



MENU CATEGORIES

1 lb. Packages (Frozen)	2
Breakfast	2
Desserts	2
Fish Entrées	4
Meat Entrées	5
Pantry	6
Poultry Entrées	7
Salads	8
Sandwiches	12
Sausages, Drumsticks, Wings (Frozen)	12
Sides	14
Snacks	14
Soups	15
Vegetarian Entrées	15



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 - \$8.95

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

MEXICAN CHICKEN CHORIZO TACO FILLING - \$8.95

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 - \$12.95

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

BREAKFAST

SPICY ITALIAN SAUSAGE & VEGETABLE STRATA - \$8.95

A savory bread pudding with pork sausage, parmesan cheese, zucchini, mushroom, tomatoes and onion. (SKU:214 - [Frozen](#))

EGG SCRAMBLE WITH HAM & CHEDDAR CHEESE - \$10.95

with ham, cheddar cheese, bell peppers, onion and roasted potatoes. (SKU:211 - [Gluten Free](#))



DESSERTS

U-BAKE LEMON COOKIES - \$10.95

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

U-BAKE CHOCOLATE CHIP COOKIES - \$10.95

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

U-BAKE CHOCOLATE CHIP COOKIES - \$10.95

6 cookies. Baking instructions on package. (SKU:901 - [Gluten Free](#))

TAPIOCA PUDDING - \$4.95

made with milk. (SKU:902a - [Gluten Free](#), [Ready to Eat](#))

SEA SALT CHOCOLATE CHIP COOKIE - \$1.95

1 cookie, made with love. (SKU:925 - [Ready to Eat](#))

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](#))

NUTELLA TIRAMISU - \$8.95

sponge cake soaked with coffee simple syrup, layered with marscarpone cheese, chocolate ganache and whipped cream. (SKU:913c - [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](#))



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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 - [Frozen](#))

CHOC. "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](#))

BUTTERSCOTCH PUDDING - \$4.95

topped with vanilla whipped cream. (SKU:904a - [Ready to Eat](#))

FISH ENTRÉES

SAUTEED SALMON WITH RISOTTO - \$17.95

risotto finished with parmesan cheese. Herb Sauce. Green beans. (SKU:732 - [Frozen](#), [Gluten Free](#))

SALMON, INDIVIDUAL PIECE - \$9.95

fully cooked. (SKU:703 - [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 - \$18.95

roasted creamer potatoes, remoulade sauce and coleslaw (SKU:724 - [Frozen](#))

MOROCCAN SPICED SALMON WITH RED PEPPER HARISSA SAUCE - \$17.95

couscous pilaf, almonds and preserved lemons (SKU:736 -)

HOUSE SMOKED SALMON, PIECE - \$9.95

fully cooked. Just thaw and serve. (SKU:704 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))



CHILI LIME SHRIMP THAI CURRY SAUCE - \$17.95

Stir fried vegetables served with coconut milk curry sauce and jasmine rice. (SKU:714 - [Dairy Free](#), [Gluten Free](#))

MEAT ENTRÉES

YANKEE POT ROAST AND MASHED POTATOES - \$20.95

slow braised beef chuck with red wine gravy and roasted carrots. (SKU:822 - [Frozen](#), [Gluten Free](#))

SLOPPY MAC AND CHEESE - \$8.95

Beef sloppy joe topped with mac and cheese. (SKU:819 - [Frozen](#))

SHEPHERD'S PIE - \$14.95

Ground lamb stewed with red wine, vegetables and tomatoes. Topped with mashed potatoes. (SKU:807 - [Gluten Free](#))

PORK TENDERLOIN WITH APPLE-MUSTARD SAUCE - \$16.95

pork jus with apples and wholegrain mustard. Cheddar cheese scalloped potatoes and green beans. (SKU:821 - [Frozen](#), [Gluten Free](#))

MEATLOAF AND GRAVY - \$10.95

Served with mashed potatoes and roasted carrots. (SKU:808 -)

DANNY'S BEEF GOULASH - \$10.95

Stewed ground beef with tomatoes, onions, red wine and garlic. Finished with macaroni pasta and cheese. (SKU:818 - [Frozen](#))

COWBOY CHILI WITH CORNBREAD CRUST - \$10.95

ground beef stewed with beans, corn and chilies. Topped with cheddar cheese. (SKU:801 - [Frozen](#), [Gluten Free](#))

BEEF STROGANOFF - \$17.95

served over egg noodles. (SKU:816 - [Frozen](#))

BBQ PORK TENDERLOIN WITH BBQ SAUCE - \$16.95

with Macaroni & Cheese and Coleslaw (SKU:842 - [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 - \$8.95

party size, 18 ounces (SKU:3018 - [Ready to Eat](#))

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](#))

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 - \$8.96

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](#))



GLUTEN FREE PIE CRUST - \$5.95

one single crust for a 10" pie plate (made with gluten free flour). (SKU:t020 - [Frozen](#), [Gluten Free](#))

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](#))

AUNT B'S FOOL PROOF PIE CRUST - \$4.95

one single crust for a 10" pie plate or a free form galette. (SKU:4007 - [Frozen](#))

POULTRY ENTRÉES

GREEK SPICED CHICKEN BREAST - \$14.95

Served with gyro salsa, rice pilaf & spinach pie. (SKU:555 -)

CHICKEN POT PIE - \$12.95

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

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 CACCIATORA, CORN PUDDING - \$12.95

slow simmered chicken legs with mushrooms, green peppers, tomatoes and onions (SKU:534 - [Frozen](#), [Gluten Free](#))



CHICKEN BREAST, INDIVIDUAL PIECE - \$5.95

fully cooked. (SKU:514 - [Dairy Free](#), [Gluten Free](#))

CHICKEN BOLOGNESE AND SPAGHETTI - \$13.95

ground chicken stewed with red wine and tomatoes, mushrooms, Parmesan sauce and spaghetti. (SKU:510 - [Frozen](#))

CHICKEN ALLA MILANESE (PANKO CRUSTED) - \$14.95

lemon-caper sauce, rice pilaf and green beans. (SKU:544 - [Frozen](#))

CHICKEN ALFREDO - \$14.95

with penne pasta and winter vegetables. (SKU:554 -)

ASIAN CHICKEN PAD THAI - \$12.95

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

APRICOT-BOURBON GLAZED CHICKEN BREAST - \$14.95

Served with scalloped Potatoes and Winter Vegetables. (SKU:516 - [Gluten Free](#))

AMISH CHICKEN PICCATA - \$14.95

rice pilaf, green beans and mushroom lemon-caper sauce. (SKU:537 - [Frozen](#), [Gluten Free](#))

SALADS

TUNA SALAD - \$6.95

Albacore tuna, celery, carrot, mayonnaise, cottage cheese, lemon juice and a hint of sweet jalapeno. (SKU:312 - [Gluten Free](#), [Ready to Eat](#))

TACO SALAD WITH TORTILLA CHIPS - \$12.95

chopped Romaine lettuce, cabbage, cheddar cheese, vegetables, red beans, lentils and taco dressing. (SKU:306 - [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 HUMMUS - \$5.95

made with fresh lemon juice. Topped with Sambal Oelek. (SKU:3008 - [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](#))

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 0 honey apple vinegar (SKU:335j - [Dairy Free](#), [Gluten Free](#))

SGK GREEK SALAD DRESSING - \$8.95

made with 0 Cabernet vinegar. (SKU:331j - [Dairy Free](#), [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 0 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](#))

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](#))

MEZE PLATTER - \$12.95

Baba ghanouj, hummus, tabbouleh, spicy olives and Bulgarian fetta spread. (SKU:305 - [Gluten Free](#), [Ready to Eat](#))

MARCONA ALMONDS - \$9.95

(SKU:3002 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#), [Vegan](#), [Vegetarian](#))

KALE, QUINOA SALAD - \$6.95

Kale, red quinoa, golden raisins, dates, pears and pistachios. (SKU:303 - [Dairy Free](#), [Gluten Free](#), [Ready to Eat](#))

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](#))

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 0 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 0 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 - \$4.95

shredded cabbage and carrots, finished with a creamy slaw dressing. (SKU:315 - [Gluten Free](#), [Ready to Eat](#))

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, almonds and Moroccan spice blend. (SKU:318 - [Gluten Free](#), [Ready to Eat](#))

SANDWICHES

TUNA MELT - \$7.95

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

HONEY WHITE ROLLS - \$3.95

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 - \$8.95

pork, fennel, paprika. (SKU:2007 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SWEDISH POTATO SAUSAGE - \$10.95

beef, potatoes and onions. (SKU:2016 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SPICY ITALIAN SAUSAGE - \$8.95

pork, fennel, paprika and red chili flakes. (SKU:2008 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))



SMOKED CHICKEN APPLE SAUSAGE - \$8.95

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 - \$8.95

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

PORK, PARMESAN & PARSLEY SAUSAGE - \$8.95

pork, parmesan cheese, parsley, garlic and red chili flakes. (SKU:2009 - [Frozen](#), [Gluten Free](#))

KOREAN BBQ DRUMSTICKS - \$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 - \$8.95

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

FRENCH GARLIC "TOULOUSE" SAUSAGE - \$8.95

pork, garlic and black pepper. (SKU:2014 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

FRANK'S RED HOT® WINGS - \$11.95

You bake instructions included.
Contains 24 pieces. (SKU:3004 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

FRANK'S RED HOT DRUMSTICKS - \$12.95

Cooking instructions on package. (SKU:3021 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

CHICKEN, PARMESAN & PARSLEY SAUSAGE - \$8.95

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

CHICKEN MARSALA SAUSAGE - \$8.95

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



CHICKEN BLUE BUFFALO SAUSAGE - \$9.95

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 - \$8.95

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

BRATWURST SAUSAGE - \$8.95

a Wisconsin favorite. (SKU:2005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

BBQ WINGS - \$11.95

You bake instructions included.
Contains 24 pieces. (SKU:3005 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

BBQ DRUMSTICKS - \$12.95

Cooking instructions on package. (SKU:3020 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SIDES

SIDE OF SOUR CREAM - \$0.95

2 oz. container (SKU:627 - [Gluten Free](#), [Ready to Eat](#), [Vegetarian](#))

CRANBERRY CHUTNEY - \$7.95

great with turkey, as a relish on a sandwich or with cream cheese as a spread. (SKU:t009 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

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](#))



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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

SPLIT PEA WITH POTATOES AND HAM - \$11.95

made with chicken stock. (SKU:119 - [Dairy Free](#), [Frozen](#), [Gluten Free](#))

SPICY THAI COCONUT SOUP - \$11.95

made with chicken stock, vegetables, mushrooms and rice. (SKU:112 - [Dairy Free](#), [Gluten Free](#))

SHRIMP AND CORN CHOWDER - \$14.95

slow simmered chicken stock, potatoes and tomatoes (SKU:131 - [Frozen](#))

ROASTED TOMATO AND GARLIC SOUP - \$11.95

tomatoes, roasted garlic, basil and a hint of cream. (SKU:122 - [Frozen](#), [Gluten Free](#))

MEXICAN TORTILLA SOUP - \$11.95

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

LENTIL MULLIGATAWNY SOUP - \$11.95

flavorful spiced lentil soup made with vegetable stock and coconut milk. Garnished with jasmine rice, golden raisins, almonds, sesame and cashew. (SKU:108 - [Dairy Free](#), [Gluten Free](#), [Vegan](#), [Vegetarian](#))

COUNTRY FRENCH LENTIL SOUP - \$11.95

with French garlic sausage and chicken stock. (SKU:121 - [Frozen](#), [Gluten Free](#))

CHICKEN BONE BROTH - \$8.95

Slow simmered 16 hours. No sodium. (SKU:105 - [Dairy Free](#), [Gluten Free](#))



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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](#))

NORTHERN ITALIAN BOWL - \$13.95

corn pudding (polenta), tomato sauce, quinoa and cheese (SKU:618 – [Gluten Free](#), [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](#))

KUMAR'S BEANS AND RICE - \$12.95

red beans and tomatoes slow simmered, layered with basmati rice and sweet potatoes. Served with side of yogurt. This dish becomes vegan and dairy-free if you omit the yogurt. (SKU:615 – [Frozen](#), [Gluten Free](#), [Vegetarian](#))
