

## Met Ingredients + Allergens November 30, 2019

| Menu Item                               | Portion  | Ingredients   | Allergens                       |
|---|----------|---|---------------------------------|
| <b>30-Nov-19</b>                        |          |   |                                 |
| <b>BREAKFAST</b>                        |          |   |                                 |
| Scrambled Eggs                          | 4 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.  | CONTAINS: Egg                   |
| Blueberry Pancakes                      | 1 each   | Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Water, Liquid Eggs (Whole Egg, Citric Acid.),Blueberries,Cult,IQF,Grade A, Canola Pan Coating Spray (CanolaOil, Phosphated Mono & Diglycerides, Propellant.), Canola Oil.  | CONTAINS: Egg, Milk, Soy, Wheat |
| Grilled Chourico                        | 3 ounces | Chourico Sausage (Pork, Water, Salt, Vinegar,Potassium Lactate, Spices, Paprika, Garlic Powder, SodiumDiacetate, Sodium Nitrite.).  |                                 |
| O'Brien Potatoes                        | 1/2 cup  | Water, Diced Potatoes (Potatoes, Dextrose,Disodium Pyrophosphate (Added to Maintain Color), Potassium Sorbate (Added to Maintain Freshness).), Diced Green Peppers,Unsalted Butter (Cream (Milk), Natural Flavoring.), Diced Onions,Roasted Red Peppers (Bell Peppers, Water, Salt, and Citric Acid),Salt, Black Pepper.  | CONTAINS: Milk                  |
| Egg, Cheese + Sausage on English Muffin | 1 each   | English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, PorkSausage Patty (Pork, Water, Salt, Corn Syrup Solids, Spices,Sugar, Dextrose, Spice Extractives, BHT, Propyl Gallate, CitricAcid.), Sliced Cheddar Cheese (Pasteurized Milk, Cheese Culture,Salt, Enzymes.), Salt. | CONTAINS: Egg, Milk, Soy, Wheat |

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| Menu Item           | Portion     | Ingredients   | Allergens                       |
|---------------------|-------------|---|---------------------------------|
| Berry Bread Pudding | 96 each     | Liquid Eggs (Whole Egg, Citric Acid.), Croissant, Butter, Frozen, 2oz (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter, Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil, Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin, Sodium Alginate, Dextrose, Baking Soda.), Extra Fine Granulated Sugar (Cane Sugar), Strawberries, Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan. ), Blueberries, Cult, IQF, Grade A, Canola Pan Coating Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.), Confectioners Sugar (Sugar, Cornstarch), Ground Cinnamon<br>CONTAINS: Egg, Milk, Soy, Wheat   | CONTAINS: Egg, Milk, Soy, Wheat |
| Oatmeal Bar         | 4 oz ladles | Water, Pancake Syrup (Corn Syrup, Water, Artificial Maple Flavor, Salt, Sodium Benzoate, CMC Gum, Potassium Sorbate (Preservative), Caramel Color.), Strawberries, Gluten Free Honey Oat Granola (Organic Gluten Free Oats, Organic Honey, Organic High Oleic Sunflower Oil, Sea Salt And Organic Vanilla. This Product Is Created In A Bakery That Uses Soy, Walnuts, Hazelnuts/Filberts, Coconut, Pecans, Cashews, Almonds And Peanuts.), Honey, Light Brown Sugar (Sugar, Molasses.), Roasted Pumpkin Seeds, Toasted Sunflower Kernels (Sunflower Kernels, Vegetable Oil (Peanut, Cottonseed, Partially Hydrogenated Soybean and/or Sunflower Seed).), Golden Raisins (Raisins, Sulfur Dioxide Added As A Preservative.), Dried Sweetened Cranberries (Cranberries, Sugar.), Whole Grain Oats. | CONTAINS: Soy                   |

## Met Ingredients + Allergens November 30, 2019

| Menu Item                  | Portion  | Ingredients  | Allergens                     |
|----------------------------|----------|--|-------------------------------|
| <b>DINNER SPECIALS</b>     |          |  |                               |
| Shrimp Cavatelli Arrabiata | 8 ounces | Roasted Tomatoes-Local [Tomato, Canola Oil, Garlic, Kosher Salt, Parsley, Black Pepper, Dried Oregano, Thyme], Arrabiata Sauce [Plum Tomatoes (Whole Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid.), Diced Onions, Olive Pomace Oil, Fresh Grape Tomatoes, Garlic, Tomato Paste (Vine-Ripened Fresh Tomatoes and Naturally Derived Citric Acid.), Crushed Red Pepper, Kosher Salt, Black Peppercorns], Cavatelli Pasta (Semolina (Wheat), Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid.), Summer Squash, Fresh Shrimp, Zucchini, Shaved Parmesan Cheese (Parmesan Cheese: (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added to Prevent Caking, Natamycin (a Natural Mold Inhibitor).), Parsley, Olive Pomace Oil, Crushed Red Pepper, Kosher Salt | CONTAINS: Milk, Shrimp, Wheat |
| Roasted Broccoli           | 3 ounces | Broccoli Florets, Olive Pomace Oil, Garlic, Salt   |                               |
| Garlic Knots               | 1 each   | Roll, Garlic Knot, Unsliced, Baked, Frozen (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzymes, Folic Acid), Water, Sugar, Yeast, Salt, Soybean Oil, Cultured Corn Sugar (Preservative), Cultured Cane Sugar (Preservative), Lactic Acid, Malted Barley Flour, Enzymes, Ascorbic Acid. Topping: Margarine (Canola and/or Soybean Oil, Palm Oil and Palm Kernel Oils, Water, Salt, Soy Lecithin, Mono- and Diglycerides, Natural Butter Flavor, Annatto Extract Color, Vitamin a Palmitate Added), Butter Oil, Dehydrated Garlic, Natural Flavors, Dehydrated Parsley Flakes, Lactic Acid.), Canola Pan Coating Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.)   | CONTAINS: Milk, Soy, Wheat    |

## Met Ingredients + Allergens December 1, 2019

| Menu Item                                  | Portion  | Ingredients   | Allergens                       |
|--|----------|---|---------------------------------|
| <b>1-Dec-19</b>                            |          |   |                                 |
| <b>BREAKFAST</b>                           |          |   |                                 |
| Scrambled Eggs                             | 3 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.  | CONTAINS: Egg                   |
| Choc Chip Pancakes                         | 2 ounces | Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Chocolate Cocoa Drops, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.).  | CONTAINS: Egg, Milk, Soy, Wheat |
| Smoked Bacon                               | 2 each   | Smoked Bacon (Pork Cured with: Water, Salt,Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.).  |                                 |
| Hashbrown Baby Cakes                       | 3 ounces | Mini Potato Pancakes (Potatoes, Vegetable Oil (Contains One or More of the Following Oils: Canola, Soybean, Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, Modified Cellulose, Mono- & Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid Pyrophosphate Added to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil.   | CONTAINS: Soy                   |
| Western Frittata Egg + Cheese on Croissant | 1 each   | Pepper Jack Cheese (Pasteurized Milk, JalapenoPeppers, Cheese Culture, Salt, Enzymes), Liquid Eggs (WholeEgg, Citric Acid.), Virginia Style Boneless Ham (Pork Cured withWater Sugar Salt Contains 2% or Less of: Potassium LactateSodium Phosphate Sodium Diacetate Sodium Erythorbate SodiumNitrite Seasoning (Salt, Spice Extractives).), Potato Roll (EnrichedFlour (Wheat Flour Unbleached, Malted Barley Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water,Wheat Gluten, Yeast, Sugar, Contains Less Than 2% of: CalciumPropionate (to Retain Freshness), Calcium Sulfate, Enzymes, CornFlour, Turmeric, Mono & Diglycerides, Paprika, Natural and ArtificalFlavors, Ascorbic Acid, Potato Flour, Salt, Soybean Oil, Stevia,Wheat Starch.), White Onions, Red Peppers, Canola Pan CoatingSpray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.),Salt. | CONTAINS: Egg, Milk, Soy, Wheat |

### Met Ingredients + Allergens December 1, 2019

| Menu Item              | Portion   | Ingredients  | Allergens      |
|------------------------|-----------|--|----------------|
| <b>DINNER SPECIALS</b> |           |  |                |
| Blackened Chicken      | 3 ounces  | Chicken Breast Filet (Boneless, Skinless Chicken Breast Filets Containing: Up To 15% Of A Solution Of Water And Sea Salt.), Cajun Seasoning (Garlic, Salt, Onion, Paprika, Oregano, White Pepper, Red Pepper, and Spice.)  |                |
| Creamy Polenta         | 1 serving | Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan. ), Unsalted Butter (Cream (Milk), Natural Flavoring.), White Onions, Yellow Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin*, Folic Acid*. *B Vitamins.), Grated Romano Cheese (Romano Cheese: (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as a Preservative), Artificial Color), Powdered Cellulose Added to Prevent Caking.), Green Onions, Gluten Free Vegan Chicken Flavor Base (Salt, Sugar, Maltodextrin, Yeast Extract, Onion Powder, Natural Flavors, Dehydrated Carrot Juice, Beta Carotene Color, Olive Oil, Garlic Powder, And Spices.), Garlic, Black Pepper, Red Crushed Pepper, Salt | CONTAINS: Milk |
| Roasted Carrots        | 3 ounces  | Carrots, Olive Pomace Oil, Parsley, Kosher Salt  |                |

## Met Ingredients + Allergens December 2, 2019

| Menu Item                             | Portion  | Ingredients  | Allergens                       |
|---------------------------------------|----------|--|---------------------------------|
| <b>2-Dec-19</b>                       |          |  |                                 |
| <b>BREAKFAST</b>                      |          |  |                                 |
| Scrambled Eggs                        | 4 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.   | CONTAINS: Egg                   |
| Cinn Raisin Fren Toast                | 1 slice  | French Toast Batter [Liquid Eggs (Whole Egg,Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar),Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).),Ground Cinnamon, Salt], Raisin Bread (Umbromated, Unbleached,Enriched Wheat Flour (Flour, Malted Barley Flour,niacin(Vitaminb3), Reduced Iron, Thiamine Mononitrate (Vitamin B1),Riboflavin (Vitaminb2), Folic Acid), Water, Raisin, Sugar, Malt, Salt,Yeast, Cinnamon, Calcium Propionate (to Retard Spoilage), WheatGluten, Caramel,color, Enzymes, Monoglycerides, Ascorbic Acid,Xanthan Gum, Guar Gum, Corn.), Canola Pan Coating Spray(Canola Oil, Phosphated Mono & Diglycerides, Propellant.). | CONTAINS: Egg, Milk, Wheat      |
| Crispy Tater Tots                     | 3 ounces | Tater Tots (Potatoes, Vegetable Oil (ContainsOne or More of the Following: Canola, Palm, Soybean, Sunflower),Salt, Corn Flour, Dehydrated Potato, Disodium DihydrogenPyrophosphate (to Promote Color Retention), Dextrose.), Canola Oil.   | CONTAINS: Soy                   |
| Egg, Cheese + Bacon on English Muffin | 1 each   | English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, SlicedCheddar Cheese (Pasteurized Milk, Cheese Culture, Salt,Enzymes.), Smoked Bacon (Pork Cured with: Water, Salt, Sugar,Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.), Salt.   | CONTAINS: Egg, Milk, Soy, Wheat |
| Sausage Link                          | 1 ounce  | Pork Sausage Link (Pork, Water, Maple Sugar,Salt, Spices, Dextrose, Maple Flavor (Carmelized Sugar Syrup,Flavorings, Maple Syrup, Brown Sugar), Sugar.)  |                                 |

## Met Ingredients + Allergens December 2, 2019

| Menu Item                       | Portion    | Ingredients   | Allergens       |
|---------------------------------|------------|---|-----------------|
| <b>LUNCH SPECIALS</b>           |            |   |                 |
| Hawaiian BBQ Pulled Pork Slider | 4 ounces   | Pork Carnitas (Pork, Water, Salt, Orange Juice Concentrate, Sodium Phosphates. Rubbed with Flavoring, Caramel Color, Paprika (for Color). Caramel Color Added Prior to Cooking, Marinated Up to 10% With a Solution. ), Hawaiian Roll (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Palm Oil, Yeast, Pineapple Juice, Contains Less Than 2% of Natural Butter Flavor, Dough Conditioner (Calcium Sulfate, Wheat Flour, Ascorbic Acid, Enzymes), Salt, Corn Flour, Corn Starch, Lecithin, Mono and Diglycerides, Vegetable Gum, Natural Flavor, Maltodextrin, Dextrose, Sodium Bicarbonate, Beta Carotene, Glaze (Water, Vegetable Proteins, Vegetable Oil, Dextrose, Maltodextrins, Starch).), Original Barbecue Sauce (High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Corn Starch, Contains Less Than 2% of Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spice, Caramel Color, Molasses, Sodium Benzoate (Preservative), Garlic,* Mustard Flour, Corn Syrup, Sugar, Tamarind, Natural Flavor, Celery Seed. *Dried.), Caramelized Onions [Spanish Onions, Olive Pomace Oil, Salt, Black Pepper], Charred Pineapple Relish [Fresh Pineapple, Pickled Red Onions [Red Onion, Red Wine Vinegar, Water, Extra Fine Granulated Sugar (Cane Sugar), Pickling Spice (Spices, Black Pepper, Red Pepper), Salt], Juice,Lime, Honey, Cilantro, Salt, Black Pepper], Chives,Fresh | CONTAINS: Wheat |
| Charred Pineapple Relish        | 0.8 ounces | Fresh Pineapple, Pickled Red Onions [Red Onion, Red Wine Vinegar, Water, Extra Fine Granulated Sugar (Cane Sugar), Spice,Pickling,Whl (Cinnamon, Coriander, Mustard Seed, Allspice, Bay Leaves, Ginger, Dill Seed, Clove, Chillies, Black Pepper, Mace, Cardamom, And Sulfiting Agent. Does Not Contain Any US Big 8 Allergens. This Product Does Not Have Any Gluten Ingredients But It Has Not Been Certified To Support Gluten Free Claims.), Kosher Salt], Lime Juice, Honey, Cilantro, Kosher Salt, Black Pepper   |                 |

## Met Ingredients + Allergens December 2, 2019

| Menu Item                               | Portion  | Ingredients   | Allergens     |
|---|----------|---|---------------|
| Big Island Bruddah Pot-Mac              | 2 ounces | Potatoes, Elbow Macaroni (Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.), Mayonnaise, Extra Heavy (Soybean Oil, Distilled Vinegar, Egg Yolk, High Fructose Corn Syrup, Contains Less Than 2% of Salt, Water, Mustard Seed, Calcium Disodium EDTA (to Protect Flavor).), Apple Cider Vinegar (100% Pure Apple Cider with 5% Acidity.), Celery, Carrots, Honey, Green Onions, Kosher Salt, Black Pepper                   |               |
| <b>DINNER SPECIALS</b>                  |          |   |               |
| Charred Bavette Steak Teriyaki          | 3 ounces | Beef Sirloin (Beef), Teriyaki Marinade [Juice, Orange - Met [Water, Orange Juice Concentrate (100% Orange Juice From Concentrate Contains Pure Filtered Water, Premium Concentrated Orange Juice.)], Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar.), Light Brown Sugar (Sugar, Molasses.), Sesame Oil, Honey, Garlic, Ginger Puree (Ginger, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate (Preservatives).), Black Pepper], Green Onions, Water, Cornstarch  | CONTAINS: Soy |
| Jasmine Rice                            | 3 ounces | Water, Jasmine Rice   |               |
| Green Bean + Cucumber Salad with Ginger | 4 ounces | Chopped Kale, Cucumber, Fresh Green Beans, Spicy Rice Wine Vinaigrette [Olive Pomace Oil, Caramelized Onions [Spanish Onions, Olive Pomace Oil, Kosher Salt, Black Pepper], Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt, Potassium Metabisulfite (As A Preservative).), Chili Paste (Chili, Salt, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite, as Preservatives and Xanthan Gum.), Green Onions, Honey, Lime Juice, Garlic, Kosher Salt, Black Pepper], Radish, Green Onions, White Sesame Seeds (Sesame Seeds) |               |



### Met Ingredients + Allergens December 3, 2019

| Menu Item                             | Std Portion | Ingredients   | Allergens                       |
|---------------------------------------|-------------|---|---------------------------------|
| <b>3-Dec-19</b>                       |             |   |                                 |
| <b>BREAKFAST</b>                      |             |   |                                 |
| Scrambled Eggs                        | 4 ounces    | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.  | CONTAINS: Egg                   |
| Apple-Maple Chicken Breakfast Sausage | 2 each      | Apple Maple Chicken Sausage (Skinless ChickenMeat, Brown Sugar, Dried Apple, Contains 2% or Less of VermontMaple Syrup, Maple Sugar, Salt, Spices, Natural Flavors.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.)  |                                 |
| Homefries                             | 3 ounces    | Diced Potatoes (Potatoes, Dextrose, DisodiumPyrophosphate (Added to Maintain Color), Potassium Sorbate(Added to Maintain Freshness).), Diced Onions, Margarine,No Salt(Palm Oil, Water, Soybean Oil, Contains Less Than 2% Of SoyLecithin, Vegetable Mono & Diglycerides, Potassium Sorbate (APreservative), Citric Acid, Natural & Artificial Flavor, Beta Carotene(Color), Vitamin A Palmitate Added.), Homefrie Seasoning-Met[Salt, Granulated Onion, Granulated Garlic, White Pepper, CelerySalt, Ground Paprika], Parsley.   | CONTAINS: Soy                   |
| Breakfast Burrito                     | 1 each      | Scrambled Eggs [Liquid Eggs (Whole Egg, CitricAcid.), Green Onions, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.), Salt], Flour Tortilla(Bleached Enriched Wheat Flour (Wheat Flour, Malted BarleyFlour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin,Folic Acid), Water, Blend Of Vegetable Oils (Soybean Oil AndHydrogenated Cottonseed Oil), Contains 2% Or Less Of TheFollowing: Leavening (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch Monocalcium Phosphate), Salt, TortillaPremix [Mono-And Diglycerides, Guar Gum, Dextrose, CelluloseGum, Enzyme Blend (Salt, Wheat Starch, Enzyme(S)], Sugar,Calcium Propionate (Preservative), Vital Wheat Gluten, FumaricAcid, Potassium Sorbate (Preservative). ), Diced Red Peppers,Diced Green Peppers, Fresh Tomatoes, Shredded CheddarCheese (Cheddar Cheese ((Pasteurized Milk, Cheese Culture, Salt,Enzymes). Anti-Caking Blend (Potato Starch, PowderedCellulose).), Diced Onions, Unsalted Butter (Cream (Milk), NaturalFlavoring.). | CONTAINS: Egg, Milk, Soy, Wheat |
| Banana Pancakes                       | 1 bag       | Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).), Fresh Banana, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.).CONTAINS: Egg, Milk, Soy, Wheat  |                                 |

### Met Ingredients + Allergens December 3, 2019

| Menu Item                              | Std Portion | Ingredients  | Allergens                  |
|--|-------------|--|----------------------------|
| <b>LUNCH SPECIALS</b>                  |             |  |                            |
| Genovese Chicken & Prosciutto Sandwich | 8 ounces    | Cheese,Mozzarella,Fresh,Log,Sliced (PasteurizedMilk, Vinegar, Enzymes, Salt.), Grilled Chicken [Boneless ChickenBreast (Chicken Breasts with Rib Meat.), Olive Pomace Oil, Garlic,Kosher Salt, Dried Oregano, Balsamic Vinegar (UnfermentedGrape Must.), Black Pepper], French Bread (Enriched UnbleachedFlour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate,Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2%or Less of: Salt, Soybean Oil, Sugar, Yeast, Sodium StearoylLactylate, Calcium Sulfate, Enzymes, Ascorbic Acid, Canola Oil,Silicone Dioxide (Anti-caking Agent), Degerminated YellowCornmeal, Vital Wheat Gluten, Calcium Propionate (to RetainFreshness).), Nut Free Pesto (Basil, Canola Oil, Extra Virgin OliveOil, Romano Cheese (Pasteurized Sheeps Milk, Cultures, Rennet,Salt), Chopped Garlic, Salt.), Roasted Red Peppers (Bell Peppers,Water, Salt, and Citric Acid), Balsamic Glaze (Balsamic Vinegar ofModena (Wine Vinegar, Cooked Grape Must) 61%, Cooked GrapeMust, Sugar, Stabilizer: Xantan Gum.), Prosciutto (Pork, Salt,Pepper), Basil | CONTAINS: Milk, Soy, Wheat |
| Zucchini Frites                        | 3 ounces    | Fried Zucchini (Zucchini, Bleached Enriched Flour(Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate,Riboflavin, Folic Acid), Water. Contains Less Than 2% of: DriedOnion, Dried Parsley, Yellow Corn Flour, Dextrose, Salt, Leavening(Sodium Acid Pyrophosphate, Sodium Bicarbonate), Dried Yeast,Modified Corn Starch, Soybean Oil.), Green Onions   | CONTAINS: Soy, Wheat       |
| Pesto Aioli                            | 0.2 ounces  | Nut Free Pesto (Basil, Canola Oil, Extra VirginOlive Oil, Romano Cheese (Pasteurized Sheeps Milk, Cultures,Rennet, Salt), Chopped Garlic, Salt.), Mayonnaise,Extra Heavy(Soybean Oil, Distilled Vinegar, Egg Yolk, High Fructose CornSyrup, Contains Less Than 2% of Salt, Water, Mustard Seed,Calcium Disodium EDTA (to Protect Flavor).)   | CONTAINS: Egg, Milk, Soy   |

### Met Ingredients + Allergens December 3, 2019

| Menu Item                                | Std Portion | Ingredients  | Allergens      |
|--|-------------|--|----------------|
| <b>DINNER SPECIALS</b>                   |             |  |                |
| Roasted Leg of Lamb Tagine               | 3 ounces    | Leg of Lamb, Water, Onions, Chablis White Wine,Dried Apricots, Fresh Tomatoes, Castelvetrano Pitted Olives, OlivePomace Oil, Gluten Free Vegan Chicken Flavor Base (Salt, Sugar,Maltodextrin, Yeast Extract, Onion Powder, Natural Flavors,Dehydrated Carrot Juice, Beta Carotene Color, Olive Oil, GarlicPowder, And Spices.), Thyme, Garlic, Kosher Salt, Ginger Puree(Ginger, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate(Preservatives).), Tomato Paste (Vine-Ripened Fresh Tomatoesand Naturally Derived Citric Acid.), Hungarian Paprika, BlackPepper, Turmeric, Ground Cumin, Rosemary, Ground Cinnamon,Cardamom, Preserved Lemon (Lemons, Salt, Water), GroundCayenne Pepper, Mint |                |
| Curried Couscous & Cauliflower Salad     | 3 ounces    | Cauliflower, Water, Couscous,French,Medium,Unsalted Butter (Cream (Milk), Natural Flavoring.), Green Onions,Vegetable Soup Base (Dehydrated Vegetables (Onion, Tomato,Sweet Corn, Carrot, Celery, Pumpkin, Carrot Juice, Bell Pepper,Green Leek and Garlic), Sea Salt, Sugar, Yeast Extract, Canola Oil,Spices, and Extractives of Celery, Onion and Garlic.), Curry Powder(Spices (Cumin, Turmeric and Fenugreek), Turmeric (as Color),Salt, Red Pepper, Spice Extract.), Salt  | CONTAINS: Milk |
| Golden Beets with Cilantro, Lemon & Mint | 3 ounces    | Gold Beets, Olive Pomace Oil, Juice,Lemon,Mesclun Lettuce, Red Onion, Queen Olives Stuffed with Pimiento(Queen Olives, Water, Salt, Citric Acid, Minced Pimiento, SodiumAlginate, Guar Gum. May Contain Pits.), Kalamata Olives(Kalamata Olives, Water, Salt, Sunflower Oil, Extra Virgin Olive Oil,Lactic Acid, Calcium Chloride. Warning: May Contain Pit or PitFragments. Manufactured in a Facility That Processes Tree Nuts(Almonds) and Milk.), Parsley, Cilantro, Mint, Salt, Lemon ZestPuree, Ground Coriander, Black Pepper   |                |

## Met Ingredients + Allergens December 4, 2019

| Menu Item                 | Portion  | Ingredients  | Allergens                       |
|---------------------------|----------|--|---------------------------------|
| <b>4-Dec-19</b>           |          |  |                                 |
| <b>BREAKFAST</b>          |          |  |                                 |
| Scrambled Eggs            | 4 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.   | CONTAINS: Egg                   |
| Bacon                     | 2 each   | Smoked Bacon (Pork Cured with: Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite.)   |                                 |
| Sweet Potato Homefries    | 3 ounces | Sweet Potatoes, Unsalted Butter (Cream (Milk), Natural Flavoring.), Canola Oil, Salt, Garlic, Black Pepper.  | CONTAINS: Milk                  |
| Egg + Cheese on Croissant | 1 each   | Croissant (Enriched Flour (Wheat Flour, BarleyMalt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Unsalted Butter (Cream, Water, Natural Flavorings), Sugar, Yeast, Eggs. Contains 2% or Less of: Salt, Natural Flavor, SodiumStearoyl Lactylate, Soy Flour, Dextrose, Ascorbic Acid, Azodicarbonamide [ada], L-cysteine, Enzymes, CalciumPropionate (Preservative).), Cage Free Eggs, Sliced CheddarCheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes.).   | CONTAINS: Egg, Milk, Soy, Wheat |
| French Toast              | 1 slice  | French Toast Batter [Liquid Eggs (Whole Egg, Citric Acid.), 2% Milk, Extra Fine Granulated Sugar (Cane Sugar), Artificial Vanilla Extract (Water, Caramel Color, Vanillin, EthylVanillin, and 0.1% Potassium Sorbate (Added as a Preservative).), Ground Cinnamon, Salt], Texas Toast (Enriched Flour (Wheat Flour Unbleached, Malted Barley Flour, Niacin, Reduced Iron, thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Wheat Gluten, Contains Less Than 2% of: Ascorbic Acid, Calcium Propionate (to Retain Freshness), Corn Flour, Turmeric, Mono & Diglycerides, Paprika, Natural and Artificial Flavors, Monoglycerides, Propionic Acid, Phosphoric Acid, Enzymes, Salt, Yeast.), Confectioners Sugar (Sugar, Cornstarch), Canola Pan Coating Spray (Canola Oil, Phosphated Mono & Diglycerides, Propellant.). | CONTAINS: Egg, Milk, Soy, Wheat |

## Met Ingredients + Allergens December 4, 2019

| Menu Item             | Portion | Ingredients  | Allergens   |
|-----------------------|---------|--|---|
| <b>LUNCH SPECIALS</b> |         |  |   |
| Baja Fish Tacos       | 2 each  | White Flour Tortilla (Bleached Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blend Of Vegetable Oils (Soybean Oil And Hydrogenated Cottonseed Oil), Contains 2% Or Less Of The Following: Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Mono And Diglycerides, Dough Conditioner (Sodium Stearoyl Lactylate, Calcium Sulfate), Potassium Sorbate (Preservative).), Pickled Red Cabbage [Red Wine Vinegar, Shredded Red Cabbage, Extra Fine Granulated Sugar (Cane Sugar), Water, Kosher Salt], Battered Mahi Mahi (Mahi Mahi, Vegetable Oil (Soybean and/or Canola), Modified Corn Starch, Bleached Wheat Flour, Contains 2% or Less of: Yellow Corn Flour, Sugar, Salt, Whey, Leavening (Sodium Acid Pyrophosphate), Garlic Powder, Yeast Extract, Black Pepper, Maltodextrin, Natural Flavor, White Pepper, Yellow 5, Yellow 6, Guar Gum.), Sauce, Ancho Chipotle (Tomato Puree (Water, Tomato Paste), Soybean Oil, Sugar, Vinegar, Water, Salt, Egg Yolks, Modified Corn Starch, Chipotle Chili Pepper, Buttermilk*, Ancho Chili Peppers, Garlic Powder, Spices (Mustard Flour), Molasses, Sour Cream (Cream, Nonfat Milk, Cultures), Garlic*, Onion Powder, Lactic Acid, Chili Pepper, Phosphoric Acid, Xanthan Gum, Polysorbate 60, Potassium Sorbate and Calcium Disodium Edta (Used to Protect Quality), Lemon Juice Concentrate, Citric Acid, Cultured Nonfat Milk, Polysorbate 80. *Dehydrated.), Guacamole (Hass Avocado, Red Pepper, Jalapeno Pepper, Green Pepper, Sugar, Onion, Salt, Cilantro, Sodium Acid Pyrophosphate, Sodium Alginate, Citric Acid, Xanthan Gum, Ascorbic Acid (Vitamin C), Garlic, Potassium Sorbate.), Cilantro | CONTAINS: Egg, Fish (Mahi-Mahi), Milk, Soy, Wheat |

## Met Ingredients + Allergens December 4, 2019

| Menu Item                      | Portion  | Ingredients   | Allergens                  |
|--------------------------------|----------|---|----------------------------|
| Baby Kale Salad                | 2 ounces | Baby Kale, Fresh Avocado, Pickled Red Onions<br>[Red Onion, Red Wine Vinegar, Water, Extra Fine Granulated Sugar (Cane Sugar), Pickling Spice (Spices, Black Pepper, Red Pepper), Salt], Cheese, Queso Fresco (Pasteurized Grade "A" Whole Cow's Milk, Salt, Enzymes, Cultures.), Radish, Pomegranate Vin [Pomegranate, Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt, Potassium Metabisulfite (As A Preservative).), Water, Caramelized Onions [Spanish Onions, Olive Pomace Oil, Salt, Black Pepper], Olive Pomace Oil, Salt, Cumin], Pomegranate   | CONTAINS: Milk             |
| <b>DINNER SPECIALS</b>         |          |   |                            |
| Chicken Marsala with Mushrooms | 3 ounces | Water, Button Mushrooms, Chicken Breast (Boneless & Skinless Chicken Breast with Rib Meat.), White Onions, Wine, Cooking, Marsala, Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.), Unsalted Butter (Cream (Milk), Natural Flavoring.), Olive Pomace Oil, Chicken Soup Base (Salt, Chicken (Includes Rendered Fat, Cooked Skins & Cooked Meat), Sugar, Monosodium Glutamate, Potato Flour, Onion Powder, Food Starch - Modified, Chicken Flavor (Contains Maltodextrin, Salt, Corn Oil, Chicken Skins, Beef Extract, Ascorbic Acid, Thiamine Hydrochloride), Spices, Turmeric, Natural Flavor (Contains Soybean), Disodium Inosinate And Disodium Guanylate.), Garlic, Kosher Salt, Black Pepper, Thyme, Spice, Bay Leaves | CONTAINS: Milk, Soy, Wheat |

## Met Ingredients + Allergens December 4, 2019

| Menu Item                             | Portion  | Ingredients   | Allergens           |
|---------------------------------------|----------|---|---------------------|
| Wild Mushroom Risotto with Fresh Peas | 3 ounces | Water, Arborio Rice, Portobello Mushrooms, White Onions, Chardonnay White Wine, Shhitake Mushrooms, Green Peas (Frozen Green Peas), Shaved Parmesan Cheese (Parmesan Cheese: (Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added to Prevent Caking, Natamycin (a Natural Mold Inhibitor).), Unsalted Butter (Cream (Milk), Natural Flavoring.), Mushroom Soup Base (Salt, Sugar, Maltodextrin, Yeast Extract (Contains Barley Gluten), Mushroom Extract, Natural Flavor (Contains Milk), Hydrolyzed Corn Protein, Onion Powder, Food Starch - Modified, Dehydrated Mushrooms, Soybean Oil, Dehydrated Celery, Spices, Garlic Powder, Disodium Inosinate, and Disodium Guanylate.), Olive Pomace Oil, Garlic, Chives,Fresh, Thyme, Spice,Bay Leaves,Dried,Whole | CONTAINS: Milk, Soy |

## Met Ingredients + Allergens December 5, 2019

| Menu Item            | Portion  | Ingredients   | Allergens                       |
|----------------------|----------|---|---------------------------------|
| <b>5-Dec-19</b>      |          |   |                                 |
| <b>BREAKFAST</b>     |          |   |                                 |
| Scrambled Eggs       | 4 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.  | CONTAINS: Egg                   |
| Turkey Sausage       | 2 ounces | Turkey Sausage Link (Turkey, Water, TexturedVegetable Protein Product (Soy Protein Concentrate, Zinc Oxide,Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin APalmitate, Calcium Pantothenate, Thiamine Mononitrate [B1],Pyridoxine Hydrochloride [B6], Riboflavin [B2], AndCyanocobalamin [B12]), Salt, Corn Syrup Solids, Spices,Hydrolyzed Soy Protein, Flavoring, Citric Acid, BHA.), Canola PanCoating Spray (Canola Oil, Phosphated Mono & Diglycerides,Propellant.).   | CONTAINS: Soy                   |
| Hashbrown Baby Cakes | 3 ounces | Mini Potato Pancakes (Potatoes, Vegetable Oil(Contains One or More of the Following Oils: Canola, Soybean,Cottonseed, Sunflower, Corn), Dried Potatoes. Contains 2% orLess of Baking Powder (Sodium Acid Pyrophosphate, SodiumBicarbonate, Corn Starch, Monocalcium Phosphate), CalciumLactate, Citric Acid (to Maintain Freshness & Natural Color),Dehydrated Onion, Dextrose, Garlic Powder, Malic Acid, ModifiedCellulose, Mono- & Diglycerides, Potato Starch - Modified, Salt,Sodium Citrate, Sodium Alginate, Sodium Acid PyrophosphateAdded to Maintain Natural Color, Spices, Xanthan Gum.), CanolaOil. | CONTAINS: Soy                   |
| Sweet Pancakes       | 3 ounces | Buttermilk Pancake Mix (Enriched Bleached Flour(Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate,Riboflavin, Folic Acid), Yellow Corn Flour, Whey (Milk Protein),Dextrose, Leavening (Sodium Acid Pyrophosphate, Baking Soda,Monocalcium Phosphate), Sugar, Soybean Oil, Salt, Soy Flour,Buttermilk, Natural and Artificial Flavors (Contains Milk Derivatives).).  | CONTAINS: Egg, Milk, Soy, Wheat |



## Met Ingredients + Allergens December 5, 2019

| Menu Item               | Portion   | Ingredients  | Allergens                       |
|-------------------------|-----------|--|---------------------------------|
| Met McMuffin            | 1 each    | English Muffin (Enriched Wheat Flour (WheatFlour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin,Folic Acid), Water, Yeast, Contains 2% or Less of the Following:High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Salt, CornMeal, Vinegar, Corn Sugar, Calcium Propionate (Preservative),Yeast Nutrient (Calcium Sulfate), Dough Conditioner (CalciumPeroxide), Fumaric Acid, Soy Lecithin.), Cage Free Eggs, CanadianBacon (Pork Cured With Water, Sugar, Salt, Contains 2% Or LessOf: Sodium Lactate, Sodium Phosphate, Flavoring, SodiumDiacetate, Sodium Nitrite, Lactic Acid, Acidic Calcium Sulfate.),American Cheese (Milk, Water, Dairy Product Solids, SodiumCitrate, Modified Food Starch, Salt, Contains 2% or Less of CheeseCulture, Citric Acid, Cream, Enzymes, Sorbic Acid (Preservative),Soy Lecithin.), Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.). | CONTAINS: Egg, Milk, Soy, Wheat |
| <b>LUNCH SPECIALS</b>   |           |  |                                 |
| Beef and Broccoli Salad | 12 ounces | Beef, Gluten Free Soy Sauce (Water, Soybeans, Salt, Sugar.), Green Onions, Baby Corn (Baby Corn, Water, Salt.), Red Peppers, Waterchestnuts (Water Chestnuts, Water, Citric Acid.), Broccoli Florets, Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt, Potassium Metabisulfite (As A Preservative).), Extra Fine Granulated Sugar (Cane Sugar), Sesame Oil, Ginger Puree (Ginger, Phosphoric Acid, Sodium Benzoate, Potassium Sorbate (Preservatives).)  | CONTAINS: Soy                   |

## Met Ingredients + Allergens December 5, 2019

| Menu Item                 | Portion  | Ingredients   | Allergens                  |
|---------------------------|----------|---|----------------------------|
| <b>DINNER SPECIALS</b>    |          |   |                            |
| Slow-Cooked BBQ Ribs      | 4 ounces | Pork,Ribs,St. Louis,Frozen, Kansas City BBQ Sauce (Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Mustard Bran, Natural Hickory Smoke Flavor, Spices, Onion Powder, Celery Seed, Sodium Benzoate (as a Preservative), Garlic Powder, Sugar & Natural Flavors.), Salt, Black Pepper   |                            |
| Corn on the Cob           | 0.5 each | Water, Corn on Cob, Extra Fine Sugar (Granulate Sugar), Parsley   |                            |
| Mac & Cheese              | 4 ounces | Water, Elbow Macaroni (Semolina (Wheat), Durum Wheat Flour, Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid.), Heavy Whipping Cream (Heavy Cream, Milk, Contains Less Than 0.5% Of: Mono And Diglycerides, Polysorbate 80, Carrageenan. ), Cheddar Cheese (Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [color]).), Grated Romano Cheese (Romano Cheese: (Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes), Hard Grating Cheese: (Food Starch, Water, Palm Oil, Cellulose, Salt, Lactic Acid, Whey, Sodium Phosphate, Sodium Citrate, Sorbic Acid, Potassium Sorbate (as a Preservative), Artificial Color), Powdered Cellulose Added to Prevent Caking.), Crushed Ritz Crackers (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Baking Soda And/Or Calcium Phosphate), High Fructose Corn Syrup, Soy Lecithin, Natural Flavor, Malted Barley Flour.), Cornstarch, Salt, Unsalted Butter (Cream (Milk), Natural Flavoring.), Parsley, Canola Oil, Garlic, Black Pepper | CONTAINS: Milk, Soy, Wheat |
| Old School Cucumber Salad | 2 ounces | Cucumber, Red Onion, Mint, Dijon Vinaigrette [Rice Wine Vinegar (Rice Wine Vinegar, Sugar, Salt, Potassium Metabisulfite (As A Preservative).), Olive Pomace Oil, Lemon Juice (Meyer Lemon Juice and Lemon Juice, Natural Flavors.), Extra Strong Dijon Mustard (Mustard Seeds, Water, Alcohol Vinegar, White Wine 5% (Sulphites), Salt, Preservative: Sodium Bisulphite.), Honey, Kosher Salt, Garlic]   |                            |

### Met Ingredients + Allergens December 6, 2019

| Menu Item  | Portiion | Ingredients  | Allergens                       |
|--|----------|--|---------------------------------|
| <b>6-Dec-19</b>                                    |          |  |                                 |
| <b>BREAKFAST</b>                                   |          |  |                                 |
| Scrambled Eggs                                     | 4 ounces | Liquid Eggs (Whole Egg, Citric Acid.), GreenOnions, Canola Pan Coating Spray (Canola Oil, Phosphated Mono& Diglycerides, Propellant.), Salt.   | CONTAINS: Egg                   |
| Cajun Potato Wedges                                | 2 wedges | Idaho Potatoes, Canola Oil, Cajun Seasoning(Dehydrated Garlic, Spices, Salt, Paprika (Color), DehydratedOnion and Red Pepper.), Parsley  |                                 |
| Buttermilk Biscuit                                 | 1 each   | Buttermilk Biscuit (Enriched Flour BleachedWheat Flour, Malted Barley Flour, Niacin, Iron, ThiaminMononitrate, Riboflavin, Folic Acid, Water, Palmoil, Buttermilk,Sugar, Palm Kernel Oil, Baking Soda, Nonfat Milk, Sodium AcidPyrophosphate, Whey Protein Concentrate, Salt, Sodium AluminumPhosphate, Whey, Sodium Caseinate, Natural and Artificial Flavor.)  | CONTAINS: Milk, Wheat           |
| Sausage Gravy                                      | 2 ounces | Whole Milk, Pork Sausage Link (Pork, Water,Maple Sugar, Salt, Spices, Dextrose, Maple Flavor (CarmelizedSugar Syrup, Flavorings, Maple Syrup, Brown Sugar), Sugar.), Unsalted Butter (Cream (Milk), Natural Flavoring.), Bread Flour(Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron,Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid.),Garlic, Salt, Black Pepper, Sage.  | CONTAINS: Milk, Wheat           |
| Frittata Egg, Turkey Sausage + Cheese on Croissant | 1 each   | Liquid Eggs (Whole Egg, Citric Acid.),Croissant,Butter,Frozen,2oz (Enriched Flour (Wheat Flour, Niacin,Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter,Water, Sugar, Eggs, Yeast, Contains 2% or Less: Soybean Oil,Salt, Wheat Starch, Propylene Glycol Alginate, Soy Lecithin,Sodium Alginate, Dextrose, Baking Soda.), Aged White CheddarCheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes.),Turkey Sausage Link (Turkey, Water, Textured Vegetable ProteinProduct (Soy Protein Concentrate, Zinc Oxide, Niacinamide,Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, CalciumPantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride[B6], Riboflavin [B2], And Cyanocobalamin [B12]), Salt, Corn SyrupSolids, Spices, Hydrolyzed Soy Protein, Flavoring, Citric Acid,BHA.), Canola Pan Coating Spray (Canola Oil, Phosphated Mono &Diglycerides, Propellant.), Salt. | CONTAINS: Egg, Milk, Soy, Wheat |
| Grilled Ham Steak                                  | 2 ounces | Ham (Pork Cured With Water, Salt, Dextrose,Contains 1.5% or Less of Potassium Lactate, Sodium Lactate,Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate,Sodium Nitrite.)   |                                 |

### Met Ingredients + Allergens December 6, 2019

| Menu Item              | Portiion | Ingredients   | Allergens                          |
|------------------------|----------|---|------------------------------------|
| <b>DINNER SPECIALS</b> |          |   |                                    |
| Tunisian Style Fish    | 4 ounces | Hoki Fish, Fresh Tomatoes, Fennel, Clam Juice(Ocean Clam Juice, Salt), Kalamata Olives (Kalamata Olives,Water, Salt, Sunflower Oil, Extra Virgin Olive Oil, Lactic Acid,Calcium Chloride. Warning: May Contain Pit or Pit Fragments.Manufactured in a Facility That Processes Tree Nuts (Almonds)and Milk.), Juice,Lemon,Pasteurized,Ultra, Olive Pomace Oil, Basil,Spice,Bay Leaves,Dried,Whole, Fennel Seed | CONTAINS: Clam/Quahog, Fish (Hake) |
| Curry Roasted Carrots  | 3 ounces | Carrots, Olive Pomace Oil, Parsley, Garlic, GaramMasala [Curry Powder (Coriander, Fenugreek, Turmeric, Cumin,Black Pepper, Bay Leaves, Celery Seed, Nutmeg, Cloves, Onion,Red Pepper, and Ginger.), Ground Cumin, Black Pepper,Cardamom, Ground Nutmeg, Ground Cinnamon, Ground Cloves,Ground Coriander], Kosher Salt   |                                    |
| Murat's Pilaf          | 3 ounces | Water, Long Grain Rice (Long Grain ParboiledRice Enriched With Iron (Ferric Phosphate), Niacin, Thiamine,Mononitrate & Folic Acid.), Carrots, Diced Onions, Canola Oil,Kosher Salt, Garlic, Black Pepper  |                                    |
| Grilled Lemons         | 1 each   | Lemon, Canola Pan Coating Spray (Canola Oil,Phosphated Mono & Diglycerides, Propellant.)  |                                    |