



Ingredients

All nutritional information was gathered using manufacturer labels and USDA nutritional information.

Updated as of February 2013

Category	Ingredients
Dressing	
Balsamic Vinaigrette	Balsamic Vinegar, 10% Olive Oil Blend, Garlic, Dijon Mustard, White Pepper, Salt.
Blue Cheese	Soybean Oil, Blue Cheese (Cultured Milk, Salk, Cheese Cultures, Enzymes), Vinegar, Water, Egg Yolk, Corn Syrup, Contains less than 2% of: Salt, Monosodium Glutamate, Spice, Propylene Glycol Alginate, Onion, Xantham Gum, Garlic, Dextrose
Chianti Italian	
Creamy Caesar	Soybean Oil, Vinegar (Distilled, Cider), Water, Romano Cheese (Cultured Milk, Salt, Enzymes), Salt, Contains Less Than 2% of: Garlic, Sugar, Spice, Maltodextrin, Anchovy (Fish), Carrageenan, Xanthan Gum, Beta Carotene.
Dijon Honey Mustard	Soybean Oil, High Fructose Corn Syrup, Vinegar, Water, Dijon Mustard (Distilled Vinegar and Water Mustard Seed, Salt, White Wine, Citric Acid, Tartic Acid, Spices), Honey, Sugar, Egg Yolk, Contains less than 2% of: Spice, Salt, Natural Flavor, Xantham Gum, Paprika, Calcium Disodium EDTA to protect flavor, Yellow #5.
Fat Free Caesar	Filtered Water, Organic Sugar, Organic Romano Cheese (Organic Cow's Milk, Salt, Cheese Cultures, Enzymes, Organic Potato Starch [added to prevent caking]), Organic Cider Vinegar, Organic White Vinegar, Organic Soybean Oil, Salt, Organic Garlic Puree, Organic Rice Oligodextrin, Organic Garlic, Organic Lemon Juice, Organic Black Pepper, Anchovy Paste (Anchovies, Salt, Olive Oil) and Xantham Gum (a natural thickener). Contains: Milk and Fish
Fat free Italian	Water, Vinegar, Maltodextrin, Sugar, Corn Syrup, Contains less than 2% of: Cellulose Gel, Cellulose and Xantham Gum, Onion, Potassium Sorbate and Sodium Benzoate as preservatives, Garlic, Carrageenan, Natural Flavor, Citric Acid, Red Bell Peppers, Spices, Propylene Glycol Alginate, Yeast Extract, Sunflower Oil, Yellow #5 and #6.
Golden Italian	Soybean Oil, Vinegar, Water, High Fructose Corn Syrup, Salt, Contains Less Than 2% of: Garlic, Xanthan Gum, Onion, Red Bell Pepper, Spice, Lemon Juice Concentrate, Dextrose, Beta Carotene, Paprika.

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Greek	Soybean Oil, Water, Vinegar (Cider, Red Wine), Extra Virgin Olive Oil, Salt, Contains less than 2% of: Spice, Vinegar, Onion, Garlic, Citric Acid, Maltodextrin, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate as a preservative, Dextrose, Yeast Extract, Natural Flavor, White Wine, Disodium Inosinate and Disodium Guanylate, Sunflower Oil.
Poppy Seed	High Fructose Corn Syrup, Soybean Oil, Water, Vinegar, Egg Yolk, Contains less than 2% of: Salt, Spices, Lemon Juice Concentrate, Poppy Seeds, Garlic, Onion, Propylene Glycol Alginate, Xanthan Gum, Calcium Disodium EDTA as a preservative, Caramel Color.
Raspberry Vinaigrette	Water, High Fructose Corn Syrup, Soybean Oil, Red Wine Vinegar, Raspberry Syrup, Salt, Natural Flavor, Modified Food Starch, Onion, Garlic, Spice, Red Bell Pepper, Herbs, Propylene Glycol Alginate, Xanthan Gum, Red No. 40, Blue No. 1, Sodium Benzoate (A Preservative) and Calcium Disodium EDTA To Protect Flavor.
Sauces	
Alfredo	Light Cream, Water, Pecorino Romano Cheese (Cultured Sheep's Milk, Enzymes, Salt, Cellulose To Prevent Caking, Natamycin To Protect Flavor), Modified Food Starch, Contains 2% or less of: Butter (Cream, Salt), Alfredo Flavor (Whey, Non-Fat Dry Milk, Natural Flavors [Cheddar Cheese (Milk, Salt, Culture, Enzyme), Buttermilk, Sodium Phosphate], Salt, Maltodextrin, Silicone Dioxide, Modified Food Starch), Garlic, Natural Flavors (Whey Protein, Milk, Natural Flavor, Salt, Maltodextrin, Butterfat, Modified Food Starch), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Salt, Garlic Powder, Spices. Contains: Milk
BBQ Sauce	Corn Syrup, Vinegar, Tomato Paste, Water, Salt, Modified Food Starch, Soybean Oil, Contains less than 2% of: Hydrolyzed Soy Protein(Soy), Spices, Garlic, Onion, Caramel, Turmeric, Red #40.
Buffalo Sauce	Aged Cayenne Red Pepper Mash (Aged Red Peppers, Vinegar, Salt, Garlic), Vinegar, Water, Salt, Sugar, Xanthan Gum, Spice Extract.
Chipotle Mayonnaise	Canola and Soybean Oil, Water, Eggs, High Fructose Corn Syrup, Salt, Vinegar, Mustard Bran, Calcium Disodium EDTA (to protect flavor), Chipotle Peppers.
Cranberry	Cranberries, High Fructose Corn Syrup, Water.
Dijon Mustard	Mustard Seed, Salt, White Wine, Fruit Pectin, Citric Acid, Tartic Acid, Sugar, Spice.
Garlic Mayonnaise	Mayonnaise, Roasted Garlic, Lemon Juice, 10% Olive Oil, Parsley.
Honey Mustard	
Marinara Sauce	Vine Ripe Fresh Peeled Tomatoes, Tomato Puree, Basil, Caramelized Onions, Oil, Garlic, Salt, Black Pepper, Sugar, Water.
Mayonnaise	Canola and/or Soybean Oil, Water, Eggs, High Fructose Corn Syrup, Salt, Vinegar, Mustard Bran, Calcium Disodium EDTA (to protect flavor).

Category	Ingredients
Peanut Sauce	Peanut Butter (Peanuts, Dextrose, Corn Syrup, Hydrogenated Cottonseed and Canola Oil, Salt), Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), White Distilled Vinegar, Sugar, Sesame Seed Oil, Sherry Wine, Garlic Powder, Hydrolyzed Wheat and Soy Protein, Spice, Salt, Modified Cornstarch, Xanthan Gum, Sodium Benzoate (Preservative), Disodium Inosinate and Disodium Guanylate, Natural Flavors.
Pesto	Basil, Spinach, 10% Olive Oil, Garlic, Walnuts, Romano-Parmesan Blend, Salt.
Pizza	Vine Ripe Fresh Peeled Tomatoes, Tomato Puree, Basil, Oregano, Black Pepper, Sugar, Water, Calcium Chloride, Citric Acid.
Bread	
Baquette	Enriched unbleached flour(wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid). water, may contain two percent or less of each: yeast, salt, high fructose corn syrup, soybean oil, white rye flour, dextrose, wheat gluten, dough conditioners (sodium stearoyl lactylate, and/or calcium propionate (to retard spoilage), yeast nutrients(calcium sulfate, ammonium sulfate) soy lecithin.
Braided Roll	Bleached Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Potassium Bromate, Water, Yeast, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed and/or Canola Oil), Salt, Dextrose, Sugar, Vegetable Mono and Diglycerides and Datem, Soy Flour, Potassium Bromate, Ascorbic Acid, L-Cysteine, Enzyme, Azodicarbonamide(ada).
Focaccia	High Gluten Flour, Yeast, Water, Salt, Sugar, Peanut Oil, Canola Oil, Rosemary.
Spinach Wrap	Unbleached, Unbromated, Enriched Wheat Flour (Wheat Flour, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Malted Barley Flour), Water, Soybean Oil and/or Canola Oil, Contains 2% or less: Dried Spinach, Mono and Diglycerides, Guar Gum, Calcium Propionate (as Preservative), Sea Salt, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Fumaric Acid, Sodium Bicarbonate, Potassium Sorbate (as Preservative), Dough Conditioner (Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate). Contains: Wheat and Soy
Sundried Tomato Wrap	Unbleached, Unbromated, Enriched Wheat Flour (Wheat Flour, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Malted Barley Flour), Water, Soybean Oil and/or Canola Oil, Contains 2% or less: Mono and Diglycerides, Tomato Granules, Tomato Powder, Guar Gum, Calcium Propionate (as Preservative), Sea Salt, Leavenings (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Fumaric Acid, Sodium Bicarbonate, Potassium Sorbate (as Preservative), Dough Conditioner (Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate). Contains: Wheat and Soy

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Wheat Wrap	Whole Wheat, Water, Enriched Flour (Wheat Flour, Niacin (Vitamin B3), Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid (Vitamin B9), Malted Barley Flour), Soybean Oil and/or Canola Oil, Contains 2% or less of the following: Mono and Diglycerides, Guar Gum, Calcium Propionate (as Preservative), Sea Salt, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Fumaric Acid, Sodium Bicarbonate, Potassium Sorbate (as Preservative), Dough Conditioner (Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate). <i>Contains: Wheat and Soy</i>
Whole Wheat Foccacia	Whole Wheat Flour, High Gluten Flour, Yeast, Water, Salt, Sugar, Peanut Oil, Canola Oil, Rosemary.
Whole Wheat Roll	Whole Wheat Flour, High Gluten Flour, Yeast, Water, Salt, Sugar, Peanut Oil, Canola Oil, Rosemary.
White Roll	High Gluten Flour, Yeast, Water, Salt, Sugar, Peanut Oil, Canola Oil, Rosemary.
Salad	
Chicken	Chicken Breast, Chopped Celery, Mayonnaise, Sage, Thyme, White Pepper, Chicken Base, Salt.
Tuna	Light Tuna, Water, Vegetable Broth, Salt, Mayonnaise. <i>Contains: Fish</i>