2026 CAFÉ THANKSGIVING PRE-ORDER MENU INGREDIENT LIST

ITEM		*MAJOR ALLERGENS*	INGREDIENTS
MUSHROOM BARLEY SOUP	*VEGAN*	*SOY, WHEAT*	mushrooms*, barley*, celery*, onions*, filtered water, Vegenaise (expeller-pressed canola oil, filtered water, brown rice syrup, apple cider vinegar, soy protein, sea salt, mustard flour, lemon juice concentrate), tamari* (wheat free soy sauce) [water, soybeans*, salt, alcohol*], white spelt flour*, nutritional yeast, soy milk* [soymilk* (filtered water, soybeans*), calcium carbonate, sea salt, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12], sea salt, black pepper*
HARVEST PUMPKIN & LEEK SOUP	*VEGAN*	*COCONUT*	vegetable broth* (water, carrot juice concentrate*, sea salt, celery juice concentrate*, garlic*, leek juice concentrate*, onion juice concentrate*, tomato paste*, mushroom juice concentrate*, spices*, apple cider vinegar*), filtered water, pumpkin puree*, coconut milk*, leeks*, onions*, carrots*, celery*, garlic*, olive oil*, maple syrup, sage*, thyme*, sea salt, black pepper*, cinnamon*, cayenne*, nutmeg*, bay leaf*
BAKED TOFU TURKEY	*VEGAN*	*SOY, SESAME*	tofu* [filtered water, soybeans*, natural coagulants (calcium chloride [Nigari], calcium sulfate)], Bragg's liquid aminos (vegetable protein from soy bean, purified water), tamari* (wheat free soy sauce) [water, soybeans*, salt, alcohol*], vegan & gluten-free Worcestershire sauce* (apple cider vinegar*, water, molasses*, tamari* (water, soybeans*, salt, alcohol*, koji), cane sugar*, salt, tamarind*, ginger*, lemon juice concentrate*, garlic powder*, onion powder*, xanthan gum, shiitake mushroom powder*, allspice*, red pepper*, orange extract*, clove*, natural smoke flavor, lemon extract*), olive oil*, sesame oil, garlic powder*, onion powder*, celery seed*, black pepper*
MUSHROOM WALNUT LOAF	*VEGAN*	*SOY, TREE NUTS (WALNUTS)*	tofu* [filtered water, soybeans*, natural coagulants (calcium chloride [Nigari], calcium sulfate)], mushrooms*, bell peppers*, onions*, oats*, walnuts*, tamari* (water, soybeans*, salt, alcohol*), olive oil*, garlic*, parsley*, celery seed*, sage*, basil*, oregano*, sea salt, black pepper*
MUSHROOM GRAVY	*VEGAN*	*WHEAT, SOY*	white mushrooms*, vegetable broth* (water, carrot juice concentrate*, sea salt, celery juice concentrate*, garlic*, leek juice concentrate*, onion juice concentrate*, tomato paste*, mushroom juice concentrate*, spices*, apple cider vinegar*), filtered water, unbleached white wheat flour*, olive oil*, tamari* (water, soybeans*, salt, alcohol*), balsamic vinegar* (wine vinegar*, concentrated grape must*), portobello mushroom*, molasses*, carrots*, onion*, garlic*, sage*, thyme*, sea salt, black pepper*, cayenne*
MUSHROOM SAGE STUFFING	*VEGAN*	*WHEAT, SOY*	sourdough bread [unbleached, unbromated wheat flour (unbleached hard wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), filtered water, sea salt (tricalcium phosphate, chef starter (water, flour)], mushrooms*, onions*, celery*, filtered water, Earth Balance buttery spread (palm fruit/canola/soybean/flax/olive oils, water, salt, natural flavor, pea protein, sunflower lecithin, lactic acid, annatto extract), garlic*, celery seed*, sage*, parsley*, sea salt, black pepper*
GINGER & APPLE CRANBERRY SAUCE	*VEGAN*		cranberries, apples*, filtered water, maple syrup, orange juice*, ginger*, sea salt
PUMPKIN PIE		*MILK, EGGS, WHEAT (PIE SHELL)*	pumpkin*, pie shell* (wheat flour*, palm fruit shortening*, water, cane sugar*, sea salt), cream*, eggs*, maple syrup, pumpkin pie spice* (cinnamon*, ginger*, nutmeg*, clove*)
TOFU PUMPKIN PIE	*VEGAN*	*SOY, WHEAT (PIE SHELL)*	pumpkin*, tofu* [filtered water, soybeans*, natural coagulants (calcium chloride [Nigari], calcium sulfate)], pie shell* (wheat flour*, palm fruit shortening*, water, cane sugar*, sea salt), maple syrup, pumpkin pie spice* (cinnamon*, ginger*, nutmeg*, clove*), sea salt
MAPLE PECAN PIE	*VEGAN*	*TREE NUTS (PECANS), SOY, WHEAT (PIE SHELL)*	pecans*, pie shell* (wheat flour*, palm fruit shortening*, water, cane sugar*, sea salt), maple syrup, brown rice syrup*, soy milk* [soymilk* (filtered water, soybeans*), calcium carbonate, sea salt, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12], ground golden flax seed*, arrowroot, vanilla extract* (water, alcohol*, vanilla extractives*), sea salt
APPLE PIE	*VEGAN*	*SOY, WHEAT (PIE FILLING & PIE SHELL)*	apples*, maple syrup, evaporated cane juice*, unbleached wheat flour*, Earth Balance Buttery Spread (palm fruit/canola/soybean/flax/olive oils, water, salt, natural flavor, pea protein, sunflower lecithin, lactic acid, annatto extract), oats*, brown sugar*, lemon juice*, pie shell* (wheat flour*, palm fruit shortening*, water, cane sugar*, sea salt), vanilla extract* (water, alcohol*, vanilla extractives*), spices* (cinnamon*, ginger*, nutmeg*, cloves*)

APPLE PIE WITH GLUTEN FREE PIE CRUST	***VEGAN***	***SOY***	**apples*, maple syrup, evaporated cane juice*, oat flour*, Earth Balance Buttery Spread (palm fruit/canola/soybean/flax/olive oils, water, salt, natural flavor, pea protein, sunflower lecithin, lactic acid, annatto extract), oats*, brown sugar*, lemon juice*, pie shell* [brown rice flour, palm fruit oil*, water, cane sugar*, tapioca starch, potato starch, sea salt, baking powder (sodium acid pyrophosphate, baking soda, tapioca starch, monocalcium phosphate), guar gum], vanilla extract* (water, alcohol*, vanilla extractives*), spices* (cinnamon*, ginger*, nutmeg*, cloves*)**
WHOLLY WHOLESOME GLUTEN FREE PIE CRUST	***VEGAN***		**brown rice flour, palm fruit oil*, water, cane sugar*, tapioca starch, potato starch, sea salt, baking powder (sodium acid pyrophosphate, baking soda, tapioca starch, monocalcium phosphate), guar gum**
LOCAL FAVORITES CHEESE PLATE		***MILK, TREENUTS (ALMONDS)***	**Doe Run Seven Sisters (pasteurized cow's milk, salt, cultures, rennet), FireFly Fresh Goat Cheese (pasteurized goat milk, salt, vegetarian enzymes, calcium chloride, cheese cultures), Goat Rodeo Wild Rosemary (pasteurized cow & goat milk, salt, cultures, vegetable rennet, rosemary, extra virgin olive oil), Marchant Manor Elmstead Ash [pasteurized cow' milk, pasteurized cream, enzymes (vegetarian rennet), salt, cultures], Tait Farm Sour Cherry Jam (pitted sour cherries, organic cane sugar, dried tart cherries (cherries, sugar, sunflower oil), water, lemon juice, citrus pectin, sea salt—may contain pits), Mitica Marcona Almonds (Marcona almonds, sunflower oil, sea salt)**
VEGAN FAVORITES CHEESE PLATE	***VEGAN***	***TREENUTS (CASHEW, COCONUT, ALMOND), SESAME, SOY***	**Bandit Garlic Za'atar [cashews, filtered water, coconut oil, garlic, za'atar (thyme, sumac, sesame, salt), cultures & enzymes], Rebel Classic Brie (cashews*, vegan enzymes, salt, cultures), Rind Cambleu (cashews, tofu, coconut oil, salt, nutritional yeast, cultures), Tait Farm Sour Cherry Jam (pitted sour cherries, organic cane sugar, dried tart cherries (cherries, sugar, sunflower oil), water, lemon juice, citrus pectin, sea salt—may contain pits), Mitica Marcona Almonds (Marcona almonds, sunflower oil, sea salt)**

**** = ORGANIC***

- ***ALL PRODUCTS ARE MADE IT A FACILITY THAT PROCESSES MILK, EGGS, TREE NUTS, PEANUTS, WHEAT, SESAME & SOY.***
- ***THOUGH WE DO OUR BEST TO PREVENT CROSS-CONTACT, WE ARE <u>NOT</u> A GLUTEN-FREE FACILITY.***
- ***IN THE EVENT THAT A PRODUCT IS UNEXPECTEDLY OUT OF STOCK, WE RESERVE THE RIGHT TO MAKE INGREDIENT SUBSTITUTIONS OF COMPARABLE NUTRITIONAL AND ALLERGEN CONTENT.***