

## **NATIVE FOODS MENU INGREDIENTS**

### **SAUCES AND DRESSINGS**

**Vegenaise:** water, safflower oil, tapioca starch, olive oil, apple cider vinegar, organic soy beans, agave syrup, sea salt, flaxseed oil, lemon juice, mustard flour, gum Arabic, guar gum

**Ancho BBQ Sauce:** BBQ Sauce, Dried Ancho (poblano) chiles, onion, garlic

**Asian Vinaigrette:** rice vinegar, soy sauce, sesame oil, agave syrup, rice bran oil, green onion, ginger, garlic, crushed red chili

**Balsamic Vinaigrette:** olive oil, balsamic vinegar, lemon juice, garlic, Dijon Mustard, Italian spice blend, organic unrefined sugar, parsley, basil, crushed chili, sea salt

**BBQ Sauce:** water, apple cider vinegar, Tamari, Yellow Mustard, molasses, Ketchup, brown sugar, liquid smoke, black pepper, cayenne pepper, chili powder, Sriracha

**Blue Cheese:** Tofu (extra firm baking), vegenaise, Tofutti cream cheese, agave syrup, garlic powder, tahini paste, lemon juice, apple cider vinegar, black pepper, sea salt

**Buffalo Sauce:** ingredients vary by location

**Cheese Sauce:** Soy Free Earth Balance, Rice Milk, Dijon Mustard, sea salt, Daiya Italian, tapioca starch

**Chipotle Sauce:** Vegenaise, chipotle peppers (canned), agave, onion powder, garlic powder

**Ginger Sesame (Tahini) Sauce:** olive oil, tahini (sesame seed paste), lemon juice, Tamari, apple cider vinegar, ginger, peeled garlic

**Jalapeno Cilantro Lime Dressing:** Vegenaise, garlic, lime juice, sea salt, jalapenos, lime zest, agave, cilantro

**Lemon Garlic Dressing:** olive oil, lemon juice, garlic, sea salt

**Mango Lime Dressing:** safflower oil, lime juice, rice vinegar, agave, mango, ginger, sea salt, turmeric

**Marinara:** tomatoes, tomato paste, yellow onion, basil, garlic, olive oil, crushed red chili, oregano, salt

**Moroccan Sauce:** garlic, ginger, orange juice, safflower oil, lemon juice, sugar, paprika, thyme, red chiles, oregano, turmeric, cinnamon, sea salt

## **NATIVE FOODS MENU INGREDIENTS**

*(Sauces & Dressings Continued)*

**Peanut Sauce:** peanut butter, soy sauce, rice vinegar, brown sugar, lime juice, garlic, ginger, lemongrass, safflower oil, sriracha sauce

**Pesto Sauce:** olive oil, basil, garlic, pumpkin seeds, sea salt

**Ranch:** Vegenaise, Soy Milk, garlic powder, celery salt, black pepper, onion powder

**Red Curry:** lemongrass, ginger, garlic, olive oil, Red Curry Paste, coconut milk, cilantro

### ***SIDES***

**Lemon-Dill Potato Salad:** potato, green onion, parsley, dill, Lemon Garlic Dressing, sea salt

**Seasoned Potato Fries (Native Fries):** potatoes, French Fry Spice

**Homemade Soup:** ingredients vary, please see soups on the last page.

**Side Salad:** Mesculin Greens, beets, carrots

**Steamed Kale:** kale, lemon wedge, red bell pepper, Gomasio

**Sweet Potato Fries:** sweet potatoes, Sweet Potato Fry Spice

**Lemongrass Broccoli:** Broccoli, ginger, garlic, lemongrass, safflower oil, sesame oil, salt, crushed red chili

**Roasted Veggies:** zucchini, carrot, red onion, cauliflower, broccoli, yam, Roasted Garlic Oil, sea salt

**Super Slaw:** green & red cabbage, kale, carrots, red pepper, chia seeds, flax seeds, sesame seeds, hemp seeds, olive oil blend, lemon juice, agave, salt

**Cucumber Seaweed Salad:** cucumber, apple cider vinegar, sea salt, toasted black/white sesame seeds, wakame seaweed, maple syrup, sesame oil

## **NATIVE FOODS MENU INGREDIENTS**

### **SALSAS**

**Azteca Cucumber Salsa:** tomatoes, cucumbers, red onion, lemon juice, sea salt, black pepper

**Chupacabra Salsa:** habanero pepper, Anaheim pepper, jalapeño, tomatillo, chipotle pepper, rice vinegar

**Salsa Fresca:** tomato, red onion, cilantro, sea salt, black pepper, lime juice

**Salsa Pomodoro:**

Tomatoes, basil, garlic, olive oil, sea salt, black pepper

### **VEGAN CHEESE**

**Daiya Cheese (Italian and Cheddar):** Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, natural flavors (derived from plants), inactive yeast, vegetable glycerin, xanthan gum, citric acid, titanium dioxide (a naturally occurring mineral)

**Native Cheese:** cashews, sunflower seeds, lemon juice, nutritional yeast, tahini (sesame seed paste), sea salt, onion powder, garlic powder

**Native Horseradish Cheese:** cashews, olive oil, horseradish, tahini paste, sea salt

### **DRINKS**

**Chai:** cinnamon sticks, cloves, ginger, cardamom, black peppercorns, black tea, earl grey tea, organic sugar

**Lavender Lemonade:** lemons, organic sugar, lavender, sea salt

**Iced Teas:** teas vary by location

**Watermelon Fresca:** watermelon, mint, agave

### **MISC.**

**Caramelized Onions:** onions, olive oil, sea salt, white pepper, maple syrup

**Chili:** white beans, sea salt, Mexican Seitan, tomato, onion, chili powder, paprika, cumin, cayenne, oregano, coriander, rice vinegar

**Battered Pickle Chips:** unbleached flour, dill pickles, Native Batter, corn flour, paprika

## **NATIVE FOODS MENU INGREDIENTS**

*(Misc. Continued)*

**Black Beans:** onion, bay leaves, garlic, sea salt

**Red Beans:** red kidney beans, onion, bay leaves, coriander, sea salt

**Chocolate Chips:** evaporated cane juice, natural chocolate liquor (non-alcoholic), non-dairy cocoa butter.

**Cucumber Salad:** cucumber, apple cider vinegar, sea salt, toasted black/white sesame seeds, wakame seaweed, maple syrup, sesame oil

**Croutons:** bread, olive oil, garlic, paprika, sea salt

**Deglaze:** Tamari, garlic, peppercorn, ginger, yellow onion

**Dijon Mustard:** ingredients vary by location

**Edamame Hummus:** garbanzo beans, edamame, tahini paste, garlic, lemon juice, olive oil, sesame oil, black & white sesame seeds, Sriracha Sauce, salt

**Egg Replacer:** Potato Starch, Tapioca Flour, Leavening (Calcium Lactate, Calcium Carbonate, Cream of Tartar), Cellulose Gum, Modified Cellulose.

**Gomasio:** toasted sesame seeds, sea salt

**Guacamole:** avocado, sea salt, lime juice

**Jalapeno Pickles:** jalapenos, safflower oil, apple cider vinegar, oregano, cumin, garlic, sea salt

**Ketchup:** (Annie's Natural) Organic tomato paste, organic white vinegar, water, organic cane sugar, sea salt, organic onion, organic allspice, organic clove

**Quinoa elbow pasta:** organic corn flour, organic quinoa flour

**Native Batter:** coconut milk, garlic, coriander, sea salt, unbleached flour

**Red Curry Paste:** red chili pepper, garlic, lemongrass, galangal (Thai ginger), salt, shallots, spices, kaffir lime

**Rice Milk:** filtered water, brown rice, expeller pressed high oleic safflower oil, tricalcium phosphate, sea salt, vitamin A, vitamin D2, vitamin B12.

**Roasted Garlic:** garlic, olive oil, safflower oil, sea salt, black pepper

**Sauerkraut:** organic cabbage, yellow onion, olive oil, sea salt

**Seaweed Salad:** wakame flakes, green onion, sesame seeds, sesame oil, soy sauce, rice vinegar, Sriracha Sauce

## **NATIVE FOODS MENU INGREDIENTS**

*(Misc. Continued)*

**Sesame Chicken Breading:** black & white sesame seeds, Spicy Chicken Breading

**Soy Free Earth Balance Margarine:** natural oil blend (palm fruit, canola, safflower, flax and olive oil), filtered water, salt, natural flavor (from corn – no MSG/alcohol/gluten), pea protein, sunflower lecithin, lactic acid (non-dairy), annatto

**Soy Milk (CO & OR):** filtered water, whole organic soybeans, organic evaporated cane syrup, organic malt syrup, tricalcium phosphate, sea salt, carrageenan, organic natural vanilla, vitamin A, vitamin D2.

**Soy Milk (IL & CA):** filtered water, whole soybeans, cane sugar, sea salt, carrageenan, natural flavor, Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin (B2), Vitamin B12

**Soy Sauce:** water, wheat, soybeans (non-gmo), salt, sodium benzoate

**Spicy Chicken Breading:** bread crumbs, unbleached organic flour, blackening seasoning, salt, parsley, Native Batter

**Sriracha:** chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as preservatives, and xanthan gum

**Sweet Thai Chili:** sugar, pickled red chili, vinegar, garlic, sea salt, xanthan gum

**Tamari (gluten-free soy sauce):** Water, Organic Soybeans, Salt, Organic Alcohol (to preserve freshness)

**Tofutti Cream Cheese:** water, expeller pressed soybean, palm fruit, and olive oil, maltodextrin, non-GMO soy protein & tofu, non-dairy lactic acid, organic sugar, natural gums (locust bean, guar, cellulose, xanthan, and carrageenan), vegetable mono and diglycerides, salt

**Veggies Grilled:** zucchini, carrot, red onion, cauliflower, broccoli, yam, roasted garlic oil (garlic, olive oil, safflower oil, sea salt, black pepper), sea salt

**Veggies Steamed:** zucchini, carrot, cauliflower, green cabbage, broccoli

**Yellow Mustard:** water, org. vinegar, org. mustard seed, salt, org. turmeric, org. paprika

**Whole Wheat Chips:** Wheat Tortillas, black and white sesame seeds, chia seeds, flax seeds, cracked hemp seeds, agave syrup, olive oil, salt flour

## **NATIVE FOODS MENU INGREDIENTS**

### **Proteins**

**Ancho BBQ Chicken:** Native Chicken, Ancho BBQ Sauce

**Jerk Tempeh:** Tempeh, Jerk Rub, olive oil

**Mexican Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, sea salt, cumin, coriander, paprika, oregano, garlic powder, onion powder, black pepper, red pepper

**Moroccan Tofu:** Tofu (firm), Moroccan Sauce

**Native Chicken:** (Gardein): water, soy protein, vital wheat gluten, expeller pressed canola oil, natural flavors from plant sources, modified vegetable gum, organic ancient grains flour (kamut, amaranth, millet, quinoa), yeast extract (non-msg), potato starch, sea salt, organic cane sugar, vinegar, pea protein, carrot fiber, beetroot fiber, garlic powder, onion powder, paprika, turmeric (\*non-genetically engineered soybeans & wheat)

**Original Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, water, garlic powder, granulated onion, sea salt

**Peppered Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, salt-free seasoning, poultry seasoning, black pepper, sea salt, granulated onion, steak seasoning, oregano

**Peppered Steak Seitan (prepared):** Peppered Seitan, olive oil, shallots, Deglaze

**Sausage Seitan:** unbleached flour, gluten flour, safflower oil, Soy Sauce, salt free seasoning, poultry seasoning, fennel, tarragon, sea salt, lemon seasoning, steak seasoning, Greek oregano

**Taco Meat:** Mexican Seitan, water, Soy Sauce, cumin, onion powder, garlic powder, crushed red peppers, vegetable oil, bay leaves

**Tempeh:** millet, water, organic soybeans, rice vinegar, tempeh starter, Deglaze

**Teriyaki Tofu:** Tofu (firm), Asian Vinaigrette

**Tofu Bacon:** Tofu (firm), Soy Sauce, maple syrup, liquid smoke, mirin, ground black pepper, garlic powder, onion powder, paprika smoked hot spice, rice vinegar, nutritional yeast

**Tofu (extra firm/baking)** (Mori-Nu brand): Filtered water, soybeans, isolated soy protein, gluconolactone (non-GMO), calcium chloride

**Tofu (firm):** organic soybeans, calcium sulfate, calcium chloride

## **NATIVE FOODS MENU INGREDIENTS**

### **Seasonings**

**Blackening Spice:** paprika, chili powder, oregano, thyme, allspice, garlic powder, onion powder, crushed red pepper, bay leaves, sea salt, black pepper

**French Fry Spice:** sea salt, chili powder, paprika, cumin, coriander, fennel seed, garlic powder, onion powder

**Sweet Potato Fry Spice:** tarragon, organic sugar, sea salt

### **Breads**

**Multi-Grain Ciabatta:** water, unbleached enriched wheat flour, whole wheat flour, hard red winter wheat, sugar, rye flour, soybean oil, salt, rye, sunflower seeds, sesame seeds, rye flakes, oats, flax seeds, cracked wheat, spelt, hulled barley, yeast, soft white wheat, yellow corn

**Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid

**Cornbread:** corn flour, unbleached flour, baking powder, baking soda, sea salt, orange juice, water, vegetable oil, Tofu (baking), orange zest, agave

**Rye Bread:** unbleached enriched wheat flour, rye flour, enriched semolina flour, salt, caraway seeds, yeast

**Corn Tortilla:** organic yellow corn, water and traces of lime

**Wheat Tortilla:** unbleached whole wheat flour, unbleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, water, palm oil, cultured wheat, sea salt, sodium acid pyrophosphate (baking powder), sodium bicarbonate, sugar, citric acid, enzyme, guar gum, yeast, mono and diglycerides

## **NATIVE FOODS MENU INGREDIENTS**

### **Desserts**

**Apple Cake:** unbleached flour, organic sugar, safflower oil, coconut milk, apples, cinnamon, ginger, brown sugar, lemon juice, baking powder, egg replacer, apple cider vinegar, vanilla extract, sea salt

**Banana Bars:** Bananas, oats, dates, safflower oil, vanilla extract.

Coconut Caramel Sauce (coconut milk, brown sugar, vanilla)

**Chocolate Chip Cookie:** unbleached flour, coconut oil, chocolate chips, brown sugar, sugar, water, vanilla extract, baking soda, salt

**Double Delight Brownies:** unbleached flour, organic sugar, cocoa, baking powder, sea salt, safflower oil, maple syrup, Rice Milk,

Chocolate Chips

**Key Lime Pie:** Crust: almonds, sugar, shredded coconut, Soy Free Earth Balance Margarine. Filling: Tofutti Cream Cheese, sugar, vanilla extract, lime juice, lime zest, cornstarch

**Oatmeal Raisin Cookie:** unbleached flour, coconut oil, raisins, sugar, water, molasses, vanilla extract, salt, baking soda, spices

**Peanut Butter Parfait:** Tofutti Cream Cheese, peanut butter (organic peanuts), Tofu (baking), agave, Chocolate Chips, Banana Bread Crumbles (gluten-free flour, gluten-free oats, xanthan gum, coconut, almonds, Chocolate Chips, baking powder, sea salt, Tofu (baking), maple syrup, agave, bananas, safflower oil, vanilla)

**Spicy Chocolate Cake:** unbleached flour, sugar, cocoa powder, safflower oil, apple cider vinegar, baking soda, vanilla extract, sea salt, cayenne pepper, Soy Free Earth Balance Margarine, cocoa powder, Soy Milk

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### **Soups**

**African Peanut:** olive oil, garlic, carrot, red pepper, yams, smoked hot paprika, curry powder, tomatoes, peanut butter (organic peanuts), coconut milk, sea salt, white pepper

(garnish: peanuts, cilantro)

**Autumn Vegetable Chowder:** Veggies, Grilled, yellow onion, red pepper, San Marzano tomatoes, safflower oil, garlic, Italian spice blend, thyme, black pepper, sea salt, parsley

(garnish: parsley)

**Creamy Tomato Basil:** tomatoes, onions, celery, red pepper, zucchini, garlic, soy milk, basil, Tofutti Cream Cheese, agave, olive oil, Italian seasoning, salt

(garnish: basil)

**Cubano Black Bean:** black beans, yellow onion, tomatoes, cilantro, garlic, lime juice, jalapeno, cumin, oregano, smoked paprika, salt

(garnish: green onion)

**Jamaican Callaloo:** Black Beans, kale, yellow onion, yams, coconut milk, lime juice, ginger, garlic, lemongrass, safflower oil, habanero pepper, turmeric, allspice, thyme, sea salt

**Smoky Split Pea:** olive oil, onions, carrots, red peppers, garlic, thyme, parsley, garlic powder, liquid smoke, black pepper, sea salt, split peas, bay leaves

(garnish: Croutons, parsley)

**Tuscan Garbanzo:** San Marzano tomatoes, green cabbage, garbanzo beans, yellow onion, carrots, Tofu Bacon, garlic, rosemary, nutritional yeast, lemon juice, safflower oil, black pepper, sea salt

(garnish: parsley, Croutons)