprika, salt, pepper, oregano*), turmeric, cilantro, salt. **Garlic Sauteed Greens:** fresh spinach, white wine, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, salt, pepper.

Allergens: *garlic/onion, alcohol*

Chicken Schnitzel – chicken breast, flour, egg, salt, pepper, canola oil, panko (*bleached wheat flour, shortening (palm oil), cane sugar, yeast, salt*), parsley, cayenne pepper, dried mustard. **Gravy:** chicken stock (*chicken bones, paprika, salt, pepper, oregano*), bacon, heavy cream, flour, butter, salt, pepper.

buttermilk mashed potatoes: russet potatoes, heavy cream, buttermilk, butter, salt, pepper. **buttered green beans:** green beans, butter, salt, pepper.

Allergens: *wheat, egg, dairy*

Grilled Salmon with artichoke piccata sauce – salmon, artichoke (*artichoke quarters, water, sunflower oil, distilled cane vinegar, salt, olive oil, garlic, spices, ascorbic acid*), butter, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, garlic, capers (*capers, water, distilled vinegar, salt*), white wine, salt, pepper, parsley. **Rosemary Roasted Potatoes:** russet potatoes, olive oil (*refined olive pomace oil, extra virgin olive oil*), garlic, rosemary, onion, salt, pepper.

fresh asparagus: asparagus, butter, salt, pepper.

Allergens: *dairy, alcohol, onion/garlic*

Shiitake Beef Stroganoff – *stroganoff*: beef tenderloin, shiitake mushrooms, sour cream, beef paste (*roast beef and beef stock, salt, hydrolyzed protein (soy, corn), sugar, corn oil, autolyzed yeast extract, corn starch, caramel color, natural flavors, maltodextrin, disodium guanylate, disodium inosinate, corn syrup, solids, beef extract, dextrose, beef fat*), chicken stock (*chicken bones, paprika, salt, pepper, oregano*), yellow onion, dijon mustard (*water, mustard seeds, vinegar, salt, sulfite*), sherry, butter, flour, salt, pepper. ***parsley pappardelle*:** pappardelle (*durum wheat semolina, eggs, vitamins (niacin, thiamine mononitrate, riboflavin, folic acid, iron (ferrous lactate))*), parsley, butter, salt, pepper. ***green goddess salad*:** romaine lettuce, spring mix, radish, cherry tomato, carrot. ***dressing*:** mayonnaise (*pasteurized egg yolks, whole eggs, Canola Oil, olive oil (refined olive pomace oil, extra virgin olive oil), white wine vinegar, Dijon Mustard (water, mustard seeds, vinegar, salt, sulfite), salt, white pepper*), sour cream, buttermilk, garlic, anchovies (*anchovy, olive oil, salt*), green onion, parsley, lemon juice, red vinegar, salt, pepper.

Allergens: soy, dairy, onion, wheat, egg, alcohol

Roast Pork Loin with apricot sourdough stuffing: center cut pork loin brined in bay leaf, brown sugar. roasted in garlic, olive oil (*refined olive pomace oil, extra virgin olive oil*), salt, pepper. ***Stuffing*:** capitola sourdough (*organic white flour, water, levain (organic unbleached wheat flour, organic whole wheat flour, water), Organic Rye Flour, organic wheat flour, sea salt*), dried apricots, shallot, butter, parsley, white wine, garlic, salt, pepper. ***Apricot sauce*:** apricot preserves (*apricots, cane sugar, pectin, citric acid, potassium sorbate*), cornstarch, chicken stock (*chicken bones, paprika, salt, pepper, oregano*), salt, pepper. ***Vermont cheddar mashed potatoes*:** russet potatoes, butter, heavy cream, Vermont sharp cheddar cheese, salt, pepper. ***battered broccoli*:** broccoli, butter, salt, pepper

Allergens: garlic/onion, wheat, dairy, alcohol

SOUP

Chicken & Wild Rice - chicken stock (*chicken bones, garlic, paprika, salt, pepper, oregano*), chicken, wild rice, white rice, parsley, carrot, celery, onion, olive oil (*refined olive pomace oil, extra virgin olive oil*), lemon juice, thyme, sage, garlic, salt, pepper.

Allergens: garlic/onion