



food2you
We love what we do

Ingredients List

WINTER 2024-25 Ingredients v1.2
DECEMBER, JANUARY & FEBRUARY

Nutritional Ingredient Information Only

Breakfast Items

- Apple Spice Muffins
Enriched wheat flour, water, sugar, apple juice, citric acid, soybean oil, diced apples, eggs, sour cream, tapioca starch, baking soda, salt, cinnamon, corn starch, spices.
Allergens: Gluten, Soy, Milk, Eggs.
- Bagels, Mini
Enriched wheat flour, water, sugar, salt, wheat gluten, yeast, soybean oil, corn meal.
Allergens: Gluten, Soy.
- Blueberry Muffins
Enriched wheat flour, sugar, water, soybean oil, blueberries, eggs, egg white, corn starch, salt, baking soda, sodium phosphates, citric acid.
Allergens: Gluten, Wheat, Soy, Eggs.
- Whole Grain Biscuits
Water, whole wheat flour, enriched bleached flour, malted barley flour, niacin, iron, folic acid, palm oil, sugar, salt, baking soda, buttermilk, nonfat milk, whey protein, whey.
Allergens: Milk, Gluten, Wheat.
- English Muffins
Unbleached wheat flour, food starch, gluten, honey, yeast, sugar, salt, soybean oil, citric acid.
Allergens: Gluten, Soy.
- Homemade Granola **GLUTEN-FREE**
Old fashioned rolled oats, butter, brown sugar, vanilla, pancake syrup.
Allergens: Dairy.
- Shredded Mini Wheats
Whole Grain Wheat, Sugar, Gelatin. Bht Added To Preserve Freshness. Vitamins And Minerals: Reduced Iron, Niacinamide (vitamin B3), Folic Acid, Zinc Oxide (source Of Zinc), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Thiamin Mononitrate (vitamin B1), Vitamin B12.contains Wheat.
Allergens: Wheat, Gluten.
- Lemon Poppy Seed Muffins
Enriched wheat flour, sugar, water, barley flour, soybean oil, lemon juice concentrate, citric acid, poppy seeds, eggs, tapioca starch, sodium phosphate, salt, corn starch, citric acid.
Allergens: Gluten, Soy, Wheat, Eggs.
- French Toast Sticks, Whole Grain
Whole grain bread, wheat flour, sugar, wheat gluten, yeast, cinnamon, egg, skim milk, salt.
Allergens: Gluten, Soy, Dairy, Eggs.
- Orange Blossom Muffins
Enriched wheat flour, water, sugar, oranges, soybean oil, orange zest, eggs, egg whites, corn starch, salt, baking soda, sodium phosphate, corn starch, citric acid.
Allergens: Gluten, Soy, Wheat, Eggs.



- Pancakes, Whole Grain
Whole wheat flour, water, buttermilk, sugar, soybean oil, baking powder, whole eggs, salt.
Allergens: Gluten, Soy, Dairy, Eggs.
- Sausage & Cheese Biscuit Sandwiches
See: turkey sausage. American cheese, wheat flour, buttermilk, palm oil, food starch, leavening, water, sugar, salt, soybean oil, soy lecithin.
Allergens: Soy, Gluten, Dairy, Milk.
- Vanilla Bean Muffins
Water, sugar, wheat flour, malted barley flour, soybean oil, eggs, salt, baking soda, xanthan gum, wheat gluten, corn starch, vanilla extract.
Allergens: Soy, Gluten, Milk, Eggs.
- Hash Browns **GLUTEN-FREE**
Potatoes, vegetable oil (soybean or canola), yellow corn flour, potato starch, salt, dextrose & sodium.
Allergens: Soy.
- Strawberry Yogurt **GLUTEN-FREE**
Pasteurized low-fat milk, water, sugar, modified food starch, strawberries, vegetable juice, carrageenan, pectin, citric acid, vitamin A, and vitamin D3.
Allergens: Milk.
- Turkey Sausage **GLUTEN-FREE**
Turkey, water, salt, spices, dextrose, sugar, dried parsley, citric acid.
Allergens: None.
- Egg Patties **GLUTEN-FREE**
Whole eggs, water, soybean oil, salt, nonfat dried milk, citric acid.
Allergens: Egg, Soy, Milk.
- Vanilla Yogurt **GLUTEN-FREE**
Pasteurized low-fat milk, water, sugar, modified food starch, annatto extract and turmeric, carrageenan, pectin, citric acid, vanilla extract, vitamin A, and vitamin D3.
Allergens: Milk.
- Waffles, Whole Grain
Whole wheat flour, water, non-fat milk, whey solids, soybean oil, sugar, whole eggs, salt.
Allergens: Gluten, Soy, Eggs, Dairy.
- Toasted Oats
Whole oat flour, corn starch, wheat starch, sugar, salt, calcium carbonate, oat fiber, potassium phosphate.
Allergens: Gluten.
- Rice Krispies
Rice, sugar, malt extract, salt.
Allergens: Gluten.
- Corn Chex **GLUTEN-FREE**
Whole grain corn, corn meal, sugar, corn starch, salt, baking soda. **Allergens: None.**

Lunch Items

- Chicken Stir-fry **GLUTEN-FREE**
Chicken breast, water, chicken stock, soy sauce, corn starch, red peppers, mushroom, broccoli, onion, carrot, pea pods, cauliflower. **Allergens: Soy.**
- 3 Cheese Ravioli
Durum flour, water, whole eggs, ricotta cheese, mozzarella cheese, bread crumbs, romano cheese, salt, parsley, black pepper. **See Also: Marinara Sauce**
Allergens: Wheat, Milk, Egg.
- Meatballs, Chicken
Ground Chicken, water, soy protein, wheat flour, dextrose, garlic powder, onion powder, salt, soybean oil, spices, sugar, yeast. *See also: brown gravy.*
Allergens: Soy, Gluten.
- Whole Grain Cheese Tortellini
Pasta: Whole Durum wheat flour, water, whole eggs, corn flour, soybean oil, tomato powder, spinach powder, paprika, herbs. Filling: bread crumbs, skim ricotta, water, romano cheese, salt, milk, parmesan cheese, black pepper.
Allergens: Gluten, Egg, Soy, Dairy.
- Chicken Alfredo with Pasta
Chicken breast. Sauce: heavy cream, dairy shortening, buttermilk, modified corn starch, wheat flour, salt, whey powder, yeast extract, sugar, soy protein, onion powder, black pepper, natural smoke flavor. *See Also: penne pasta.*
Allergens: Dairy, Soy, Gluten.
- Chicken Tacos
Chicken breast, water, tomato paste, salt, dehydrated onion, chili pepper, dehydrated garlic, paprika, soy lecithin, spices.
Allergens: Soy.
- Turkey Chili **GLUTEN-FREE**
Ground turkey, diced potatoes, red beans, tomatoes, tomato juice, citric acid, pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne.
Allergens: None.
- Chicken Bites, Whole Grain
Chicken, water, isolated soy protein, sugar, sea salt, white pepper, onion powder, garlic powder. Breaded with whole wheat flour, salt, sugar, spices.
Allergens: Wheat, Gluten, Soy.



- Chicken Sliders
BONELESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING (MODIFIED FOOD STARCH, CARRAGEENAN), SALT, SODIUM PHOSPHATES. BREADED WITH ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT FLOUR, WATER, SALT, SPICES, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), WHEAT GLUTEN, WHITE CORN FLOUR, DEHYDRATED GARLIC, YELLOW CORN FLOUR, SOYBEAN OIL, SOY FLOUR, DRIED ONION, EXTRACTIVES OF PAPRIKA, DRIED GARLIC, SPICES.
Allergens: Soy, Gluten, Wheat.
- Pasta & Chicken Stroganoff
Chicken, fettuccini pasta, enriched wheat flour, food starch, salt, soybean oil, vegetable protein, sugar, corn, onion, garlic, soy sauce, palm kernel oil, corn syrup solids, whey, food starch.
Allergens: Soy, Wheat, Gluten.
- Mac N' Cheese
Elbow wheat flour noodles, heavy cream, milk, water, vegetable oil, soybean oil, cheddar cheese, salt, cornstarch.
Allergens: Dairy, Soy, Gluten.
- Garlic Bread Pizza
Whole wheat garlic bread, flour, yeast, malted barley, wheat gluten, pea protein, soybean oil, mozzarella cheese, salt, romano cheese, tomato paste, sugar, dried onion, paprika, dried garlic.
Allergens: Dairy, Soy, Gluten.
- Chicken Fajitas **GLUTEN-FREE**
Roasted chicken breast, tomato paste, jalapeno, vinegar, bell peppers, onions, spices.
Allergens: None.
- Turkey Tetrazzini
Ground turkey breast, diced carrot, kosher salt, fresh pepper. Sauce: heavy cream, dairy shortening, buttermilk, modified corn starch, wheat flour, salt, whey powder, yeast extract, sugar, soy protein, onion powder, black pepper, natural smoke flavor See also: penne pasta
Allergens: Dairy, Soy, Gluten.
- Chicken Chili **GLUTEN-FREE**
Diced tomatoes, diced potatoes, diced chicken, red beans, tomato juice, citric acid, pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne.
Allergens: None.
- Turkey Burger with Cheese
Ground turkey, water, vegetable protein (soy protein), applesauce, yeast extract, salt, garlic powder, black pepper & spices. **SEE ALSO: American Cheese**
Allergens: Soy.
- Herb Chicken & WG Rotini Pasta
Chicken breast, whole grain rotini pasta, herbs, salt & pepper, olive oil, spices.
Allergens: Wheat.

- Rotini in Roasted Tomato Sauce with Chicken Sausage
Rotini Pasta. Cheese, water, tomato puree, corn syrup, soybean oil, dried garlic, citric acid, parsley, cream, whey, salt, spices. Chicken sausage: chicken breast, spices, salt, sugar, garlic, paprika, citric acid, lemon oil.
See also: Rotini Pasta.
Allergens: Dairy, Soy, Gluten.
- Chicken Marinara
Roasted chicken, penne pasta, marinara sauce. **See also: Chicken, penne pasta & marinara sauce.**
Allergens: Gluten.
- Meatballs in Brown Gravy
Enriched wheat flour, food starch, salt, soybean oil, vegetable protein, sugar, corn, onion, garlic, soy sauce, **See also: Meatballs, chicken.**
Allergens: Wheat, Soy, Gluten.
- Crispy Chicken
Chicken, water, textured soy protein concentrate, isolated soy protein, chicken flavor [brown sugar, yeast extract, onion powder, maltodextrin, canola oil, carrot powder, garlic powder, citric acid, spices, salt, vegetable stock (carrot, onion, celery), natural flavor], sodium phosphate. Breaded with: Whole wheat flour, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, 2% or less of the following: salt, wheat gluten, sugar, dried onion, dried garlic, torula yeast, dextrose, spice, dried yeast, turmeric extract (color), paprika extract (color).
Allergens: Wheat, Gluten, Soy.
- Bean and Cheese Burrito
Whole grain tortilla, water, soy flour, soybean oil, whole grain corn flour, salt, water, pasteurized American cheese, pinto beans, green chilies, onion, chili powder.
Allergens: Gluten, Dairy, Soy.
- Southwest Chicken Black Bean Bowl **GLUTEN-FREE**
Brown rice, chicken, black beans, red peppers, salt, pepper, spices.
Allergens: None.

Pasta, Rice & Side Dishes

- Whole Grain Brown Rice **GLUTEN-FREE**
Brown rice, water, salt.
Allergens: None.
- Pasta – All Shapes
Semolina, durum flour, niacin, ferrous sulfate, thiamine, riboflavin, folic acid.
Allergens: None.
- Sweet Potatoes **GLUTEN-FREE**
Whole sweet potatoes, maple syrup.
Allergens: None.
- Spanish Rice **GLUTEN-FREE**
Whole grain brown rice, peas & carrots, diced tomatoes, jalapeno pepper, tomato paste, onions, vinegar, dehydrated onion, salt, pepper, dehydrated garlic.
Allergens: None.
- Mashed Potatoes **GLUTEN-FREE**
Potatoes, milk, butter, salt, pepper, garlic powder, onion powder, parsley, basil & oregano.
Allergens: Dairy.
- Herbed Potatoes **GLUTEN-FREE**
Potatoes, salt, pepper & spices.
Allergens: None.
- Roasted Potatoes **GLUTEN-FREE**
Diced potatoes, salt & pepper.
Allergens: None.
- Long Grain White Rice **GLUTEN-FREE**
Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid.
Allergens: None.



Vegetables & Fruits

All vegetables are steamed and seasoned with only pure corn oil and kosher salt.

- Broccoli Florets
- Green Beans
- Yellow Wax Beans
- Peas & Carrots
- Cauliflower
- Zucchini Slices
- Veggie Blend
Broccoli florets, yellow carrots, red pepper & orange carrots

All fruits are fresh and whole – we serve no canned fruits or vegetables.



Dips, Dressings & Sauces

- Barbeque Sauce **GLUTEN-FREE**
Corn syrup, vinegar, tomato paste, worchstershire, modified food starch, spices, sodium, molasses, garlic, onion, soy protein, sugar, lemon juice concentrate, ground celery.
Allergens: Soy.
- Ranch Dressing **GLUTEN-FREE**
Water, soybean oil, buttermilk, egg yolk, distilled vinegar, salt, sugar, garlic, spices, mustard seed, xanthan gum, onion, natural flavors.
Allergens: Dairy, Egg.
- Italian Dressing **GLUTEN-FREE**
Soybean oil, corn cider vinegar, water, salt, onion juice, garlic juice, mustard seed, spices, xanthan gum.
Allergens: Soy.
- Mediterranean Hummus **GLUTEN-FREE**
Chick peas, garlic, salt, spices, olive oil.
Allergens: None.
- Applesauce **GLUTEN-FREE**
Apples, citric acid.
Allergens: None.
- Pizza Sauce **GLUTEN-FREE**
Tomato paste, salt, citric acid, basil.
Allergens: None.
- Vanilla Yogurt **GLUTEN-FREE**
Milk, food starch, fructose, gelatin, phenylalanine, vanilla.
llergens: Dairy.
- Cheddar Cheese Sauce **GLUTEN-FREE**
Water, whey, corn starch, vegetable oil, maltodextrin, cheddar cheese, salt, vinegar, cream, sodium phosphate, natural flavors, yeast extract, lactic acid, citric acid.
Allergens: Dairy.
- Marinara Sauce
Tomato concentrate (Water, Tomato Paste), Corn Syrup, Salt, Spices, Dehydrated Parsley, Citric Acid, Natural Flavor.
Allergens: None.
- Mayonnaise
Soybean oil, water, egg yolks, corn syrup, distilled vinegar, less that 2% of salt, mustard seed.
Allergens: Soy, Egg.
- Soy Sauce **GLUTEN-FREE**
Water, salt, corn syrup, soy protein, caramel color, potassium sorbate.
Allergens: Soy.



Breads, Rolls, Buns, Wraps and Others

- Ciabatta Bread
Wheat flour, water, salt, olive oil, yeast, dry malt. (also listed on menu as “fresh bread”)
Allergens: Gluten.
- Whole Wheat Pita
Whole wheat flour, water, unbleached enriched flour, soybean oil, lactic acid, soy flour, soy protein, salt, wheat enzymes, wheat gluten, yeast.
Allergens: Soy, Gluten.
- Corn Tortillas **GLUTEN-FREE**
Corn, water, sodium propionate, sorbic acid, lime.
Allergens: None.
- Flour Tortillas
Bleached white flour, shortening, soybean oil, rice flour, salt, baking powder, wheat protein, sugar, yeast, dough conditioner, soy lecithin.
Allergens: Gluten, Soy.
- Whole Grain Tortillas
Whole wheat flour, water, vegetable shortening, sugar, salt, sodium bicarbonate, dough conditioner.
Allergens: Gluten.
- Fresh Buns (turkey burger buns)
Enriched flour (unbleached wheat flour, malted barley flour), water, yeast, corn syrup, soybean oil, wheat gluten, salt, vinegar, ascorbic acid.
Allergens: Wheat, Soy, Gluten.
- Whole Grain Rolls (previously listed as parkerhouse)
Whole Wheat Flour, Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Monoglycerides, Ascorbic Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative)
Allergens: Soy, Gluten.
- Pretzel Bread, Pretzel Baguette
Enriched wheat flour, malted barley, water, yeast, salt, palm oil, sugar, sour base, wheat flour, soybean oil, dry malt, corn syrup.
Allergens: Soy, Gluten.
- Sliced Whole Wheat Bread
Whole wheat flour, water, enriched wheat flour, malted barley, brown sugar, wheat gluten, wheat bran, raisin juice, soybean oil, yeast, corn starch, vinegar, palm oil, oat fiber, guar gum, sea salt, ascorbic acid.
Allergens: Soy, Gluten.

Snacks

- String Cheese **GLUTEN-FREE**
Low moisture part-skim mozzarella cheese, cheese cultures, salt, enzymes.
Allergens: Dairy.
- Mini Bagels
Enriched wheat flour, water, sugar, salt, wheat gluten, yeast, soybean oil, corn meal.
Allergens: Gluten, Soy.
- Animal Crackers
Enriched wheat flour, reduced iron, folic acid, vitamin B1, vitamin B2, sugar, soybean oil, corn syrup.
Allergens: Gluten & Soy.
- Mini Croissant
Enriched wheat flour, water, butter, sweet cream, lactic acid, sugar, yeast, salt.
Allergens: Wheat, Dairy.
- American Cheese **GLUTEN-FREE**
Milk, cream, water, sodium citrate, salt, cheese culture, sorbic acid, citric acid, soy lecithin.
Allergens: Dairy & Soy.
- Homemade Granola **GLUTEN-FREE**
Old fashioned rolled oats, butter, brown sugar, vanilla, maple syrup.
Allergens: Dairy.
- Graham Crackers
Graham flour, wheat flour, niacin, reduced iron, vitamin B1, vitamin B2, sugar, canola oil, sugar, molasses, calcium carbonate, salt, artificial flavor, soy lecithin.
Allergens: Soy, Wheat.
- Saltine Crackers
Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Salt, High Fructose Corn Syrup, Cottonseed Oil, Malted Barley Flour, Baking Soda, Vegetable Monoglycerides.
Allergens: Soy, Wheat.
- Ritz Crackers
UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SOYBEAN OIL, SUGAR, COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, MALTED BARLEY FLOUR, NATURAL FLAVOR. CONTAINS WHEAT, SOY.
Allergens: Soy, Gluten.
- Blueberry Bread
Enriched wheat flour, sugar, water, soybean oil, blueberries, eggs, egg white, corn starch, salt, baking soda, sodium phosphate, citric acid.
Allergens: Gluten, Wheat, Soy, Eggs.

- Kids Mix
Homemade granola, rice chex, toasted oats, toasted cheese squares.
Allergens: Soy, Gluten, Milk.
- Cheddar Goldfish
ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, SUGAR, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, ONION POWDER, MONOCALCIUM PHOSPHATE, BAKING SODA.
Allergens: Soy, Wheat, Gluten, Milk.
- Mini Naan Breads
Enriched wheat flour, water, buttermilk, soybean oil, sugar, baking powder, sodium bicarbonate, corn starch, gluten, ghee (butter), salt, yeast, dextrin.
Allergens: Soy, Gluten, Milk.
- Blueberry Muffin Tops
Enriched wheat flour, sugar, water, soybean oil, blueberries, eggs, egg white, corn starch, salt, baking soda, sodium phosphate, citric acid.
Allergens: Gluten, Wheat, Soy, Eggs.
- Pretzels, Soft
Enriched wheat flour (wheat flour, malted barley flour, riboflavin, folic acid), water, yeast, corn syrup, soda bicarbonate.
Allergens: Wheat, Gluten.
- Club Crackers
Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Soybean Oil with TBHQ For Freshness, Sugar, Contains Two Percent or Less of Salt, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Monocalcium Phosphate), High Fructose Corn Syrup, Corn Syrup, Cornstarch, Soy Lecithin.
Allergens: Soy, Gluten.
- Pretzel Twists
Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Salt, Vegetable Oil (May contain one or more of the following: Canola, Corn, Soybean), Sodium Bicarbonate, Yeast.
Allergens: Wheat, Gluten, Soy.
- Wheat Crackers
Whole grain wheat flour, canola oil, sugar, cornstarch, malt syrup, salt, refiner's syrup, baking soda.
Allergens: Wheat.

Vegetarian Menu Items

- Tofu
Water, organic soybeans, calcium sulfate.
Allergens: Soy.
- Veggie Quesadillas
See also flour tortillas. Mozzarella cheese, cheddar cheese, peas, carrots, vegetable oil.
Allergens: Dairy.
- Veggie Chili
Red & black beans, tomatoes, tomato juice, citric acid, black pepper, chili powder, salt, paprika, onions, onion powder, garlic powder, basil, oregano, thyme, cumin, cocoa powder, cayenne, carrots, broccoli, peas, chickpeas. **Allergens: None.**
- Caprese Panini
See also sliced wheat bread. Mozzarella cheese, nut-free basil pesto (canola oil, skim milk, parmesan cheese, basil.), fresh tomatoes.
Allergens: Dairy.
- Cheese Quesadillas
See also flour tortillas. Mozzarella cheese, cheddar cheese, vegetable oil. **Allergens: Dairy.**
- Tofu Sofritas
See also tofu. Diced tomatoes, water, jalapeno peppers, tomato paste, onions, vinegar, salt.
Allergens: Soy.
- Veggie Crumbles
Water, Soy Protein Concentrate, Contains Less Than 2% Of Malt Extract (contains Gluten), Salt, Yeast Extract, Sugar, Natural Flavor (contains Celery), Dried Onions, Garlic Powder, Spices.
Allergens: Soy, Gluten.
- Veggie Bites
Water, wheat flour, soy flour, vegetable oil (corn, canola and/or sunflower oil), soy protein isolate. Contains 2% or less of wheat gluten, wheat starch, yellow corn flour, methylcellulose, potato starch, cornstarch, yeast extract, sugar, salt, natural flavors, dextrose, spices, onion powder, yeast, potassium chloride, glutamic acid, paprika (color), leavening (sodium acid pyrophosphate, sodium bicarbonate), garlic powder, citric acid, xanthan gum, barley malt extract.
Allergens: Soy, Gluten, Wheat.
- Veggie Burgers
Hydrated Textured Vegetable Protein (Water, Soy Protein Concentrate), Onions, Wheat Gluten, Natural Beef Flavor (Yeast Extract, Maltodextrin, Salt, Natural Flavoring), Soy Protein Isolate, Methyl Cellulose, Contains less than 2% of Garlic Powder, Fruit Juice (color), Salt, Black Pepper, Canola Oil.
Allergens: Wheat, Soy.