

WHOLE FOODS CO-OP

THANKSGIVING PIES, SIDES AND PLATES INGREDIENTS

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WFC Deli Holiday Sides

Oven Roasted Turkey Breast VEG: Ferndale Free-Range/Local Turkey, Olive Oil*, Sea Salt, Black Pepper*, Rosemary*, Sage*

Traditional Sage Stuffing VEG : Bread Cubes (High Gluten Flour, Dry Yeast, Salt, Water), Yellow Onions*, Celery*, Apples*, Garlic*, No-Chicken Base (Carrots, Celery, Onion, Salt, Hydrolyzed Corn Protein, Maltodextrin, Cane Sugar, Canola Oil, Yeast Extract, Corn Syrup Solids, Natural Flavors, Dried Potato, Turmeric), Butter*(Sweet Cream*, Microbial Culture), Sage*, Marjoram*, Thyme*, Parsley*, Sea Salt, Black Pepper*. Contains: Wheat, Milk

Smashed Red Potatoes WF, VEG: Red Potatoes*, Butter*(Sweet Cream*, Microbial Culture), Buttermilk (Lowfat Milk, Non Fat Milk Solids, Buttermilk Culture), Chives*, Black Pepper*, Sea Salt. Contains: Milk

Turkey Gravy: Onions*, Celery*, Butter* (Sweet Cream*, Microbial Culture), Flour, Garlic*, Bay Leaf*, Thyme*, Sea Salt, Black Pepper*, Turkey Base (Turkey, Salt, Maltodextrin, Sugar, Soybean Oil, Yeast Extract, Flavoring, Dried Whey [Milk], Food Starch-Modified, Caramel Color). Contains: Wheat, Milk, Soy

Green Beans Amandine WF, V: Green Beans*, Olive Oil*, Almonds, Dill Weed*, Onions*, Sea Salt, Black Pepper* Contains: Almonds

Cranberry Chutney WF, V: Cranberry*, Pineapple*, Oranges*, Apples*, Cane Sugar*, Cinnamon*, Walnuts. Contains: Walnuts

Vegan Mushroom Gravy V: Mushrooms*, Onions*, Canola Oil*, Flour, Tamari* (Soybeans*, Sea Salt, Alcohol*), Garlic*, Nutritional Yeast Flakes, Sage*, Sea Salt, Black Pepper*. Contains: Soy, Wheat

Maple Pecan Yams WF, V: Yams*, Pecans, Pineapple*, Maple Syrup, Canola Oil*, Cinnamon*, Sea Salt, Canola Oil Spray (Olive Oil, Soy Lecithin). Contains: Pecans, Soy

Wild Rice Pilaf WF, V: Brown Basmati Rice*, Wild Rice, Carrots*, Onions*, Celery*, Canola Oil*, Parsley*, Sea Salt, Black Pepper*.

Thanksgiving Vegetarian Dinner Plate VEG

Herbed Seitan: Canola Oil*, Mushrooms*, Yellow Onion*, Garlic*, Black Pepper*, Sage*, Nutritional Yeast, Flour*, Tamari*(soybeans*, salt, alcohol*), Seitan (Water, Vital Wheat Gluten, Soy Sauce [Water, Wheat, Soybeans, Salt], Whole Wheat Flour, Garlic, Sea Salt, Onion.) Contains: Wheat, Soy

Traditional Sage Stuffing: Bread Cubes (High Gluten Flour, Dry Yeast, Salt, Water), Yellow Onions*, Celery*, Apples*, Garlic*, No-Chicken Base (Carrots, Celery, Onion, Salt, Hydrolyzed Corn Protein, Maltodextrin, Cane Sugar, Canola Oil, Yeast Extract, Corn Syrup Solids, Natural Flavors, Dried Potato, Turmeric), Butter*(Sweet Cream*, Microbial Culture), Sage*, Marjoram*, Thyme*, Parsley*, Sea Salt, Black Pepper*. Contains: Wheat, Milk

Smashed Red Potatoes: Red Potatoes*, Butter*(Sweet Cream*, Microbial Culture), Buttermilk (Lowfat Milk, Non Fat Milk, Solids, Buttermilk Culture), Chives*, Black Pepper*, Sea Salt. Contains: Milk

Mushroom Gravy: Mushrooms*, Onions*, Canola Oil*, Flour, Tamari* (Soybeans*, Sea Salt, Alcohol*), Garlic*, Nutritional Yeast Flakes, Sage*, Sea Salt, Black Pepper*.

Contains: Soy, Wheat

Green Beans: Green Beans*, Olive Oil*, Dill Weed*, Onions*, Sea Salt, Black Pepper*.

Cranberry Chutney: Cranberry*, Pineapple*, Oranges*, Apples*, Cane Sugar*, Cinnamon*, Walnuts. Contains: Walnuts

WF Thanksgiving Dinner Plate WF

Imagine Roasted Turkey Flavored Gravy: Filtered Water, Corn Starch*, Turkey Flavor* (Turkey Flavor* with Turkey*, Turkey Skins*, Evaporated Cane Syrup*, Roasted Turkey Flavor*, Onion Powder*, Soy Lecithin*, Yeast Extract, Turmeric*, Gum Arabic*), Turkey Fat* or Chicken Fat*, Sea Salt, Caramel Color*, Yeast Extract*, Xanthan Gum, Spice*. Contains: Soy.

Ferndale Oven Roasted Turkey Breast: Ferndale Free-Range/Local Turkey, Olive Oil*, Sea Salt, Black Pepper*, Rosemary*, Sage*

Smashed Red Potatoes: Red Potatoes*, Butter*(Sweet Cream*, Microbial Culture), Buttermilk (Lowfat Milk, Non Fat Milk Solids, Buttermilk Culture), Chives*, Black Pepper*, Sea Salt. Contains: Milk

Wild Rice Pilaf: Brown Basmati Rice*, Wild Rice, Carrots*, Onions*, Celery*, Canola Oil*, Parsley*, Sea Salt, Black Pepper*.

Green Beans: Green Beans*, Olive Oil*, Dill Weed*, Onions*, Sea Salt, Black Pepper*.

Cranberry Chutney: Cranberry*, Pineapple*, Oranges*, Apples*, Cane Sugar*, Cinnamon*, Walnuts. Contains: Walnuts

WF Thanksgiving Vegan Dinner Plate WF, V

Imagine Vegan Wild Mushroom Gravy: Filtered Water, Corn Starch*, Mushroom Flavor* (Mushrooms*, Soy Sauce* [Soybeans*, Salt], Mushroom Powder*, Canola Oil*, Molasses*, Yeast Extract, Potato Flour*, Onion Powder*, Yeast Extract*), Sea Salt, Vegetable Flavor* (Carrots*, Onions*, Celery*, Sea Salt), Evaporated Cane Syrup*, Garlic Powder*, Natural Flavors, Yeast Extract*, Xanthan Gum, Caramel Color*, Organic Spice*. Contains: Soy

Apple Roasted Tofu: Tofu* (soybeans*, nigari*, gypsum) Apple Juice, Brown Sugar, Allspice*, Sea Salt, Thyme*, Black Pepper*, Arrowroot, Apples*, Olive Oil*, Olive Oil Spray (Olive Oil, Soy Lecithin), Parsley* Contains: Soy

Wild Rice Pilaf: Brown Basmati Rice*, Wild Rice, Carrots*, Onions*, Celery*, Canola Oil*, Parsley*, Sea Salt, Black Pepper*.

Maple Pecan Yams: Yams*, Pecans, Pineapple*, Maple Syrup, Canola Oil*, Cinnamon*, Sea Salt, Canola Oil Spray (Olive Oil, Soy Lecithin). Contains: Pecans, Soy

Green Beans: Green Beans*, Olive Oil*, Dill Weed*, Onions*, Sea Salt, Black Pepper*

Cranberry Chutney: Cranberry*, Pineapple*, Oranges*, Apples*, Cane Sugar*, Cinnamon*, Walnuts. Contains: Walnuts

Thanksgiving Turkey Dinner Plate

Oven Roasted Turkey Breast: Ferndale Free-Range/Regional Turkey, Olive Oil*, Sea Salt, Black Pepper*, Rosemary*, Sage*

Traditional Sage Stuffing: Bread Cubes (High Gluten Flour, Dry Yeast, Salt, Water), Yellow Onions*, Celery*, Apples*, Garlic*, No-Chicken Base (Carrots, Celery, Onion, Salt, Hydrolyzed Corn Protein, Maltodextrin, Cane Sugar, Canola Oil, Yeast Extract, Corn Syrup Solids, Natural Flavors, Dried Potato, Turmeric), Butter*(Sweet Cream*, Microbial Culture), Sage*, Marjoram*, Thyme*, Parsley*, Sea Salt, Black Pepper*. Contains: Wheat, Milk

Smashed Red Potatoes: Red Potatoes*, Butter*(Sweet Cream*, Microbial Culture), Buttermilk (Lowfat Milk, Non Fat Milk, Solids, Buttermilk Culture), Chives*, Black Pepper*, Sea Salt. Contains: Milk

Turkey Gravy: Onions*, Celery*, Butter*, Flour, Garlic*, Bay Leaf*, Thyme*, Sea Salt, Black Pepper*, Turkey Base, (Turkey*, Salt, Maltodextrin*, Cane Sugar*, Soybean Oil*, Yeast Extract, Natural Flavor*, Potato Starch*, Spices*.

Contains: Wheat, Milk, Soy

Green Beans: Green Beans*, Olive Oil*, Dill Weed*, Onions*, Sea Salt, Black Pepper*

Cranberry Chutney: Cranberry*, Pineapple*, Oranges*, Apples*, Cane Sugar*, Cinnamon*, Walnuts. Contains: Walnuts