



Garbanzo - Ingredient Statement

Hummus

INGREDIENTS: Chickpeas, Tahini (Sesame Seeds), Salt, Citric Acid, Less than one tenth of 1% of Potassium Sorbate and Sodium Benzoate to preserve flavor.

Romaine Lettuce

INGREDIENTS: Romaine Lettuce.

Veggie Salad

INGREDIENTS: Cucumber, Tomatoes, Canola Oil, Salt.

Babaganoush

INGREDIENTS: Eggplant Puree (Roasted Ground Eggplant, Salt, Citric Acid, Ascorbic Acid), Tahini, Lemon Juice, Fresh Garlic, Salt, Canola Oil.

Red Cabbage

INGREDIENTS: Red Cabbage, Salt, Citric Acid, Olive Oil.

Tabuleh

INGREDIENTS: Bulgur Wheat, Parsley, Tomatoes, Cucumbers, Red Onion, Olive Oil, Lemon Juice, Spices.

Contains: Wheat.

Falafel

INGREDIENTS: Chickpeas, Canola Oil, Parsley, Onion, Cilantro, Salt, Spices, Garlic, Baking Soda, Less than one tenth of 1% of Potassium Sorbate and Sodium Benzoate to preserve flavor.

Rice

INGREDIENTS: Rice, Canola Oil, Broth (Hydrolyzed Corn Protein, Salt, Yeast Extract, Spices), Salt, Spices.

Chicken Shawarma

INGREDIENTS: Chicken, Spices, Salt, Citric Acid.

Steak Shawarma

INGREDIENTS: Beef, Spices, Salt, Lemon Peel, Citric Acid.

Grilled Portobello Mushroom

INGREDIENTS: Portobello Mushroom, Olive Oil, Garlic, Salt and Pepper.

Chicken Kabob

INGREDIENTS: Chicken, Olive Oil, Garlic, Rosemary, Salt, Pepper, Lemon Juice, Oregano, Red Pepper, Green Pepper and Red Onion.

Steak Kabob

INGREDIENTS: Steak, Olive Oil, Garlic, Rosemary, Salt, Pepper, Lemon Juice, Oregano, Red Pepper, Green Pepper and Red Onion.

Portobello Mushroom Kabob

INGREDIENTS: Portobello Mushroom, Olive Oil, Garlic, Rosemary, Salt, Pepper, Lemon Juice, Oregano, Red Pepper, Green Pepper and Red Onion.

Garbanzo Chips

INGREDIENTS: Potatoes, Vegetable Oil, (May contain one or more of the following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Salt, Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose, Chip Seasoning (Salt, Paprika, Sugar, Turmeric, Onion, Garlic and less than 2% Tricalcium Phosphate added to prevent caking).

Hard Boiled Egg

INGREDIENTS: Egg.

Contains: Eggs.

Red Onion

INGREDIENTS: Onion.

Grilled Eggplant

INGREDIENTS: Eggplant, Canola Oil, Extra Virgin Olive Oil.

Feta

INGREDIENTS: Pasteurized Cow's Milk, Salt, Cheese Culture, Enzymes.

Dolmas

INGREDIENTS: Rice, Vine Leaves, Onion, Sunflower Oil, Water, Dillweed, Salt, Mint, Spices, Citric Acid.

Pickled Eggplant

INGREDIENTS: Eggplant, water, salt, acetic acid, spices, food color FC & Red 40.

Mediterranean Garlic

INGREDIENTS: Mayonnaise (Soybean Oil, Water, Egg Yolks, Distilled Vinegar, contains less than 2% of High Fructose Corn Syrup, Salt, Spice, Calcium Disodium EDTA, [added to protect flavor]), Water, Garlic Powder, Spices, Sugar.

Contains: Soy and Eggs.

Greek Vinaigrette

INGREDIENTS: White Vinegar, Olive Oil, Garlic Salt, Ground Black Pepper, Fresh Oregano, Sugar.

Lemon Vinaigrette

INGREDIENTS: Olive Oil, Lemon Juice, Fresh Garlic, Salt, Ground Black Pepper.

Tahini

INGREDIENTS: Water, Tahini (Sesame Seeds), Lemon Juice, Parsley, Salt, Garlic.

Red Chili

INGREDIENTS: Tomatoes, Green Peppers, Olive Oil, Chili Sauce (Tomato Puree [Tomato Paste, Water] Distilled White Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Garlic Powder, Dehydrated Onion, Citric Acid), Garlic, Salt, Less than on tenth of 1% of Potassium Sorbate and Sodium Benzoate to preserve flavor.

Amba

INGREDIENTS: Water, Spices, Salt, Cornstarch, Citric Acid, Guar Gum, Sodium Benzoate.

Cilantro Sauce

INGREDIENTS: Tomatoes, Cilantro, Olive Oil, Peppers, Garlic, Salt.

Tzatziki

INGREDIENTS: Yogurt (Cultured Pasteurized Grade A Lowfat Milk, Nonfat Milk, Food Starch Modified [active cultures include lactobacillus, acidophillus, bifidobacte]), Sour Cream (Cultured Cream, Whey, Modified Cornstarch, Sodium Phosphate [Sodium Tripolyphosphate], Guar Gum, Carrageenan, Calcium Sulfate, Locust Bean Gum, Potassium Sorbate [preservative]), Cucumber, Lemon Juice, Olive Oil, Garlic Salt, Spices, Garlic Powder, Sugar, Pepper.

White Pita

INGREDIENTS: Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sugar, Yeast, Whey Conditioner.
Contains: Wheat.

Wheat Pita

INGREDIENTS: Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Salt, Sugar, Yeast, Whey Conditioner.
Contains: Wheat.

Laffa

INGREDIENTS: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and/or Palm Oil), Contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Cornstarch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT, Cellulose Gum, Dough Conditioner (Fumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).
Contains: Wheat and Soy.

Mediterranean Lentil Soup

INGREDIENTS: Water, Lentils, Carrots, Onions, Olive Oil, Turnips, Celery, Tomato Paste (Tomatoes, Citric Acid), Rice Flour, Soybean Oil, Balsamic Vinegar (Wine Vinegar, Grape Must), Sea Salt, Garlic, Lemon Juice, Spices, Paprika, Parsley, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt).

Lemon Chicken & Orzo Soup

INGREDIENTS: Chicken Stock, Orzo (Semolina, Niacin, Ferrous Sulfate, Thiamin, Monoitrate, Riboflavin, and Folic Acid), Chicken Meat, Onions, Water, Olive Oil, Rice Starch, Lemon Juice, Sea Salt, Sugar, Mint, Spices, Pepper Sauce (Distilled Vinegar, Red Pepper, Salt).

Contains: Wheat Ingredients.

Roasted Eggplant Soup

INGREDIENTS: Tomato Filets (Tomatoes, Salt, Calcium Chloride, Citric Acid), Water, Eggplant, Zucchini, Summer Squash, Green Peppers, Onions, Olive Oil, Sea Salt, Celery, Cornstarch, Parsley, Garlic, Spices, Paprika, Pepper Sauce, (distilled vinegar, red pepper, salt).

Chicken Tagine Soup

INGREDIENTS: Chicken Stock, Tomato Strips (Tomatoes, Salt, Naturally Derived Citric Acid), Chicken Shwarma Meat (Chicken, Spices, Salt, Citric Acid), Sweet Potatoes, Red Onions, Water, Rice Starch, Olive Oil, Scallions, Garlic, Lemon Juice, Ginger, Spices, Cilantro, Sea Salt, Turmeric.

Garbanzo Bean Stew

INGREDIENTS: Garbanzo Beans, Water, Vegetable Stock, Tomato Strips (Tomatoes, Salt, Naturally Derived Citric Acid), Red Onions, Kale, Fennel, Green Peppers, Olive Oil, Rice Starch, Garlic, Sea Salt, Lemon Juice, Spices, Parsley, Paprika.

Seafood Medley

INGREDIENTS: Water, Fish Stock, Tomato Strips (Tomatoes, Salt, Naturally Derived Citric Acid), Potatoes, Garbanzo Beans, Haddock, Shrimp, Green Peppers, Celery, Onions, Olive Oil, Rice Starch, Garlic, Lemon Juice, Sea Salt, Ginger, Jalapeno Peppers, Spices, Dill, Paprika, Turmeric.

Contains: Fish (Haddock) and Shrimp.

Chocolate Chunk Cookie

INGREDIENTS: Enriched Wheat Flour, Sugar, Chocolate Chips (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin as an emulsifier, and Artificial Flavoring), Whole Eggs, Bettur (Partially Hydrogenated Soybean Oil, Sweet Cream Buttermilk, Salt, Mono and Diglycerides, Soy Lecithin, Potassium Sorbate and Citric Acid as preservatives, Artificial Flavoring, Vitamin A Palmitate, Colored with Carotene), Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Margarine (Partially Hydrogenated Soybean and Cottonseed Oils, Water, Salt, Buttermilk, Soy Lecithin, Mono and Diglycerides, Sorbic Acid and Sodium Benzoate added as preservatives, Artificially Flavored, Artificially Colored with Beta Carotene, Vitamin A Palmitate added), Salt, Vanilla (Water, Ethyl Alcohol, Caramel Color), Buttermilk Powder, soda Bicarbonate, Caramel Color.

Contains: Wheat, Eggs, Milk and Soy.

Peanut Butter Rice Crispy Treat

INGREDIENTS: Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), Salt). Crisped Rice (Rice, Sugar, Salt High Fructose Corn Syrup, Malt (Corn Flour, Malted Barley), Reduced Iron, Niacinamide, Vitamin B1, Calcium Pantothenate, Vitamin B6 and Folic Acid BHT Added for freshness). High Fructose Corn Syrup, Corn Syrup, Sugar, Frosting (Sugar, Partially Hydrogenated Palm Oil, Reduced Mineral Whey Powder, Nonfat Dry Milk Solids, Anhydrous Dextrose, Soya Lecithin (an emulsifier), Salt, Artificial Flavor, Yellow Lake #5&6, Blue Lake #2, Chocolate Liquor, Vanillin (an artificial flavoring), Cocoa (Processed with Potassium Carbonate), Sorbitan Monostearate, Vanilla).

Contains: Peanuts, Soy and Milk.

Baklava

INGREDIENTS: Syrup Blend (High Fructose Corn Syrup, Corn Syrup, Sucrose), Wheat Flour (Enriched with Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm Shortening, Water, Tree Nuts (Almonds, Cashews, Pecans, Walnuts), Sugar, Dough Conditioner (Maltodextrin, L-Cysteine Hydrochloride), Salt, Corn Oil, Glycerine (Sodium Propionate, Sodium Benzoate, Potassium Sorbate added as preservatives), Honey, Cinnamon, Citric Acid, Natural and Artificial Flavor.

Contains: Wheat, Tree Nuts. Made on equipment shared with peanuts and milk ingredients.

Peanut Butter

INGREDIENTS: Peanuts, Dextrose, Fully Hydrogenated Vegetable Oil, (Rapeseed, Cottonseed and Soybean), Salt and Corn Syrup.

Jelly

INGREDIENTS: Grapes (Concord), Corn Syrup, High Fructose Corn Syrup, Fruit Pectin, Citric Acid and Sodium Citrate.

Colby Jack Cheese

INGREDIENTS: Cultured Pasteurized Milk, Salt, Enzymes and Artificial Color.

Chocolate Milk

INGREDIENTS: Lowfat Milk, Sugar, Cocoa (Processed with Alkali), Corn Starch, Salt, Carrageenan, Artificial Flavors, Vitamin A Palmitate, Vitamin D3.

Milk

INGREDIENTS: Grade A Lowfat Milk, Vitamin A Palmitate, Vitamin D3.

Mint Lemonade

INGREDIENTS: Water, Lemon Juice, Sugar, Natural Mint Flavor with other Natural Flavors (16% juice).

Pomegranate Lemonade

INGREDIENTS: Lemonade (Water, Lemon Juice, Sugar, [17% juice]), Pomegranate Syrup (Pure Cane Sugar, Water, Citric Acid, Natural Pomegranate Flavor, Pomegranate Juice, Natural Flavors, Potassium Sorbate [Preservative]).

Classic Iced Tea (Caffeinated)

INGREDIENTS: Water, 100% All Natural China Black Tea.

Pomegranate Crisp Iced Tea (Caffeinated)

INGREDIENTS: Water, 100% China Sencha Green Tea, Rose Petal, Lemongrass, Spearmint, Stevia, Flavoring.

Quince Quencher Iced Tea (Caffeinated)

INGREDIENTS: Water, 100% China Sencha Green Tea, Mallow Flower, Peppermint, Lemongrass, Stevia, Flavoring.

Hibiscus Mango Iced Tea (Caffeine Free, Herbal)

INGREDIENTS: Water, Hibiscus, Apple Pomace, Sweet Blackberry Leaves, Orange Peel, Flower Petals, Rosehips, Apricot Flavoring, Mango Syrup (Pure Cane Sugar, Water, Mango Flavoring, Concentrated Lemon Juice).

Many of our products contain or may come into contact with common allergens, including wheat, peanuts, soy, tree nuts, milk, eggs, fish and shellfish. Please ask to speak to a manager for a list of ingredients in your order.