MENU CATEGORIES

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1 LB. PACKAGES (FROZEN)

VEGAN PASTA BOLOGNESE SAUCE - $9.95

slow simmered red quinoa with tomatoes, onions, carrots, red wine and SGK Italian spice blend. (SKU:1001 – Dairy Free, Frozen, Gluten Free, Vegan, Vegetarian)

SLOPPY JOE - $9.95

slow simmered beef, tomatoes, brown sugar and cider vinegar. (SKU:1002 – Dairy Free, Frozen, Gluten Free)

MEXICAN CHICKEN CHORIZO TACO FILLING - $9.95

our house made spicy bulk chicken sausage sauteed onions and tomatoes. (SKU:1008 – Dairy Free, Frozen, Gluten Free)

CHICKEN PASTA BOLOGNESE SAUCE - $9.95

slow simmered with ground chicken, tomatoes,mushrooms, onion, carrots, celery and red wine. (SKU:1000 – Dairy Free, Frozen, Gluten Free)

CHICKEN AND GREEN CHILI TACO FILLING - $8.95

chicken braised with tomatoes and green chilies. Use for tacos, nachos or burritos. (SKU:1005 – Dairy Free, Frozen, Gluten Free)

BBQ PULLED PORK - $13.95

slow braised and smoked pork butt. Finished with SGK BBQ sauce. (SKU:1006 – Dairy Free, Frozen, Gluten Free)

BREAKFAST

EGG SCRAMBLE WITH HAM & CHEDDAR CHEESE - $10.95

with ham, cheddar cheese, bell peppers, onion and roasted potatoes. (SKU:211 – Frozen, Gluten Free)

CINNAMON ROLLS - $7.95

two cinnamon rolls topped with cream cheese cinnamon frosting. (SKU:914 –)

BUTTERMILK BLUEBERRY PANCAKES WITH REAL MAPLE SYRUP - $7.95

2 fluffy buttermilk blueberry pancakes with real maple syrup and butter (SKU:215 – Frozen)

DESSERTS

U-BAKE LEMON COOKIES - $10.95

6 cookies. Baking instructions on package. (SKU:902 –)

U-BAKE CHOCOLATE CHIP COOKIES (GF) - $10.95

6 cookies. Baking instructions on package. (SKU:901 – Gluten Free)

U-BAKE CHOCOLATE CHIP COOKIES - $10.95

6 cookies. Baking instructions on package. (SKU:900 –)

RICE PUDDING WITH GOLDEN RAISINS - $4.95

sprinkled with cinnamon. (SKU:901a – Gluten Free, Ready to Eat)

RICE PUDDING - $4.95

sprinkled with cinnamon. (SKU:900a – Gluten Free, Ready to Eat)

PEANUT BUTTER AND RITZ® CRACKERS MILK CHOC. - $5.95

Ritz crackers stuffed with peanut butter dipped in milk chocolate and topped with sea salt. (SKU:910 – Ready to Eat)

PEANUT BUTTER AND RITZ® CRACKERS DARK CHOC. - $5.95

Ritz crackers stuffed with peanut butter dipped in dark chocolate and topped with sea salt. (SKU:911 – Dairy Free, Ready to Eat)

MILK CHOCOLATE MOON PIE - $3.95

housemade marshmellow dipped in milk chocolate. (SKU:905 – Gluten Free, Ready to Eat)

LEMON GINGER COOKIE - $1.95

1 cookie, made with love. (SKU:927 – Ready to Eat)

LEMON DROP COOKIE - $1.95

1 cookie, made with love. (SKU:926 – Ready to Eat)

KITCHEN SINK - $20.95

milk chocolate, dark chocolate, pretzels, potato chips, peanuts, almonds and sea salt. (SKU:918 –)

GF CHOCOLATE "SPEED BUMP" CAKE - $7.95

gluten free dark chocolate cake, topped with buttercream stripes and finished with dark chocolate ganache. (SKU:901c – Frozen, Gluten Free)

DARK CHOCOLATE MOON PIE - $3.95

housemade marshmellow dipped in dark chocolate. (SKU:906 – Gluten Free, Ready to Eat)

CHOCOLATE PUDDING - $5.95

topped with vanilla whipped cream. (SKU:903a – Ready to Eat)

CHOCOLATE CHIP COOKIE WITH SEA SALT - $1.95

1 cookie, made with love. (SKU:925 – Ready to Eat)

CHOCOLATE CHIP COOKIE - $1.95

1 cookie, made with love. (SKU:924 – Ready to Eat)

CHOCOLATE "SPEED BUMP" CAKE - $7.95

dark chocolate cake, topped with buttercream stripes and finished with dark chocolate ganache. (SKU:900c –)

FISH ENTRÉES

TUNA AND NOODLE CASSEROLE - $9.95

solid white albacore tuna with mushroom sauce and peas. (SKU:709 – Frozen)

SALMON, INDIVIDUAL PIECE - $10.95

fully cooked. (SKU:703 – Dairy Free, Gluten Free)

SALMON, HUMMUS-SUMAC SAUCE - $18.95

pickled beets, rice pilaf with red quinoa and dill. (SKU:700 – Dairy Free, Gluten Free)

SALMON BURGER, INDIVIDUAL - $9.95

ground Faroe Island salmon mixed with capers, lemon and dill. (SKU:717 – Frozen, Gluten Free)

PANKO CRUSTED COD - $19.95

roasted creamer potatoes, remoulade sauce and coleslaw (SKU:724 – Frozen)

HOUSE SMOKED SALMON, PIECE - $10.95

fully cooked. Just thaw and serve. (SKU:704 – Dairy Free, Frozen, Gluten Free)

CRAB CAKES - $21.95

served with rice pilaf, green beans and remoulade sauce. (SKU:708 –)

MEAT ENTRÉES

SWEET ITALIAN SAUSAGE AND PASTA - $14.95

Penne pasta served with sauteed peppers and onions and tomato sauce. (SKU:811 –)

SLOPPY MAC AND CHEESE - $9.95

Beef sloppy joe topped with mac and cheese. (SKU:819 – Frozen)

HAM DINNER WITH APRICOT SAUCE - $14.95

scalloped potatoes and green beans (SKU:804 – Gluten Free)

CORNED BEEF DINNER - $16.95

Wigly's corned beef, roasted potatoes, carrots and creamed cabbage. (SKU:815 – Gluten Free)

ANGUS BEEF SLIDERS ON HONEY WHITE ROLLS - $12.95

served on SGK honey white rolls, with caramelized onions and a side of roasted potatoes. (SKU:820 – Frozen)

PANTRY

WHITE CHOCOLATE CHIPS - $7.95

(SKU:909 – Gluten Free)

TACO SEASONING SPICE BLEND - $8.95

Use 1 Tablespoon with ever one pound of ground meat or chicken (Diamond Crystal Kosher Salt, ancho chili powder, coriander, garlic powder, oregano, cumin, red chili flake, black pepper) (SKU:4004 – Dairy Free, Gluten Free, Vegan, Vegetarian)

STACY'S PITA CHIPS - $9.95

party size, 18 ounces (SKU:3018 – Ready to Eat)

STACY'S PITA CHIPS - $1.95

single serve, 1.5 ounces (SKU:3025 – Ready to Eat)

SOUTHWEST SPICE BLEND - $8.95

Use as a seasoning with eggs, roasted potatoes or vegetables. Use in place of salt and pepper with lamb, beef or chicken (Diamond Crystal Kosher Salt, chili powder, anise seed, coriander seed) (SKU:4013 – Dairy Free, Gluten Free, Vegan, Vegetarian)

PORCINI SPICE BLEND - $8.95

Use in place of salt and pepper to season when grilling, sauteing or roasting (Diamond Crystal Kosher salt, mushroom powder, rosemary, garlic powder, black pepper). (SKU:4000 – Dairy Free, Gluten Free, Vegan, Vegetarian)

MULTI-GRAIN CRACKERS, 6 SEEDS - $8.95

contain: sesame seeds (SKU:3019 – Gluten Free, Ready to Eat)

MOROCCAN SPICE BLEND II - $12.95

Use in place of salt and pepper to season when grilling, sauteing or roasting (Diamond Crystal Kosher Salt, cinnamon, tumeric, saffron, cayenne pepper, cumin, garlic powder, black pepper). (SKU:4005 – Dairy Free, Gluten Free, Vegan, Vegetarian)

MITICA FLOR DE SAL - $14.95

Hand harvested from Algarve Portugal (SKU:4008 – Dairy Free, Gluten Free, Vegan, Vegetarian)

MILK CHOCOLATE CHIPS - $8.95

(SKU:908 – Gluten Free)

ITALIAN SPICE BLEND - $8.95

Use to season: lamb, pork, chicken, beef or vegetables (Diamond Crystal Kosher salt, fennel seed, black pepper, paprika, red chili flakes and cayenne pepper). (SKU:4001 – Dairy Free, Gluten Free, Vegan, Vegetarian)

GREEK SPICE BLEND - $8.95

Use as a seasoning with eggs, roasted potatoes or vegetables. Use in place of salt and pepper with lamb, fish or chicken (Diamond Crystal Kosher Salt, garlic powder, onion powder, black pepper, oregano, rosemary) (SKU:4003 – Dairy Free, Gluten Free, Vegan, Vegetarian)

DIAMOND CRYSTAL KOSHER SALT - $12.00

only 240 mg of sodium per 1/4 teaspoon. (SKU:4006 – Dairy Free, Gluten Free, Vegan, Vegetarian)

DARK CHOCOLATE CHIPS - $8.95

(SKU:907 – Dairy Free, Gluten Free)

BBQ SPICE BLEND - $8.95

Use as a rub on chicken, pork or beef (Diamond Crystal Kosher Salt, brown sugar, onion powder, coriander, ancho chili powder, garlic powder, black pepper, anise) (SKU:4002 – Dairy Free, Gluten Free, Vegan, Vegetarian)

POULTRY ENTRÉES

SPICY CHICKEN MEATBALLS - $13.95

Served with marinara sauce, sauteed onions and peppers and creamy polenta. (SKU:552 – Frozen)

HERB AND ROASTED GARLIC CRUSTED CHICKEN BREAST - $14.95

white wine-lemon sauce, risotto and green beans. (SKU:531 –)

FRIED CHICKEN LEGS WITH BUTTERMILK CRUST - $13.95

served with mashed potatoes and gravy and a side of Frank's Red Hot. (SKU:535 – Frozen)

CHILI LIME CHICKEN THAI CURRY SAUCE - $13.95

stir fried vegetables, jasmine rice and cilantro. (SKU:518 – Dairy Free, Frozen, Gluten Free)

CHICKEN POT PIE - $14.95

roasted chicken, potatoes, carrots, onions,celery in a rich chicken gravy. Topped with pie crust. (SKU:506 – Frozen)

CHICKEN PAPRIKASH WITH SPAETZLE - $13.95

slow braised chicken legs with mushroom-sour cream sauce. (SKU:517 – Frozen)

CHICKEN MARSALA - $14.95

mushroom Marsala sauce, mashed potatoes and braised red cabbage. (SKU:513 – Gluten Free)

CHICKEN LASAGNA - $11.95

noodles layered with cheesy bechamel, chicken bolognese sauce and topped with cheese. (SKU:505 – Frozen)

CHICKEN CHILI - $9.95

with cheddar cheese and sour cream. (SKU:508 – Gluten Free)

CHICKEN BREAST, INDIVIDUAL PIECE - $5.95

fully cooked. (SKU:514 – Dairy Free, Gluten Free)

ASIAN CHICKEN PAD THAI - $12.95

stir fried rice noodles with sweet, salty, sour and spicy flavors. (SKU:511 – Dairy Free, Gluten Free)

SALADS

TUNA SALAD - $6.95

Albacore tuna, celery, carrot, mayonaisse, cottace cheese, lemon juice and a hint of sweet jalapeno. (SKU:312 – Gluten Free, Ready to Eat)

TABBOULEH - $5.95

chopped parsley, green onion, tomato, red quinoa, fresh lemon juice and olive oil. (SKU:3000 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

SPICY GREEK HARISSA OLIVES - $5.95

marinated with red chili sauce, lemon juice, garlic. (SKU:3007 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

SIDE OF SOUR CREAM - $0.95

2 oz. container (SKU:627 – Gluten Free, Ready to Eat, Vegetarian)

SGK SWEET CHILI DRESSING - $8.95

made in our kitchen. (SKU:333j – Dairy Free, Gluten Free)

SGK SOY-SESAME SALAD DRESSING - $8.95

made in our kitchen. (SKU:332j – Dairy Free, Gluten Free)

SGK ITALIAN DRESSING - $8.95

made with 0 Cabernet vinegar and parmesan cheese (SKU:334j – Gluten Free)

SGK HONEY APPLE DRESSING - $8.95

made with O honey apple vinegar (SKU:335j – Dairy Free, Gluten Free)

SGK GREEK SALAD DRESSING - $8.95

made with O Cabernet vinegar. (SKU:331j – Dairy Free, Gluten Free)

SGK CHIMICHURRI HERB SAUCE - $8.95

made with cabernet vinegar, parsley, cilantro, olive oil, garlic and oregano. (SKU:336j – Gluten Free)

SGK CAESAR SALAD DRESSING - $8.95

made in our kitchen. (SKU:330j – Gluten Free)

SGK "O" FIG SALAD DRESSING - $8.95

made with O Fig Balsamic vinegar (SKU:329j – Dairy Free, Gluten Free)

PITA BREAD, 2 SLICES - $1.95

2 slices (SKU:325 – Ready to Eat)

PICKLED RED ONIONS - $4.95

a flavorful accompaniment to a salad or a sandwich. (SKU:3015 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

PICKLED BEETS - $7.95

roasted beets diced and brined in vinegar, water, sugar, onion and dill. (SKU:3001 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

PICKLED BEET AND HUMMUS SALAD - $8.95

Cucumbers, Bulgarian feta cheese, pickled red onions, and Greek dressing. (SKU:302 – Gluten Free, Ready to Eat, Vegetarian)

ORANGE ROSEMARY OLIVES - $5.95

marinated with fresh orange and Rosmary. (SKU:3006 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

MICHIGAN SALAD - $8.95

Baby arugula, dried cherries, goat cheese-pistachio fritter and fig vinaigrette. (SKU:310 – Gluten Free, Ready to Eat, Vegetarian)

MEZE PLATTER - $12.95

Baba ghanouj, hummus, tabbouleh, spicy olives and Bulgarian fetta spread. (SKU:305 – Gluten Free, Ready to Eat, Vegetarian)

MARCONA ALMONDS - $9.95

(SKU:3002 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

KALE, QUINOA SALAD - $6.95

Kale, quinoa, golden raisins, dates, pears and pistachios. (SKU:303 – Dairy Free, Gluten Free, Ready to Eat, Vegetarian)

ITALIAN HOUSE SALAD - $8.95

Romaine lettuce, chic peas, pickled red onions, cucumbers, cherry tomatoes and Parmesan dressing. (SKU:304 – Gluten Free, Ready to Eat, Vegetarian)

HUMMUS, SPICY - $5.95

made with fresh lemon juice. Topped with Sambal Oelek. (SKU:3008 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

HUMMUS - $5.95

made with fresh lemon juice. (SKU:3009 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

HAM SALAD - $5.95

Ham ground with mayonnaise and pickle relish. (SKU:308 – Gluten Free, Ready to Eat)

EXTRA SIDE OF SGK SWEET CHILI DRESSING - $1.95

made in our kitchen. (SKU:333 – Dairy Free, Gluten Free)

EXTRA SIDE OF SGK SOY-SESAME SALAD DRESSING - $1.95

made in our kitchen. (SKU:332 – Dairy Free, Gluten Free)

EXTRA SIDE OF SGK ITALIAN DRESSING - $1.95

made with 0 Cabernet vinegar and parmesan cheese (SKU:334 – Gluten Free)

EXTRA SIDE OF SGK GREEK SALAD DRESSING - $1.95

made with O Cabernet vinegar. (SKU:331 – Dairy Free, Gluten Free)

EXTRA SIDE OF SGK CAESAR SALAD DRESSING - $1.95

made in our kitchen. (SKU:330 – Gluten Free)

EXTRA SIDE OF SGK "O" FIG SALAD DRESSING - $1.95

made with O Fig Balsamic vinegar (SKU:329 – Dairy Free, Gluten Free)

CROUTONS - $6.95

made with diced honey white dough, roasted garlic oil and parmesan cheese. (SKU:3010 – Ready to Eat)

CREAMY COLESLAW - $5.95

shredded cabbage and carrots, finished with a creamy slaw dressing. (SKU:315 – Gluten Free, Ready to Eat, Vegetarian)

CHICKEN PROTEIN BOWL - $9.95

Red quinoa, cottage cheese, hummus, vegetables, almonds and soy-sesame dressing. (SKU:300 – Gluten Free, Ready to Eat)

CASHEWS - $6.95

(SKU:3011 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

BULGARIAN FETA SPREAD - $7.95

a blend of Bulgarian feta cheese (pasteurized), cream cheese, olive oil and our secret spice blend. (SKU:3003 – Gluten Free, Ready to Eat)

ASIAN CRUNCH SALAD - $8.95

Asian slaw with the crunch of almonds, peanuts and sesame seeds. Served with soy-sesame dressing and sweet chili sauce. (SKU:311 – Dairy Free, Gluten Free, Ready to Eat, Vegan, Vegetarian)

AMISH CHICKEN SALAD - $6.95

roasted chicken mixed with celery, grapes, golden raisins, alomnds and Moroccan spice blend. (SKU:318 – Gluten Free, Ready to Eat)

SANDWICHES

WATER/SODA - $1.65

(SKU:100m –)

TUNA MELT - $7.95

Set of honey white rolls, white albacore tuna salad, cheddar cheese (SKU:401 –)

HONEY WHITE ROLLS - $5.95

six rolls per package. Thaw and serve. (SKU:402 – Frozen)

CHICKEN CAESAR ROLL-UP - $7.95

Whole wheat wrap, chicken breast, romaine lettuce, parmesan cheese, Caesar dressing. (SKU:400 – Ready to Eat)

SAUSAGES, DRUMSTICKS, WINGS (FROZEN)

SWEET ITALIAN SAUSAGE - $9.95

pork, fennel, paprika. (SKU:2007 – Dairy Free, Frozen, Gluten Free)

SWEDISH POTATO SAUSAGE - $11.95

beef, potatoes and onions. (SKU:2016 – Dairy Free, Frozen, Gluten Free)

SPICY ITALIAN SAUSAGE - $9.95

pork, fennel, paprika and red chili flakes. (SKU:2008 – Dairy Free, Frozen, Gluten Free)

SMOKED SPICY CHICKEN JALAPENO CHEDDAR SAUSAGE - $9.95

a blend of Amish chicken, jalapeno and cheddar cheese. Sasuage is completely cooked. Thaw, brown and serve! (SKU:2017 – Frozen, Gluten Free)

SMOKED CHICKEN APPLE SAUSAGE - $9.95

ground chicken blended with apples, sage and black pepper then smoked. Great breakfast sausage. (SKU:2003 – Dairy Free, Frozen, Gluten Free)

SMOKED BACON MAPLE SAUSAGE - $9.95

a blend of pork and bacon. Delicious breakfast sausage. (SKU:2011 – Dairy Free, Frozen, Gluten Free)

PORK, PARMESAN & PARSLEY SAUSAGE - $9.95

pork, parmesan cheese, parsley, garlic and red chili flakes. (SKU:2009 – Frozen, Gluten Free)

KOREAN BBQ DRUMSTICKS & THIGHS - $12.95

Cooking instructions on package. (SKU:3022 – Dairy Free, Frozen, Gluten Free)

GREEK GYRO SAUSAGE - $9.95

A blend of lamb and pork. (SKU:2010 – Dairy Free, Frozen, Gluten Free)

FRESH POLISH KIELBASA SAUSAGE - $9.95

pork, onions, garlic, black pepper and red chili flakes. (SKU:2006 – Dairy Free, Frozen, Gluten Free)

FRENCH GARLIC "TOULOUSE" SAUSAGE - $9.95

pork, garlic and black pepper. (SKU:2014 – Dairy Free, Frozen, Gluten Free)

FRANK'S RED HOT® WINGS - $12.95

You bake instructions included.

Contains 24 pieces. (SKU:3004 – Dairy Free, Frozen, Gluten Free)

FRANK'S RED HOT DRUMSTICKS & THIGHS - $12.95

Cooking instructions on package. (SKU:3021 – Dairy Free, Frozen, Gluten Free)

CORNED BEEF AND SWISS SAUSAGE - $10.95

ground corned beef mixed with Swiss cheese and spices. (SKU:2015 – Frozen, Gluten Free)

CHICKEN, PARMESAN & PARSLEY SAUSAGE - $9.95

ground chicken blended with parmesan cheese, parsley and a hint of spice. (SKU:2001 – Frozen, Gluten Free)

CHICKEN MARSALA SAUSAGE - $9.95

ground chicken blended with sauteed mushrooms, onions and marsala wine. (SKU:2002 – Dairy Free, Frozen, Gluten Free)

CHICKEN BLUE BUFFALO SAUSAGE - $10.95

all of the flavors with wing-dings, cheddar cheese, blue cheese and spice all stuffed into a sausage. (SKU:2004 – Frozen, Gluten Free)

CHICKEN AND GREEN CHILI SAUSAGE - $9.95

chicken ground and mixed with a blend of green chilies and spices. (SKU:2000 – Dairy Free, Frozen, Gluten Free)

BRATWURST SAUSAGE - $9.95

a Wisconsin favorite. (SKU:2005 – Dairy Free, Frozen, Gluten Free)

BBQ WINGS - $12.95

You bake instructions included.
Contains 24 pieces. (SKU:3005 – Dairy Free, Frozen, Gluten Free)

BBQ DRUMSTICKS & THIGHS - $12.95

Cooking instructions on package. (SKU:3020 – Dairy Free, Frozen, Gluten Free)

SNACKS

PEANUT BUTTER PADDLE BAR - $4.95

An energy bar created by chefs Bill and Shanny for athletic friends.
Contains: peanut butter, dates, plantain bananas, peanuts, sesame seeds, pumpkin seeds, powdered sugar, oats, dark chocolate chips, peanut butter powder, honey, salt and oil. (SKU:904 – Dairy Free, Gluten Free, Ready to Eat)

DOUBLE CREME BRIE TOPPED WITH STREUSEL - $39.95

double creme brie topped with cranberry chutney and SGK streusel (SKU:t026 – Frozen)

DARK CHOCOLATE PEDAL BAR - $4.95

An energy bar created by chefs Bill and Shanny for long bike rides or runs.
Made with: dark chocolate, dates, peanut butter, plantain bananas, peanuts, sesames seeds, pumpkin seeds, oats, honey, salt and oil. (SKU:903 – Dairy Free, Gluten Free, Ready to Eat)

SOUPS

SOUTHWEST POTATO AND BACON CHOWDER - $11.95

slow simmered chicken stock and beef stock, with potato, bacon, corn and bell peppers. (SKU:163 – Frozen, Gluten Free)

POLISH DILL PICKLE SOUP - $11.95

chicken stock, dill pickles, celery, carrots, onions, sour cream. (SKU:125 –)

POLISH CABBAGE SOUP - $11.95

vegetable stock, cabbage, sauerkraut, carrots, onions, celery, cider vinegar, brown sugar. (SKU:118 – Dairy Free, Frozen, Gluten Free, Vegan, Vegetarian)

MEXICAN TORTILLA SOUP - $11.95

made with slow simmered chicken stock, rice, beans, corn and chilies. (SKU:103 – Dairy Free, Frozen, Gluten Free)

CREAMY VEGETABLE BEEF SOUP (NO MEAT) - $11.95

made with beef stock, amish chicken stock, celery, carrots and onions. (SKU:151 – Frozen)

CREAMY HUNGARIAN MUSHROOM SOUP - $11.95

made with chicken stock and finished with spaetzle. (SKU:113 –)

AMISH CHICKEN NOODLE SOUP - $11.95

celery, carrots, onions, egg noodles and roasted chicken. (SKU:109 –)

VEGETARIAN ENTRÉES

VEGAN CHILI - $9.95

made with sweet potatoes, tomatoes, quinoa, red beans, white beans (SKU:622 – Dairy Free, Frozen, Gluten Free, Vegan, Vegetarian)

SPINACH CHEESE PIE - $7.95

phyllo dough wrapped around baby spinach, Bulgarian feta cheese and dill. (SKU:603 – Frozen, Vegetarian)

MARINARA SAUCE - $10.95

made with tomatoes, onions, garlic, balsamic syrup. (SKU:605 – Dairy Free, Frozen, Gluten Free, Vegan, Vegetarian)

MAC & CHEESE - $7.95

made with French raclette cheese. Finished with a crunchy bread crumb topping. (SKU:604 – Frozen, Vegetarian)

LENTIL ENCHILADAS - $11.95

flour tortillas filled with lentils, sweet potatoes, pears and jalapenos. Topped with spicy harissa sauce. (SKU:600 – Frozen, Vegetarian)

FALAFEL BURGER PATTY - $4.95

A savory, plant-based patty made from ground chickpeas, mixed with herbs and spices. (SKU:639 – Dairy Free, Frozen, Gluten Free, Vegan, Vegetarian)

CASHEW-CAULIFLOWER-QUINOA - $13.95

topped with coconut-cashew sauce and sweet chutney. (SKU:602 – Dairy Free, Gluten Free, Vegan, Vegetarian)
