

PRODUCT CONTAINS:

PRODUCT	SOY	WHEAT & GLUTEN	OTHER ALERGEN	100% ORGANIC
APPETIZERS				
Soul Stix	X		Vinegar	
Seitan Ribs		X	Vinegar	X
Drumstix	X	X		
Soy Nuggets	X	X		
Baked Nugget	X	X		
Spicy Wings	X		Vinegar	
Tofu Buffalo	X		Vinegar	
SOUPS				
Chick Noodle	X	X		
Country Lentil				X
Green Garden				X
Veg. Barley				X
Chili	X	X		
Chicken Rice	X			
Roast Butternut Squash		X		X
Mushroom Barley		X		X
Black Bean		X		X
US Senate Navy Bean		X		X
Vegetable Quinoa		X		X
Escarole & White Bean		X		X
Seitan Vegetable		X		
ENTREES				
Eggplant Parm	X	X		X
Miss Maverick	X		vinegar	X
Ole El Peso Stew		X	vinegar	
Tempeh Parm	X	X		X
Salisbury Steak	X	X		
Sausage & Peppers	X	X		
Meatballs	X	X		
Cacciatore	X	X		
Manchurian Pepper Steak	X	X	Vinegar, sesame	
Steak Au Jus	X	X	Vinegar	X
South Fried Steak	X	X		X
Meatloaf	X	X		

Tofu Crab Cakes	X	X		X
Jambalaya	X	X		
Tofu Scalloppini	X		White wine	X
PioneerBurger	X	X		
GrilledMahi Mahi Steak	X	X		
Pot Pie	X	X		
Ratatouille	X	X		X
Ratatouille Puff	X	X		X
Wellington Supreme	X	X		
Herb Roasted Soy Chicken	X			
Barbecued Soy Chicken Cutlet	X		White vinegar	
Grilled Cutlet Gar Lem Herb	X			
BBQ Tofu Steak	X		White vinegar	X
Seitan Medallions	X	X	White vinegar	
Tofu Scrambler	X	X		X
Breakfast Sausage	X	X		
Coconut Curried Veggies				X
SIDES				
Brown Rice				X
Pasta		X		X
Quinoa				X
Millet				X
Mashed Potato	X			X
Brown Gravy		X		X
Marinara				X
Spinach w Garlic & Oil				
Swiss Chard w Mushrooms				
Escarola Con Ceci				
Cauliflower w Vegan Cheese				
Green Beans w Fresh Thyme				