

Ingredients by Menu Item

Please speak with a manager if you have a specific food allergy. All of our ingredients may share common cooking equipment, utensils, and/or frying oils. We use olive oil or canola oil when heating or cooking some of our items. We use Non-GMO and organic ingredients whenever possible.



Thanksgiving Items 2020

- **Wellington (Illinois and Oregon):** wheat flour, unbleached wheat flour, water, yams, kale, button mushrooms, dried cranberries (cranberries, sugar, sunflower oil), shallots, sunflower seeds, soy milk, palm fruit, safflower oil, flax oil, pea protein, sunflower lecithin, lactic acid (plant-based), vital wheat gluten, all-purpose flour, soy sauce, onion powder, garlic powder, garlic, onions, black pepper, orange juice, lemon juice, maple syrup, rice vinegar, evaporated cane juice, yeast, ascorbic acid, celery, canola oil, olive oil, corn starch, sea salt, sage, white pepper, rosemary, thyme, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and/or cottonseed oil. Contains 2% or less of soybean oil, salt, mono- and diglycerides, wheat gluten, dough conditioner (sodium stearoyl lactylate, calcium sulfate, l-cysteine hydrochloride (vegan) monocalcium phosphate), artificial flavor, annatto, turmeric, yellow 5, yellow 6, red 40
 - **Contains Gluten and Soy**
- **Wellington (California and Colorado):** wheat flour, unbleached wheat flour, water, yams, kale, button mushrooms, dried cranberries (cranberries, sugar, sunflower oil), shallots, soy milk, palm fruit, safflower oil, flax oil, pea protein, sunflower lecithin, lactic acid (plant-based), vital wheat gluten, all-purpose flour, soy sauce, onion powder, garlic powder, garlic, onions, black pepper, orange juice, lemon juice, maple syrup, rice vinegar, evaporated cane juice, yeast, ascorbic acid, celery, canola oil, olive oil, corn starch, sea salt, sage, white pepper, rosemary, thyme, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, monocalcium phosphate
 - **Contains Gluten and Soy**
- **Apple-Cider Braised Brussels Sprouts:** Brussels sprouts, shallots, apple cider, Dijon mustard, apple cider vinegar, liquid smoke, olive oil, sea salt
- **Garlic Mashed Potatoes:** russet potato, garlic, soy milk, vegan butter, sea salt
 - **Contains Soy**
- **Native Foods Signature Stuffing:** * wheat buns, shallots, celery, dried cranberries, soy milk, water, olive oil, sea salt, thyme spice, ground sage spice
 - **Contains Gluten and Soy**
- **Mushroom Gravy:** button mushroom, yellow onion, shallots, sea salt, black pepper, poultry seasoning, tamari soy sauce, water, corn starch, olive oil
 - **Contains Soy**
- **Pumpkin Cheesecake Parfait:** plant-based cream cheese (ingredients may vary by region, please speak with a Manager before ordering): water, expeller processed natural oil blend (soybean, palm fruit and olive), maltodextrin, Non-GMO (soy protein, tofu), nondairy lactic acid, blend of natural gums (locust bean, guar, cellulose, xanthan and carrageenan) organic sugar, vegetable mono and diglycerides, salt, pumpkin, tofu (baking), agave, sea salt, pumpkin pie spice, lemon juice
 - **Contains Soy**

***Wheat Buns used in stuffing may vary by region.**

- **Wheat Hamburger Bun:** whole wheat flour, unbleached wheat flour, evaporated cane juice, safflower oil, yeast, ascorbic acid
- **Wheat Hamburger Bun (Chicago Only):** water, unbleached flour (wheat, malted barley), whole wheat flour, yeast, fermented flour (wheat, rye), brown sugar, wheat gluten, cracked wheat flour, sunflower seeds, salt, rye meal, contains less than 2% of each of the following: barley flakes, millet, buckwheat flour, flax seed, enzymes, rolled oats, calcium propionate (preservative)