

WHOLE FOODS CO-OP

2022 SIDES AND PLATES | INGREDIENTS

Pre-order online at [wholefoods.coop/holiday](https://www.wholefoods.coop/holiday)

WFC Deli Holiday Sides

Autumn Wild Rice VEG:

Wild Rice, Butternut Squash*, Onion*, Cranberries*, Butter*, Honey, Orange Juice*, Garlic, Vegetable Base* (Vegetables* & Vegetable Juice Concentrate*, Carrot*, Celery*), Salt, Soy Sauce* (Soybean*, Alcohol*), Sugar*, Maltodextrin*, Yeast Extract, Potato Starch*, Garlic Powder*, Spice*), Cinnamon*, Cardamom*, Nutmeg*, Sea Salt, Black Pepper*.
Contains: Milk, Soy

Cranberry Chutney WF, V:

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

Ferndale Roasted Turkey Breast VEG:

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

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

Parmesan Cream Corn VEG:

Sweet Corn*, Onions*, Garlic*, Butter*, Milk, Cream*, Parmesan Cheese (skim milk, cheese cultures, salt, enzymes, cellulose), Corn Meal*, Rosemary*, Turmeric*, Sea Salt, Black Pepper*. Contains: 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

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

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

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

Vegan Wheat-Free Harvest Meal Plate

Garden Harvest Loaf WF, V:

Flax Meal*, Olive Oil, Green Lentils*, Yellow Onion*, Carrots*, Red Bell Pepper*, Rolled Oats*, Tapioca Flour, Potato Starch, Rice Flour, Garlic*, Basil*, Cumin*, Paprika*, Onion Powder*, Chili Powder*, Sea Salt.

Imagine Vegan Wild Mushroom Gravy WF, V:

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

Contains: Soy.

Maple Pecan Yams WF, V:

Yams*, Pecans, Pineapple*, Maple Syrup, Canola Oil*, Cinnamon*, Sea Salt, Canola Oil Spray (Canola 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*.

Green Beans WF, V:

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

Cranberry Chutney WF, V:

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

Traditional Turkey Harvest Meal Plate

Oven Roasted Turkey Breast:

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*, 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*, 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

Cranberry Chutney WF, V:

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

Parmesan Cream Corn VEG:

Sweet Corn*, Onions*, Garlic*, Butter*, Milk, Cream*, Parmesan Cheese (skim milk, cheese cultures, salt, enzymes, cellulose), Corn Meal*, Rosemary*, Turmeric*, Sea Salt, Black Pepper*. Contains: Milk

Key: **WF** = Wheat-Free, **VEG** = Vegetarian, **V** = Vegan, * = Organic

Whole Foods Co-op is a facility that processes wheat.