



*This list is compiled based on product information provided by Subway® approved food manufacturers. Every effort is made to keep this information current however it is possible that ingredient changes and substitutions may occur before this list is updated. This list does not include regional or special promotional items as ingredients vary.*

## BREADS

**9-GRAIN WHEAT BREAD** Whole wheat flour, enriched flour, yeast, sugar, wheat gluten, wheat, soybean oil, salt, yellow corn, rye, oats, sunflower lecithin, brown rice, flax seed, millet, sorghum, barley, triticale, refiners syrup, natural flavour, honey, ascorbic acid, xylanase, lipase, yeast extract, glucose oxidase, amylase.

**CIABATTA BREAD** Enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, yeast, extra virgin olive oil, sugar, wheat gluten, dough conditioner [enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour, deactivated yeast, cellulose gum, dextrose, enzymes, ascorbic acid], dried extract of malted barley and corn, sea salt. *Made in a bakery that also processes egg, milk, soy, tree nuts (pecans).*

**DELI ROLL:** Enriched flour, water, yeast, sugar, soybean oil, wheat gluten, salt, sunflower lecithin, refiners syrup, turmeric, honey, yeast extract, ascorbic acid, natural flavours, pentosanase, lipase, glucose oxidase.

**FLATBREAD** Enriched unbleached wheat flour, water, yeast, soyabean oil, skim milk powder, wheat gluten, salt, sugar, distilled vinegar, dough conditioner (enzymes (amylase, lipase, glucose oxidase, protease, xylanase), oat fiber, ascorbic acid, calcium sulfate, salt), cultured wheat flour, baking powder, flavour (sea salt, sugar, yeast extract).

**GLUTEN-FREE BREAD (as packaged)** Egg whites, cornstarch, modified cornstarch, tapioca starch, palm oil, sugar, distilled monoglycerides, contains less than 2% of the following: yeast, rice bran and germ, salt, natural flavor, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), pectin, xanthan gum, carbohydrate gum, guar gum, enzyme.

**HEARTY ITALIAN BREAD** SUBWAY® Italian bread, yellow cornmeal.

**HONEY OAT BREAD** Subway® 9-Grain Wheat Bread, honey oat topping (rolled oats, brown sugar, honey, wheat starch, and natural flavor).

**ITALIAN (WHITE) BREAD** Enriched wheat flour, water, yeast, sugar, soybean oil, wheat gluten, salt, sunflower lecithin, yeast extract, ascorbic acid, enzymes (xylanase, lipase, amylase).

**ITALIAN HERBS & CHEESE BREAD** Subway® Italian Bread, Monterey Jack cheese [milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose (to prevent caking), natamycin, may contain calcium chloride], corn maltodextrin, ground rice, toasted wheat crumbs, salt, spices (including oregano), dehydrated garlic, parmesan cheese solids, natural flavour, high oleic sunflower oil, citric acid, yeast extract, lactic acid, silicon dioxide.

**MONTEREY CHEDDAR BREAD** Subway® Italian Bread, Monterey Jack cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, colour, cellulose [to prevent caking]). May contain calcium chloride.

**MULTIGRAIN FLATBREAD** Whole grain whole wheat flour, water, yeast, soyabean oil, sugar, whole wheat flakes, oats, wheat gluten, skim milk powder, salt, distilled vinegar, chia seeds, amaranth seeds, cultured wheat flour, whole grain barley, corn, flax seeds, whole rye, whole grain triticale, baking powder, wheat germ flakes, enzyme (amylase, lipase, oxidase, protease, xylanase), oat fiber, sea salt, yeast extract, ascorbic acid, calcium sulphate.

**PARMESAN/OREGANO BREAD** SUBWAY® Italian Bread, garlic powder, corn maltodextrin, ground rice, toasted wheat crumbs, salt, spices (including oregano), dehydrated garlic, parmesan cheese solids, natural flavour, high oleic sunflower oil, citric acid, yeast extract, lactic acid, silicon dioxide.

**ROASTED GARLIC BREAD** Subway® Italian Bread, roasted garlic topping (cornmeal, salt, sugar, dehydrated vegetables [green bell pepper, garlic, onion], spice [including red pepper], sodium acetate, acetic acid, hydrogenated soybean and cottonseed oil, disodium inosinate and guanylate, calcium silicate, ascorbic acid, modified cornstarch, gum arabic, extractives of celery and garlic).

**WRAP** Unbleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, organic palm fruit oil, cultured wheat flour, leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sugar, salt, inactive dry yeast, guar gum, citric acid.

## **MEAT, POULTRY, SEAFOOD & EGGS**

**BACON SLICES** Pork, water, salt, sugar, natural smoke flavour, sodium phosphates, sodium erythorbate, sodium nitrite, smoke.

**BMT® Meats: Salami:** Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, spices, sodium nitrate, garlic, bacterial culture, sodium nitrite. **Pepperoni:** Pork, beef, salt, dextrose, water, mustard, spices, corn syrup, paprika, oleoresin of paprika, flavorings, sodium erythorbate, bacterial culture, sodium nitrite **Ham:** Pork, water, rice starch, sugar, salt, vinegar, sodium phosphate, dehydrated pork broth, dextrose, carrageenan, sodium erythorbate, sodium nitrite, smoke.

**CHICKEN CUTLET:** Chicken breast meat, water, seasoning (sea salt, sugar, chicken stock, salt, flavours, canola oil, onion powder, garlic powder, spice, chicken fat, honey), soy protein, sodium phosphates.

**CHICKEN STRIPS:** Boneless, skinless, chicken breasts, water, soy protein concentrate, modified potato starch, sodium phosphate, potassium chloride, salt, maltodextrin, yeast extract, flavours, spices, dextrose, onion powder, caramelized sugar, paprika, chicken broth, vinegar solids, paprika extract.

**CHICKEN STRIPS (teriyaki glazed)** Chicken breast strips (see above), teriyaki (water, corn syrup, soy sauce (water, wheat, soybean, salt, sodium benzoate [a preservative]), rice vinegar, modified corn starch, sugar, tomato paste, ginger, vinegar, garlic, sesame oil, sesame seed, salt, dehydrated green onion, dehydrated red bell pepper, natural flavours, autolyzed yeast extract, dehydrated garlic, sodium benzoate (a preservative), spices, citric acid, soybean oil, dry yeast (torula), dehydrated onion.

**COLD CUT COMBO MEATS Bologna:** Pork, chicken, water, modified corn starch, salt, potassium lactate, modified milk ingredients, sodium phosphate, mustard, spice, sodium erythorbate, sodium diacetate, sodium nitrite, garlic powder, smoke. **Cooked Salami:** Pork, chicken, water, salt, potassium lactate, mustard, spice, sugar, sodium phosphate, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke. **Luncheon Loaf:** Pork, water, modified corn starch, salt, potassium lactate, sugar, mustard, spice, sodium phosphate, onion powder, sodium erythorbate, garlic powder, sodium diacetate, sodium nitrite, smoke.

**EGG OMELET PATTY (Regular):** Liquid whole egg, liquid egg white, water, skim milk powder, canola oil, butter flavour (liquid and hydrogenated soybean oil, salt, soy lecithin, natural flavor, tocopherols), natural corn starch, salt, xanthan gum, citric acid, white pepper.

**EGG (WHITE) OMELET PATTY** Liquid egg white, natural corn starch, butter flavour (soybean oil, natural flavour), salt, xanthan gum, white pepper.

**EGG SALAD** Hard boiled eggs, mayonnaise (soybean oil, water, liquid whole egg mix (liquid whole egg, salt), liquid egg yolk mix [liquid egg yolks, salt], vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA. Contains: egg, mustard.

**FALAFEL** Water, toasted chick peas, spices, dehydrated onion, salt, toasted wheat crumb, modified cellulose, modified corn starch, dehydrated garlic, dehydrated red bell pepper.

**HAM** Pork, water, rice starch, sugar, salt, vinegar, sodium phosphate, dehydrated pork broth, dextrose, carrageenan, sodium erythorbate, sodium nitrite, smoke.

**ITALIAN HERO MEATS Mortadella:** Pork, water, pork fat, salt, modified milk ingredients, sugar, natural flavour, sodium phosphate, spices, ascorbic acid, garlic, sodium nitrite. **Capicollo:** Fully cooked Italian style sliced capicollo water added ingredients: pork, water, seasoning (salt, sugar, sodium erythorbate, sodium nitrite), sodium phosphate, carrageenan, spices, garlic powder. **Salami:** Pork, beef, salt, water, corn syrup, dextrose, sugar, wine, sodium erythorbate, flavorings, spices, sodium nitrate, garlic, bacterial culture, sodium nitrite.

**MEATBALLS** Beef, water, bread crumbs (toasted wheat crumbs [enriched wheat flour {wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}], sugar, salt, soybean oil, yeast), textured soy protein concentrate, seasoning (dehydrated onion and garlic, salt, spice, dehydrated parsley, soybean oil), soy protein concentrate, Romano cheese (made from pasteurized part-skim cow's milk, cheese cultures, salt, enzymes). **Marinara Sauce:** Tomatoes, tomato puree (water, tomato paste), sugar, soybean oil, modified food starch, salt, dehydrated onions, spices, onion powder.

**ROAST BEEF** Beef, water, potato starch, corn syrup solids, vinegar, salt, soy protein concentrate, potassium chloride, cane sugar, sodium phosphate, spices, flavour.

**ROTISSERIE STYLE CHICKEN** White meat chicken, water, soybean oil, seasoning (chicken broth powder, chicken powder, onion powder, natural flavor), salt, sodium phosphate, dextrose, rotisserie chicken flavor (chicken broth, chicken skins, salt, natural flavor, xanthan gum, maltodextrin, gum arabic), spice extractives.

**SAUSAGE, BREAKFAST** Pork, turkey, water, salt, pepper, sage, spices, corn syrup solids, dextrose, spice extractives.

**STEAK** Beef, water, salt, modified corn starch, sugar, dextrose, sodium phosphate, autolyzed yeast, tomato powder, natural flavor, natural brown color blend (vegetable juice color, turmeric), lemon juice powder, garlic, onion, citric acid, hydrolyzed corn protein.

**SEAFOOD SENSATION** Seafood Sensation (Alaskan Pollock, water, potato starch, wheat starch, corn starch, sugar, sorbitol, salt, natural crab flavor [contains blue crab, snow crab, maltodextrin], spices (allspice, bay, black pepper, cardamom, cassia, celery, clove, ginger, mace, nutmeg, red pepper), carrageenan, Pollock oil, calcium carbonate, snow crabmeat, egg whites, sodium tripolyphosphate, tetrasodium phosphate, citric acid, color (lycopene, paprika oleoresin), soy lecithin, mayonnaise (soybean oil, water, liquid whole egg mix [liquid whole egg, salt], liquid egg yolk mix (liquid egg yolks, salt), vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA).

**TUNA** Tuna (tuna, water, salt), mayonnaise (soybean oil, water, liquid whole egg mix [liquid whole egg, salt], liquid egg yolk mix (liquid egg yolks, salt), vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA).

**TURKEY BREAST** Turkey breast, water, modified potato starch, potassium lactate, salt, dextrose, carrageenan, sodium phosphate, turkey flavor, sodium diacetate, spice, caramel.

**VEGGIE PATTY (Vegan)** Vegetables (carrots, red peppers, green peppers, onions, water chestnuts, mushrooms), water, soy protein, wheat gluten, canola oil, sugar, modified cellulose, oats, rice, onion powder, garlic powder, modified corn starch, hydrolyzed corn, soy and wheat gluten protein, dextrose, salt, potassium chloride, spices, jalapeno pepper powder, dehydrated lemon peel, dehydrated cilantro, dehydrated orange peel, flavour, spinach powder, dehydrated parsley.

## **CHEESE**

**CHEDDAR CHEESE PRODUCT, PROCESSED** Cheese (milk, modified milk ingredients, bacterial culture, salt, rennet and/or microbial enzyme, calcium chloride, lipase, sorbic acid), modified milk ingredients, water, glucose, sodium citrate and/or sodium phosphate, salt, sorbic acid, soy lecithin, carboxymethylcellulose, citric acid.

**FETA** Pasteurized milk, modified milk ingredients, salt, lipase, bacterial culture, microbial enzyme, natamycin. May contain calcium chloride.

**MONTEREY CHEESE BLEND (shredded)** Milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, colour, cellulose (to prevent caking), natamycin. May contain calcium chloride. Contains: Milk

**MONTEREY JACK** Partly skimmed milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme.

**NATURAL CHEDDAR** Milk, modified milk ingredients, bacterial culture, salt, annatto, microbial enzyme. May contain calcium chloride.

**NATURAL SWISS (sliced)** Partly skimmed milk, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme.

## **VEGETABLES**

**AVOCADO PUREE** Avocado pulp, water, ascorbic acid.

**BANANA PEPPERS** Banana peppers, water, distilled vinegar, salt, calcium chloride, sodium benzoate (preservative), turmeric, sodium metabisulfite (preservative), natural flavors and polysorbate 80.

**CUCUMBERS** Fresh ripe cucumbers

**GREEN PEPPERS** Fresh green bell

**GRILLED ONIONS AND PEPPERS** Red bell peppers, green bell peppers, red onions and extra virgin olive oil

**JALAPEÑO PEPPER SLICES** Jalapeno peppers, water, distilled vinegar, salt, natural flavorings, calcium chloride, sodium benzoate (preservative).

**PICKLES** Cucumbers, water, distilled vinegar, salt, calcium chloride, sodium benzoate as a preservative, alum, natural flavors, polysorbate 80 and turmeric.

**LETTUCE** Fresh iceberg variety

**OLIVES** Ripe olives, water, salt, ferrous gluconate

**ONIONS** Jumbo red onions

**TOMATOES** Fresh red ripe

## **CONDIMENTS**

**CHIPOTLE SOUTHWEST** Soybean oil, water, chipotle sauce (chipotle pepper, water, vinegar, salt, sugar, dehydrated onion), buttermilk (cultured skim milk and milk, sodium citrate, salt), vinegar, liquid egg yolks, skim milk powder, salt, modified corn starch, sugar, dehydrated onion, phosphoric acid, xanthan gum, dehydrated garlic, dry yeast (torula), autolyzed yeast extract, lactic acid, sodium benzoate (a preservative), potassium sorbate (a preservative), dehydrated parsley, polysorbate 60, disodium inosinate, disodium guanylate, extractive of paprika, natural flavour, sucralose, calcium disodium EDTA (to protect flavor).

**FAT FREE HONEY MUSTARD** Water, sugar, prepared mustard (vinegar, water, mustard seed, salt), Dijon mustard (vinegar, water, mustard seed, salt, white wine, citric acid, turmeric, spices, tartaric acid), country Dijon mustard (vinegar, water, mustard seed, salt, white wine, spice), vinegar, modified corn starch, honey, cider vinegar, lemon juice concentrate, salt, phosphoric acid, colour, xanthan gum, dehydrated onion, sodium benzoate (a preservative), potassium sorbate (a preservative), liquid egg yolks\*, dehydrated garlic.

**FAT-FREE SWEET ONION** Sugar, water, corn vinegar, dehydrated onion, corn starch, modified corn starch, salt, mustard seed, spices, onion juice, poppy seed, dehydrated mince onion, potassium sorbate (a preservative), sodium benzoate (a preservative), dehydrated red bell pepper, dimethylpolysiloxane (an anti-foaming agent), cucumber juice, vinegar, celery seed.

**HOUSE SANDWICH SAUCE (ZESTY ITALIAN)** Water, soybean oil, vinegar, sugar, salt, modified corn starch, spices, lactic acid, hydrolyzed corn and soy protein, dehydrated parsley, xanthan gum,

dehydrated garlic, potassium sorbate, sodium benzoate, autolyzed yeast extract, citric acid, dehydrated onion, calcium disodium EDTA.

**LIGHT MAYONNAISE TYPE DRESSING** Water, soybean oil, frozen yolk (egg), modified corn starch, vinegar, glucose-fructose, salt, mustard flour, concentrated lemon juice, potassium sorbate, sodium benzoate, xanthan gum, calcium disodium EDTA.

**MAYONNAISE, REGULAR** Soybean oil, water, liquid whole egg mix (liquid whole egg, salt), liquid egg yolk mix (liquid egg yolks, salt), vinegar, sugar, salt, mustard flour, lemon juice concentrate, calcium disodium EDTA. Contains: egg, mustard.

**MUSTARD (Deli Brown)** Distilled vinegar, mustard seed, water, salt, spices, turmeric, natural flavor.

**MUSTARD (Yellow)** Distilled vinegar, water, No. 1 grade yellow mustard seed, salt, turmeric, paprika, spices, garlic powder, natural flavor.

**RANCH** Soybean oil, water, distilled vinegar, sugar, liquid egg yolk mix (liquid egg yolks, salt), salt, buttermilk (cultured pasteurized skim milk and milk, sodium citrate and salt), contains less than 2% of dehydrated garlic, dehydrated onion, phosphoric acid, sodium benzoate and potassium sorbate (as preservatives), xanthan gum, natural flavor (includes milk), polysorbate 60, spice, dehydrated parsley, disodium inosinate & disodium guanylate, whey protein concentrate, autolyzed yeast extract, calcium disodium EDTA added to protect flavor.

**TZATZIKI** Soybean oil, water, cucumber (cucumber, vinegar, salt, sugar, xanthan gum), liquid egg yolks, buttermilk (partially skim milk, salt, sodium citrate, bacterial culture), fresh garlic (garlic, canola oil, citric acid), vinegar, buttermilk powder, concentrated lemon juice, salt, dehydrated onion, phosphoric acid, xanthan gum, polysorbate 60, potassium sorbate, mustard flour, sodium benzoate, calcium disodium EDTA.

## **COOKIES**

**CHOCOLATE CHIP** Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), sugar, palm oil, eggs, butter (cream [milk], natural flavor), water, contains 2% or less of: molasses, baking soda, salt, soy lecithin, wheat starch, natural flavors (contains milk).

**Contains egg, milk, soy, wheat.** *(Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)*

**CHOCOLATE CHIP WITH RAINBOW GEM** Enriched wheat flour (contains barley), sugar, palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), milk chocolate gems (milk chocolate [sugar cane syrup, cocoa butter, unsweetened chocolate, whole milk powder, soy lecithin, vanilla], sugar, sugar cane syrup, rice starch, colour [turmeric oleoresin, beta carotene, beet juice, spirulina extract], gum arabic, confectioner's glaze [shellac, carnauba wax beeswax]), liquid whole eggs, water, molasses, salt, sodium bicarbonate, whey (milk), natural flavour. **Contains barley, egg, milk, soy, wheat.**

**CHOCOLATE CHUNK** enriched wheat flour (contains barley), sugar, semi-sweet chocolate chunks (sugar, unsweetened chocolate, cocoa butter, dextrose, soy lecithin, vanilla extract, milk), palm oil, liquid whole eggs, invert sugar, water, molasses, sodium bicarbonate, salt, whey (milk), natural

flavours. **Contains egg, barley, milk, soy, wheat.** (Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)

**DOUBLE CHOCOLATE** Sugar, enriched wheat flour (contains barley), white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, semi-sweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, vanilla extract), liquid whole eggs, butter (cream [milk], lactic acid), cocoa (processed with alkali), water, molasses, sodium bicarbonate, salt, natural flavours (contains milk), wheat starch, soy lecithin. **Contains barley, egg, soy, milk, wheat.** (Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)

**OATMEAL RAISIN** Sugar, enriched wheat flour, palm oil, raisins, rolled oats, liquid whole eggs, water, molasses, natural flavour, whey (milk), sodium bicarbonate, corn starch, salt, spice. **Contains egg, milk, wheat.** (Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)

**PEANUT BUTTER** Enriched wheat flour, sugar, peanut butter (peanuts, sugar, palm oil, salt), peanut butter drops (sugar, palm kernel oil, peanuts, partially defatted peanut flour, lactose [milk], whey [milk], anhydrous milk fat, skim milk powder, sodium caseinate [milk], powdered buttermilk, soy lecithin, salt, natural flavour), palm oil, liquid whole eggs, butter (cream [milk], lactic acid), molasses, water, invert sugar, sodium bicarbonate, salt, soy lecithin, natural flavour (contains milk), wheat starch. **Contains eggs, peanuts, milk, soy, and wheat.** Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)

**RASPBERRY CHEESECAKE** Enriched wheat flour, sugar, white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, liquid whole eggs, raspberry flavored bits (dextrose, palm oil, sugar, corn flour, raspberry powder, vegetable extracts [red cabbage, beet juice], citric acid, natural flavour), water, invert sugar, cream cheese product (cultured milk ingredients, salt, carob bean gum), sodium bicarbonate, salt, wheat starch, soy lecithin, natural flavours (contains milk), raspberry juice concentrate, colours added (pumpkin concentrate, turmeric, annatto). **Contains wheat, milk, soy, eggs.** (Due to the nature of how these cookies are displayed they may come in contact with other tree nut-containing cookies.)

**SUGAR** Enriched wheat flour (contains barley), sugar, palm oil, liquid whole eggs, water, sodium bicarbonate, whey (milk), salt, soybean oil, natural flavour (contains milk). **Contains barley, egg, milk, and wheat.** (Due to the nature of how these cookies are displayed they may come in contact with other peanut or tree nut-containing cookies.)

**WHITE CHIP MACADAMIA NUT** Enriched wheat flour (contains barley), sugar, white confectionery chips (sugar, palm kernel and palm oil, skim milk powder, soy lecithin, vanilla extract), palm oil, macadamia nuts, liquid whole eggs, water, butter (cream [milk], lactic acid), molasses, salt, sodium bicarbonate, corn starch, natural flavours (contains milk). **Contains barley, eggs, macadamia nuts, milk, soy, and wheat.** (Due to the nature of how these cookies are displayed they may come in contact with peanut cookies.)

## **SOUPS**

(Not available in all locations)

**BEEF CHILI WITH BEANS** Ground beef, water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), dark red kidney beans [kidney beans (water, kidney beans), salt], seasoning (spices, brown sugar, salt, hydrolyzed soy, corn and wheat protein, wheat flour, dextrose, sugar, yeast extract,

garlic powder, maltodextrin, soy lecithin, onion powder and not more than 2% soybean oil and silicon dioxide added to aid processing), celery, tomato paste, contains less than 2% of the following: green bell peppers, modified corn starch, dehydrated onion, salt, beef fat type flavor (beef fat and natural flavor). **Contains soy and wheat.**

**BLACK BEAN (Vegan)** Black beans (water, black beans, and salt), water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), onions, celery, tomato paste (tomatoes), contains 2% or less of the following: brown sugar, vegetarian flavor (water, salt, hydrolyzed soy and corn protein, soy protein concentrate, corn oil, onion powder, yeast extract, flavoring, soy protein isolate, sugar, garlic powder and turmeric), garlic puree, corn starch, orange juice concentrate, lime juice, onion juice concentrate, sea salt, seasoning blend (spices, yeast extract, and paprika), oregano and yeast extract. **Contains soy.**

**CHICKEN AND WILD RICE** Water, fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), whipping cream, seasoning [modified corn starch, whey protein concentrate, whole milk, wheat flour, yeast extract, salt, skim milk powder, natural flavors, sugar, sodium caseinate (from milk), brown sugar, spices, chicken fat, sesame oil], cooked wild rice (water, wild rice), celery, cooked brown rice (water, brown rice), carrots, contains less than 2% of the following: chicken stock concentrate (chicken broth, salt, organic cane sugar, yeast extract, cornstarch, chicken fat, ascorbic acid, sunflower oil, natural flavor, lactic acid), onions, chicken fat, unsalted butter, wheat flour, dehydrated parsley. **Contains milk, wheat, sesame.**

**CREAMY CHICKEN AND DUMPLINGS** Water, dumplings (water, wheat flour, eggs, durum wheat flour, salt, oleoresin turmeric), fully cooked diced white chicken meat (chicken white meat, water, modified potato starch, salt, sodium phosphates), carrots, celery, whipping cream, contains 2% or less of the following: modified corn starch, onions, seasoning (maltodextrin, salt, chicken fat, chicken broth, yeast extract, whey protein concentrate, sugar, natural flavors, chicken powder, modified corn starch, corn starch, sodium phosphate, soy protein concentrate, sodium caseinate, beta carotene, garlic powder, onion powder), chicken broth, mirepoix base (sautéed vegetables [carrot, onion, celery], salt, sugar, corn oil, potato flour, carrot powder), wheat flour, whey protein concentrate, chicken fat (chicken fat, natural flavor), umami flavor (natural flavors, safflower oil), dehydrated parsley. **Contains egg, milk, soy, wheat.**

**CREAM OF BROCCOLI** Water, broccoli, whole milk (milk, vitamin D3), whipping cream, seasoning (corn syrup solids, wheat flour, modified corn starch, yeast extract, natural flavor [contains milk], dehydrated onion, garlic powder, spice), skim milk powder, contains 2% or less of the following: modified corn starch, onions, sea salt, cream flavor (cream, skim milk), soybean oil, lemon juice, natural flavor. **Contains milk, wheat.**

**CREAM OF MUSHROOM** Water, mushrooms, whipping cream, skim milk (vitamins a and d added), skim milk powder, contains 2% or less of the following: wheat flour, modified corn starch, whey protein concentrate, salted butter, soybean oil, seasoning (salt, yeast extract, xanthan gum). **Contains milk, wheat.**

**FRENCH ONION** (does not include bread or cheese toppings) Water, onions, roasted beef flavored base [dextrose, salt, beef type flavor (hydrolyzed soy protein, maltodextrin, corn syrup solids, soybean oil), beef fat, onion powdered, chicken fat, corn starch, natural flavors, sugar, paprika, garlic powdered], modified corn starch, no salt sherry (California white wine), tomato paste, onion juice concentrate, unsalted butter, seasoning [salt, flavor (onion, yeast extract), yeast extract, beef extract, malt extract, maltodextrin, natural flavor], vegetarian flavor (filtered water, yeast extract, dextrose, salt, corn starch, corn oil, flavoring, onion powder, garlic powder, turmeric), light brown sugar, beef base (roasted beef



and concentrated beef stock, salt, yeast extract, corn oil, maltodextrin from corn, sugar, natural flavorings), thyme. **Contains milk and soy.**

**HOMESTYLE CHICKEN NOODLE** Water, noodles (water, durum wheat flour, egg whites, eggs, wheat gluten), all natural fully cooked seasoned chicken pieces (chicken breast with rib meat, chicken thigh meat, water, rice starch and salt), carrots, green cabbage, celery, chicken stock (chicken stock and flavor), contains 2% or less of the following: seasoning (corn starch, sugar, guar gum and xanthan gum, spice, extractive of turmeric), wheat flour, unsalted butter (pasteurized cream, natural flavors), sea salt, chicken flavor concentrate (chicken, yeast extract, salt and flavorings), parsley, and natural flavors. **Contains egg, milk, wheat.**

**LOADED BAKED POTATO** Water potatoes, whole milk (milk, vitamin d3), whipping cream, cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers [carob bean and/or xanthan and/or guar gums]), onion, seasoning (modified corn starch, salt, wheat flour, sugar, flavor [yeast extract, canola oil], whey, flavor [medium chain triglycerides, natural flavor, smoke flavor], spice and not more than 2% soybean oil added to aid processing), bacon topping (bacon [cured with water, salt, sugar, sodium erythorbate, sodium nitrite. may also contain dextrose, flavoring, honey, dehydrated pork broth, potassium chloride, potassium lactate, smoke flavoring, sodium diacetate, sodium phosphate]), contains 2% or less of the following: dehydrated potatoes (potatoes, mono and diglycerides and disodium pyrophosphate), chicken broth, green onion, canola oil, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), cheese (parmesan type) [granular and parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), water, salt, lactic acid, citric acid], pepper sauce (distilled vinegar, red pepper, salt). **Contains milk, wheat**

**MEDITERRANEAN SOUP (Vegan)** Water, dark red kidney beans [kidney beans (water, kidney beans), salt], tomatoes (diced tomatoes, tomato puree, citric acid), potatoes (potatoes, sodium acid pyrophosphate), onions, zucchini, spinach, carrots, red bell peppers, vegetable stock plus (yeast extract, salt, water, natural flavor, olive oil, potato maltodextrin, turmeric, spice, carrot powder), modified corn starch, extra virgin olive oil, garlic puree (garlic, water), sugar, sea salt, spice.

**TOMATO BASIL** Water, tomatoes (diced tomatoes, tomato juice, citric acid, calcium chloride), tomatoes (tomatoes, tomato puree, citric acid), whipping cream, tomato paste, onions, contains less than 2% of the following: parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), sea salt, spice, modified corn starch, natural flavors, seasoning (yeast extract, garlic powder, spice), and yeast extract. **Contains milk.**