

# Nourish

BY HOLLYBERRY

## Ingredient List

**Please call 314.835.9196 for more information.**

### ENTREES

#### **Asian Turkey Meatballs**

Ground turkey, red onion, egg, salt, pepper, ginger, garlic powder, mustard powder, chili powder, toasted sesame seeds, Sticky Asian Sauce. *Contains: wheat, egg*

#### **Baked Cuban Sandwich**

Pulled pork, ham, cucumber, vinegar, dill, sugar, Sweet Baby Ray's® BBQ Sauce, Swiss cheese, honey mustard, Italian baguette. *Contains: dairy, wheat*

#### **Baked Italian Baguette**

Capicola ham, salami, pepperoni, Italian baguette, banana peppers, mozzarella, dried basil. *Contains: dairy, wheat*

#### **Baked Ziti**

Beef, penne pasta, mozzarella cheese, parmesan cheese, cottage cheese, marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian spices), tomatoes, garlic, Italian herbs. *Contains: dairy, wheat*

#### **BBQ Chicken Kabobs**

Chicken breasts, bell pepper, onion, Sweet Baby Ray's® BBQ Sauce, Carolina BBQ sauce. *Contains no common allergens.*

#### **Beef Ragout + Cauliflower Mash**

Beef Ragout: (Beef, white onion, pearl onions, chopped tomato, beef stock, olive oil, Worcestershire sauce, black pepper, salt, granulated garlic, onion powder, parsley, tomato paste), Cauliflower Mash: (cauliflower, Russet potatoes, butter, milk, garlic, salt, pepper). *Contains: dairy*

#### **Beef Tenderloin Kabobs**

Beef tenderloin, bell pepper, onion, teriyaki sauce, sesame oil, rice wine vinegar, Worcestershire sauce, white sesame seeds, ginger, garlic, brown sugar, black pepper. *Contains: dairy, wheat*

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### **Black Bean Burgers**

Black beans, green onions, red bell pepper, jalapeño, ancho paste, garlic, lime juice, corn, salt, pepper, cumin, egg, panko bread crumbs, cilantro, Greek yogurt. *Contains: dairy, wheat, egg*

### **Buffalo Chicken Wraps**

Chicken breasts, jasmine rice, charred sweet corn, slaw blend (carrots and cabbage), cheddar cheese, mayonnaise, Frank's Red-Hot® sauce, ranch dressing, flour tortilla. *Contains: dairy, wheat, egg*

### **Butternut Squash Mac + Cheese**

Elbow macaroni, sharp cheddar cheese, butternut squash, panko breadcrumbs, cream cheese, butter, flour, salt, Italian seasoning. *Contains: dairy, wheat*

### **Cashew Chicken**

Chicken breast, broccoli florets, bell pepper, cashews, olive + canola oil blend, salt, pepper, soy sauce, Sweet Baby Ray's® BBQ sauce, apple cider vinegar, honey, toasted sesame oil, ginger, garlic, sesame seeds, jasmine rice. *Contains: nuts*

### **Chicken + Poblano Hash**

Chicken breast, potato, kosher salt, crushed red pepper, onion, poblano peppers, mushroom, thyme, garlic, Poblano Cream Sauce (poblano pepper, garlic, flour, butter, chicken stock, heavy cream, sour cream, white onion). *Contains: dairy, wheat*

### **Chicken Carbonara Mac + Cheese**

Chicken breast, bacon, macaroni noodles, whipping cream, mozzarella, cheddar cheese, parsley, salt, pepper, egg. *Contains: dairy, wheat, egg*

### **Chicken Confetti Spaghetti**

Chicken breast, vermicelli pasta, chicken soup, sharp cheddar cheese, yellow and red bell pepper, onion, parmesan cheese, butter, parsley, garlic powder, kosher salt, pepper, chicken broth. *Contains: dairy, wheat*

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### **Chili + Cornbread**

Ground beef, ancho chilies, tomato, cumin, crushed red pepper, salt, black eyed peas, charred corn, cheddar cheese, corn muffin mix. *Contains: dairy, wheat, egg*

### **Chimichurri Pork**

Pork tenderloin, cumin, chili powder, mustard, onion powder, garlic, oregano, vegetable oil, butter, cilantro, lime, salt, pepper, parsley, onion, red wine vinegar, lemon, red pepper flakes, salt. *Contains: dairy*

### **Enchilada Lasagna**

Chicken breast, corn tortillas, enchilada sauce, Monterey Jack cheese, corn, peppers, tomato, red onion, jalapeño, lime juice, cilantro, garlic powder, salt. *Contains: dairy (separate packaging)*

### **Fall Chicken + Rice Bake**

Chicken breast, butternut squash, cranberries, thyme, brown rice, black pepper, kosher salt, parmesan cheese, vegetable stock, white wine, butter. *Contains: dairy*

### **Fiesta Bowl**

Pulled pork, basmati rice, paprika, cumin, oregano, olive + canola oil blend, green chilies, vegetable stock, white onion, red bell pepper, yellow bell pepper, cheddar cheese, chili powder, kosher salt, granulated garlic, dried oregano, black pepper. *Contains: dairy*

### **Greek Turkey Burgers + Tzatziki Sauce**

Ground turkey, onion, spinach, feta, oregano, garlic, panko, egg, salt, tzatziki sauce (sour cream, cucumbers, dill, salt, pepper, garlic). *Contains: dairy (separate packaging), wheat, egg*

### **Grilled Chicken Pesto Penne**

Chicken breast, penne noodle, oil blend, mushrooms, butter, garlic, broccoli, salt, pepper, Pesto Cream Sauce (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper, cream). *Contains: dairy, wheat, pine nuts*

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### **Ham + Cheddar Strata**

Eggs, heavy cream, cream cheese, sourdough bread, ham, salt, pepper, Cheddar cheese, minced onion, green onion, mustard powder, granulated garlic, paprika, cayenne pepper. *Contains: dairy, wheat, egg*

### **Ham + Hashbrowns**

Ham, potatoes, peas, cheddar cheese, onion, granulated garlic, salt, pepper, plain yogurt. *Contains: dairy*

### **Harvest Vegetable Rollups**

Lasagna noodles, onion, carrots, zucchini, ricotta cheese, mozzarella, parmesan, thyme, chives, garlic, sour cream, salt, pepper, olive oil, marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian spices). *Contains: dairy, wheat*

### **Homestyle Chicken Pot Pie**

Chicken breast, peas, carrots, celery, onions, flour, butter, chicken stock, sage, coriander, black pepper, kosher salt. *Contains: dairy, wheat*

### **Honey Stung Chicken Bites**

Chicken breast, oil, panko breadcrumbs, kosher salt, black pepper, flour, sugar, Sweet + Sour Dipping Sauce (apple cider vinegar, red bell pepper, salt, habanero pepper, paprika, turmeric). *Contains: wheat*

### **Italian Sausage + Peppers**

Italian sausage, white onion, bell peppers, tomato paste, garlic, basil, bay leaves, olive oil, white wine, balsamic vinegar, salt, pepper. *Contains no common allergens.*

### **Layered Chicken Enchiladas**

Chicken breast, corn tortillas, Monterey Jack cheese, corn, red bell pepper, jalapeño, cilantro, red onion, lime, cumin, chili powder, granulated garlic, kosher salt, black pepper, Poblano Cream Sauce (poblano pepper, garlic, flour, butter, chicken stock, heavy cream, sour cream, white onion). *Contains: dairy, wheat*

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### **Louisiana Red Beans + Rice**

Pork andouille sausage, kidney beans, onion, green bell pepper, celery, olive + canola oil blend, garlic, bay leaves, cayenne pepper, thyme, sage, parsley, Cajun seasoning, basmati rice. Contains no common allergens.

### **Meatball Sub Sandwich**

Meatballs (ground beef, breadcrumbs, bell pepper, onion, salt, soybean oil, seasoning, flour, whey), marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian spices), mozzarella, Italian baguette. *Contains: dairy, wheat*

### **Meatloaf Cupcakes**

Ground beef, egg, tomato, parsley, basil, oregano, onion, salt, pepper, garlic powder, marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian spices), potatoes, milk, butter, sour cream, garlic. *Contains: dairy, egg*

### **Mediterranean Chicken**

Chicken breast, salt, pepper, granulated garlic, Italian seasoning, spinach artichoke dip (cream cheese, spinach, mozzarella, artichoke hearts, sour cream, parmesan cheese, garlic, black pepper), tomatoes, lemon juice, lemon zest, crumbled feta cheese. *Contains: dairy*

### **Mediterranean Strata**

Eggs, heavy cream, cream cheese, spinach, sourdough bread, tomatoes, salt, pepper, feta cheese, minced onion, mustard powder, granulated garlic, paprika, cayenne pepper. *Contains: dairy, wheat, egg*

### **Merry's Mighty Good Meatballs**

Ground beef, eggs, zucchini, carrots, kale, onions, Italian seasoning, garlic powder, salt, pepper, marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian spices). *Contains: egg*

### **Parmesan Chicken**

Chicken breast, panko, flour, egg, parmesan cheese, basil, chives, salt, pepper, mozzarella cheese, Italian seasoning, marinara (tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian seasoning). *Contains: dairy, wheat, egg*

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### **Pesto + Goat Cheese Chicken**

Chicken breast, goat cheese, flour, olive + canola oil blend, panko, parmesan, salt, pepper, garlic, pesto (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper).

*Contains: dairy, wheat, pine nuts*

### **Pesto Primavera**

Asparagus, mushrooms, broccoli, peas, penne noodles, olive + canola oil blend, butter, garlic, salt, pepper, Parmesan cheese, Pesto Cream Sauce (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper, cream). *Contains: dairy, wheat, pine nuts*

### **Philly Bake**

Beef, egg noodles, bell pepper, onion, cream cheese, tomato soup, mushroom soup, Rotel cheese sauce, butter, parsley, garlic powder, panko, Italian seasoning, kosher salt, pepper. *Contains: dairy, wheat, egg*

### **Pimiento Stuffed Chicken**

Chicken breast, panko, Cajun seasoning, egg, Pimiento cheese (cheddar cheese, cream cheese, garlic, onion powder, jalapeño, hot sauce, salt, pepper, Worcestershire sauce).

*Contains: dairy, wheat, egg*

### **Pork Stir Fry**

Pork tenderloin, bell pepper, edamame, brown rice, brown sugar, tamari, toasted sesame oil, sesame seeds, salt, pepper. *Contains no common allergens.*

### **Pork Tamale Pie**

Pulled pork, jalapeño, cilantro, enchilada sauce, red bell pepper, coleslaw blend, cheddar cheese, shortening, butter, salt, vegetable stock, baking powder, masa harina.

*Contains: dairy*

### **Pretzel Encrusted Chicken**

Chicken breast, hard pretzels, honey mustard dressing, flour, olive + canola oil blend.

*Contains: wheat, egg*

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### **Pulled Pork + Cheddar Grits**

Pulled pork, grits, milk, cheddar cheese, cream, pulled pork, Sweet Baby Ray's® BBQ sauce, salt, pepper. *Contains: dairy*

### **Pulled Pork Burrito**

Pulled pork, basmati rice, vegetable stock, sweet corn, onion, red bell pepper, green bell pepper, cheddar cheese, cilantro, jalapeño, olive oil, paprika, salt, sugar, flour tortilla, lime juice. *Contains: dairy, wheat*

### **Pulled Pork Enchiladas**

Pulled pork, corn tortillas, enchilada sauce, Monterey Jack cheese, corn, green chilies, tomatoes, bell pepper, onion, cumin. *Contains: dairy (separate packaging)*

### **Quinoa Stuffed Peppers**

Bell peppers, quinoa, tomato, white onion, kale, carrots, cumin, salt, pepper, garlic, vegetable broth, Cheddar cheese (separate packaging). *Contains: dairy (separate packaging)*

### **Red Thai Curry Chicken + Vegetables**

Chicken breasts, basmati rice, chicken stock, olive + canola oil blend, onion, red curry paste, red pepper, zucchini, ginger, garlic, coconut milk, sweet chili sauce, tamari, lime juice, brown sugar, bay leaf, basil, salt, pepper, sriracha, Worcestershire sauce. *Contains: nuts*

### **Rice + Bean Burrito**

Black beans, basmati rice, vegetable stock, sweet corn, onion, red bell pepper, green bell pepper, cheddar cheese, cilantro, jalapeño, olive oil, paprika, salt, cumin, lime zest, sugar, diced green chilis, cumin, lime juice, ancho, jalapeño, flour tortilla, olive + canola oil blend. *Contains: dairy, wheat*

### **Rice Noodle Primavera**

Rice noodles, celery, carrots, cilantro, scallions, red bell pepper, cumin, chili powder, ginger, sesame seeds, tamari, toasted sesame oil, vegetable oil, salt, rice vinegar. *Contains no common allergens*

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### **Roasted Vegetable Sandwich**

Italian baguette, red bell peppers, mushroom, white onion, mozzarella, salt, pepper, paprika, garlic powder, dried basil, balsamic glaze. *Contains: dairy, wheat*

### **Shepherd's Pie**

Ground beef, peas, carrots, celery, onions, butter, garlic, rosemary, olive oil, beef stock, cabernet, cream, sour cream, potatoes. *Contains: dairy*

### **Short Rib Hash**

Shredded short rib, beef stock, potatoes, salt, oil, pepper, cheddar cheese, red pepper. *Contains: dairy*

### **Spinach + Artichoke Rollups**

Lasagna noodles, butter, garlic, milk, Parmesan, spinach, artichoke hearts, ricotta, Mozzarella, salt, pepper, Alfredo sauce (heavy cream, Parmesan, soybean oil, corn starch, Romano, salt, garlic, egg). *Contains: dairy, wheat, egg*

### **Spring Mushroom Chicken + Rice**

Chicken breast, green beans, mushroom, jasmine rice, chicken stock, milk, butter, onion, garlic, salt, pepper, flour, pepper, paprika, thyme. *Contains: dairy, wheat*

### **Steak + Chicken Fajitas**

Beef flank steak, chicken breast, chili powder, salt, garlic, cumin, oregano, black pepper, olive + canola oil blend, bell peppers, white onion. *Contains no common allergens.*

### **Stuffed Shells + Roasted Red Pepper Marinara**

Pasta red bell pepper marinara (roasted red bell peppers, tomato puree, diced tomatoes, olive oil, soybean oil, onions, garlic, Italian seasoning), tomato paste, ricotta, egg, parsley, mozzarella cheese, Romano cheese, corn starch, salt, turmeric, olive + canola oil blend, white onion, garlic, sugar. *Contains: dairy, wheat, egg*

### **Summer Sausage + Vegetables**

Turkey kielbasa, carrots, russet potatoes, zucchini, red bell pepper, broccoli, dried basil, dried oregano, dried parsley, granulated garlic, onion powder, dried thyme, olive oil, salt. *Contains no common allergens.*

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### **Taco Tuesday Bake**

Ground beef, cheddar cheese, cream of chicken soup, tortilla strips, Rotel tomatoes, sour cream, onion, olive oil, salt, pepper, red pepper flakes. *Contains: dairy, wheat*

### **Teriyaki Primavera**

Penne noodles, Cajun seasoning, olive + canola oil blend, mushrooms, bell peppers, butter, garlic, teriyaki sauce, vegetable stock, peas, broccoli. *Contains: dairy, wheat*

### **Toasted Cannelloni + Marinara**

Beef, pork, beef broth, vegetable broth, eggs, onion, bread crumbs, salt, spinach, celery, parmesan, Romano, corn oil, spices, garlic, wine, wheat flour. Sauce: tomatoes, salt, sugar, garlic, onion, yeast, parsley, soybean oil, turmeric, paprika, basil. *Contains: dairy, wheat, egg*

### **Turkey Stir Fry**

Ground turkey, vegetable oil, garlic, ginger, scallions, Korean BBQ sauce, soy sauce, sriracha, shredded carrot, snap peas, red pepper, brown rice. *Contains: wheat*

### **Tuscan Chicken**

Chicken breast, prosciutto, pesto (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper). *Contains: dairy, pine nuts*

### **Vegetable Enchiladas**

Corn tortillas, portabella mushroom caps, zucchini, enchilada sauce, cotija cheese, charred corn, green chilies, cayenne, chili powder, cumin, garlic, salt, black pepper, bell peppers, onions, olive + canola oil blend. *Contains: dairy (separate packaging)*

### **Vegetarian Fajitas**

Yellow squash, portabella mushroom caps, bell peppers, white onion, chili powder, salt, garlic, cumin, oregano, black pepper, olive + canola oil blend. *Contains no common allergens.*

### **Vegetable Kabobs**

Mushrooms, potatoes, zucchini, bell pepper, yellow squash, red onion, butter, parmesan, olive oil, basil, salt, pepper, garlic. *Contains: dairy*

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### **Vegetable Pot Pie**

Asparagus, russet potatoes, carrots, celery, mushrooms, pearl onions, flour, butter, vegetable stock, ground mustard, thyme, white wine, black pepper, kosher salt.

*Contains: dairy, wheat*

### **XL Chicken Taquitos**

Chicken breasts, bell peppers, black beans, Greek yogurt, Rotel tomatoes, cumin, chipotle seasoning, coriander, pepper, garlic, salt, cheddar cheese, corn, cream cheese, flour tortillas. *Contains: dairy, wheat*



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### SIDES

#### **3 Sisters BBQ Beans**

Bacon, cannellini beans, onion, Worcestershire sauce, molasses, corn, zucchini.  
*Contains no common allergens.*

#### **Asian Vegetable Medley**

Broccoli florets, bell pepper, cashews, carrots, edamame, Asian Vegetable sauce (tamari, Sweet Baby Ray's® BBQ sauce, apple cider vinegar, olive + canola oil blend, dried garlic, seasoning, honey, toasted sesame oil, ginger, granulated garlic, salt, pepper, toasted sesame seeds). *Contains no common allergens.*

#### **Balsamic Green Beans**

Green beans, garlic, balsamic glaze, olive oil, salt, pepper. *Contains no common allergens.*

#### **Beans, Bacon + Greens**

Bacon, cannellini beans, white onions, garlic, spinach, basil, sundried tomatoes, apple cider vinegar. *Contains no common allergens.*

#### **Broccoli + Cheddar Soup**

Milk, broccoli, onion, carrots, vegetable broth, oil, sharp cheddar cheese, corn starch, mustard powder. *Contains: dairy*

#### **Broccoli + Potatoes**

Broccoli florets, baby baker potatoes, olive + canola oil blend, garlic, Italian seasoning, black pepper, salt, parmesan cheese. *Contains: dairy*

#### **Broccoli Tots**

Broccoli florets, cheddar cheese, egg, panko, Italian seasoning, onion powder, parsley, salt, pepper, Cheddar Cheese dipping sauce (milk, sharp cheddar cheese, butter, flour, salt). *Contains: dairy, wheat, egg*

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### **Buffalo Cauliflower**

Cauliflower, salt, pepper, garlic, onion powder, paprika, oil blend, Frank's RedHot® sauce. *Contains no common allergens.*

### **Caribbean Roasted Vegetables**

Vitelotte potatoes, yellow beet, carrot, Jerusalem artichoke, chipotle powder, yellow curry powder, coconut oil, salt, pepper, garlic, fresh oregano. *Contains: nuts*

### **Carrot Souffle**

Carrots, flour, baking powder, cinnamon, eggs, Mexican vanilla, butter, sugar. *Contains: dairy, wheat, egg*

### **Cauliflower Mash**

Cauliflower, Russet potatoes, butter, milk, garlic, salt, pepper. *Contains: dairy*

### **Cheddar Jalapeño Cornbread**

Corn, creamed corn, sour cream, egg, onion, jalapeños, garlic, paprika, salt, corn muffin mix, shredded cheddar, butter. *Contains: dairy, wheat, egg*

### **Chickpea + Cauliflower Curry**

Cauliflower, chickpeas, onion, garlic, coconut milk, curry powder, salt, pepper, vegetable stock, honey, sriracha. *Contains: nuts*

### **Cider Braised Apples + Vegetables**

Potatoes, sweet potatoes, apples, dried cranberries, butter, onion, carrot, thyme, bell pepper, apple cider vinegar, vegetable stock, Dijon mustard, salt, pepper, parsley. *Contains no common allergens.*

### **Edamame Succotash**

Edamame, corn, red bell pepper, red onion, vegetable oil, lime juice, cumin, chili powder, kosher salt, pepper. *Contains no common allergens.*

### **French Onion Broccoli**

Broccoli, white onion, salt, pepper, butter, olive + canola oil blend. *Contains: dairy*

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### **French Onion Green Beans**

Green beans, white onion, salt, pepper, butter, olive + canola oil blend. *Contains: dairy*

### **Grilled Vegetables**

Yellow bell pepper, red bell pepper, zucchini, carrot, olive + canola oil blend, white onion, granulated garlic, black pepper, kosher salt, thyme, scallion. *Contains no common allergens.*

### **Kale + Butternut Squash Quinoa**

Quinoa, butternut squash, rosemary, olive oil, salt, pecans, kale, cranberries, apple cider vinegar, honey, coriander, cinnamon. *Contains: nuts*

### **Minestrone Soup**

Onion, carrot, celery, garlic, tomato, vegetable stock, Great Northern beans, tomato paste, black eyed peas, bay leaf, basil, zucchini, spinach. *Contains no common allergens.*

### **Parmesan Garlic Butternut Squash**

Butternut Squash, parmesan, thyme, olive oil, garlic. *Contains: dairy*

### **Parmesan Roasted Carrots**

Carrots, parmesan, thyme, olive oil, garlic. *Contains: dairy*

### **Parmesan Rolls**

Flour, salt, sugar, yeast, parmesan cheese, garlic, onion powder, Italian seasoning, butter. *Contains: dairy, wheat*

### **Rice Pilaf**

Rice, vegetable stock, carrots, onions, celery, peas, butter, salt, pepper. *Contains: dairy*

### **Roasted Red Pepper + Smoked Gouda Bisque**

Roasted red peppers, tomato puree, diced tomatoes, smoked gouda cheese, vegetable oil, cream, butter, sugar, salt, food starch, garlic, flour, onions, paprika, natural smoke flavoring. *Contains: dairy, wheat*

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### **Roasted Tuscan Vegetables**

Carrots, red onion, broccoli, green beans, pesto (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper), salt, lemon pepper. *Contains: dairy, nuts*

### **Sage + Mushroom Stuffing**

Mushrooms, celery, onion, French bread, butter, parmesan, pepper, ground coriander, dried sage, oil, garlic cloves, vegetable stock, scallions. *Contains: dairy, wheat*

### **Seasonal Roasted Vegetables (Fall)**

Cauliflower, broccoli, carrots, green beans, red onion, butternut squash, red bell pepper, garlic, olive + canola oil blend, dried basil, salt, pepper. *Contains no common allergens.*

### **Seasonal Roasted Vegetables (Spring)**

Carrots, broccoli, cauliflower, green beans, zucchini, red onion, red pepper, olive + canola oil blend, garlic, basil, salt, pepper. *Contains no common allergens.*

### **Sesame Sugar Snap Peas**

Sugar snap peas, oil, sesame oil, pepper, salt, sesame seeds. *Contains no common allergens.*

### **Southwest Quinoa**

Quinoa, corn, olive + canola oil blend, white onion, garlic, lime juice, black beans, cilantro, red bell pepper, mayonnaise, crushed red pepper, oregano, cumin, chili powder, salt, pepper. *Contains: egg*

### **Southwestern Twice Baked Sweet Potatoes**

Sweet potatoes, cream, butter, cumin, chili powder, salt, pepper. *Contains: dairy*

### **Spinach Pesto Quinoa**

Quinoa, spinach, pesto (basil, parmesan cheese, olive oil, pine nuts, garlic, salt, pepper), parmesan, salt, pepper. *Contains: dairy, pine nuts*

### **Spring Chicken Soup**

Chicken, onion, bell peppers, carrot, garlic, chicken base, cheese tortellini, heavy cream, olive oil, spinach, thyme, crushed red pepper, salt. *Contains: dairy, wheat*

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### **Sweet Potato Tots**

Sweet potatoes, carrots, eggs, panko breadcrumbs, mozzarella, smoked paprika, garlic powder, onion powder, salt, pepper, Creamy Yogurt Sauce (plain yogurt, garlic powder, onion powder, Dijon mustard, salt). *Contains: dairy, wheat, egg*

### **Teriyaki Green Beans**

Green beans, mushrooms, shallots, garlic, butter, teriyaki sauce, sesame seeds.  
*Contains: dairy*

### **Vegetable Fried Quinoa**

Quinoa, vegetable oil, white onion, carrots, corn, edamame, ground ginger, crushed red pepper, egg, toasted sesame oil, tamari, teriyaki sauce, scallions. *Contains: wheat, egg*

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### **DIPS + SPREADS**

#### **Black Bean Dip**

Black beans, garlic, enchilada sauce, cumin, chili powder, Cheddar cheese. *Contains: dairy*

#### **Brownie Batter Dip**

Cocoa powder, flour, sugar, salt, whipped topping, cream cheese, milk, chocolate chips. *Contains: dairy, wheat*

#### **Buffalo Chicken Dip**

Chicken breast, cream cheese, Ranch dressing, Frank's RedHot© sauce, mozzarella cheese. *Contains: dairy, egg*

#### **Cheddar Ale Dip**

Cheddar cheese, beer, cream cheese, cream, Romano cheese, cayenne peppers, vinegar, garlic powder, salt, paprika. *Contains: dairy*

#### **Classic Hummus**

Chickpeas, tahini, lemon juice, olive oil, black pepper, salt, garlic. *Contains no common allergens.*

#### **Herb + Tomato Goat Cheese Dip**

Goat cheese, cream cheese, feta, basil, lemon, garlic, chives, tomato. *Contains: dairy*

#### **Honey Goat Cheese Spread**

Goat cheese, cream cheese, dried cranberries, candied nuts (almonds, walnuts, pecans, brown sugar, honey). *Contains: dairy, tree nuts, eggs*

#### **Jalapeño Popper Dip**

Cream cheese, jalapeño, cheddar cheese, sour cream, parmesan cheese, garlic, panko bread crumbs, butter, parsley. *Contains: dairy, wheat (separate packaging)*



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### **Queso Dip**

Monterey Jack cheese, chopped green chilies, half + half, cream cheese, butter, cumin, chili powder, paprika, onion powder. *Contains: dairy*

### **Spinach + Artichoke Dip**

Cream cheese, spinach, mozzarella, artichoke hearts, sour cream, parmesan cheese, garlic, black pepper. *Contains: dairy*

### **Sweet Potato Hummus**

Sweet potatoes, chickpeas, tahini, lemon juice, olive oil, black pepper, salt, garlic, lemon zest, sesame seeds. *Contains no common allergens.*

### **White Bean + Artichoke Hummus**

Cannellini beans, artichoke hearts, chickpeas, tahini, lemon juice, olive oil, black pepper, salt, garlic. *Contains no common allergens.*

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### DESSERTS

#### **Apple Pie Tart**

Apples, sugar, flour, shortening, cornstarch, egg, salt. *Contains: wheat, egg*

#### **Berry Oatmeal Bake**

Strawberries, raspberries, blueberries, blackberries, bananas, almonds, oats, quinoa, egg, milk, brown sugar, honey, cinnamon, baking powder, butter, vanilla extract, salt.

*Contains: dairy, egg, nuts*

#### **Blueberry Lime Cupcakes**

Blueberries, lemon juice, cream cheese, butter, powdered sugar, egg, granulated sugar, key lime extract, vanilla extract, vegetable oil, flour, baking powder, baking soda, salt, buttermilk, lime zest. *Contains: dairy, wheat, egg*

#### **Chocolate Goopy Butter Cake**

Devil's Food cake mix, cocoa, sweetened condensed milk, water, butter, eggs, cream cheese, butter. *Contains: dairy, wheat, egg*

#### **Cocoa Bliss Cookie Dough**

Flour, sugar, brown sugar, honey, butter, eggs, white chocolate chips, Heath Bar© bits, cream cheese, cocoa powder, vanilla extract, baking soda, baking powder, salt.

*Contains: dairy, wheat, egg, nuts*

#### **Dave's Double Chip Cookie Bars**

Semi-sweet and white chocolate chips, eggs, vanilla pudding, flour, sugar, brown sugar, butter, baking soda, salt. *Contains: dairy, wheat, egg*

#### **Dave's Double Chip Cookie Dough**

Semi-sweet and white chocolate chips, eggs, vanilla pudding, flour, sugar, brown sugar, butter, baking soda, salt. *Contains: dairy, wheat, egg*

#### **Fudgy Flourless Chocolate Torte**

Chocolate chips, butter, sugar, salt, coffee, vanilla extract, eggs, unsweetened cocoa, heavy whipping cream. *Contains: dairy, egg*

# Nourish

BY HOLLYBERRY

## Ingredient List

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### **Goey Butter Cake**

Yellow cake mix, sweetened condensed milk, water, butter, eggs, cream cheese.

*Contains: dairy, wheat, egg*

### **Grasshopper Cupcakes**

Semi-sweet chocolate chips, flour, sugar, butter, eggs, powdered sugar, chocolate syrup, creme de menthe. *Contains: dairy, wheat, egg*

### **Lemon Zucchini Cake**

Zucchini, flour, salt, baking powder, eggs, olive oil, sugar, lemon juice, buttermilk, lemon zest, powdered sugar, milk. *Contains: dairy, wheat, egg*

### **Mint Fudgy Brownies**

Semi-sweet chocolate chips, butter, sugar, eggs, cocoa powder, cream cheese, peppermint extract, green food coloring, flour, baking powder, salt. *Contains: dairy, wheat, egg*

### **Monster Cookie Bars**

Flour, sugar, brown sugar, butter, semi-sweet and white chocolate chips, vanilla pudding, baking soda, salt, eggs, vanilla extract, mini M&M's, dried cranberries, mini twist pretzels, oats. *Contains: dairy, wheat, egg*

### **Oatmeal Crannie Cookie Dough**

Flour, oats, baking soda, cinnamon, salt, butter, sugar, brown sugar, cream cheese, eggs, vanilla extract, cranberries. *Contains: dairy, wheat, egg*

### **Pumpkin Cupcakes**

Pumpkin, baking powder, pecans, cream cheese, vanilla, powdered sugar, pumpkin spice, vanilla pudding, flour, butter, eggs, baking soda, oil, brown sugar, sugar. *Contains: dairy, wheat, egg, nuts*

### **Raspberry Shortbread Cake**

Raspberries, toasted coconut, flour, unsalted butter, egg whites, sugar. *Contains: dairy, wheat, egg, nuts*

# Nourish

BY HOLLYBERRY

## Ingredient List

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### **Red Velvet Cupcakes**

Flour, butter, eggs, baking soda, oil, sugar, cream cheese, cocoa, vinegar, red food coloring, powdered sugar, vanilla, milk, salt, white chocolate curls. *Contains: dairy, wheat, egg*

### **Snickerdoodle Cookie Dough**

Cinnamon, flour, sugar, butter, vanilla pudding, baking soda, eggs, cream of tartar, salt. *Contains: dairy, wheat, egg*

### **Strawberry Cupcakes**

Strawberries, salt, milk, strawberry extract, flour, butter, eggs, baking powder, sugar, cream cheese, powdered sugar. *Contains: dairy, wheat, egg*

### **White Chocolate Cranberry Bars**

Cranberries, white chocolate chips, orange juice, orange zest, eggs, flour, sugar, brown sugar, butter, baking soda, salt. *Contains: dairy, wheat, egg*