Items Containing Seeds (Sesame, Poppy, Sunflower)

Note: Each of us must ultimately be responsible for what we choose to eat. We occasionally add new items and experience changes in some ingredients. Feel free to ask about the ingredients in any of our menu items.

* Attention: Indicates that cottonseed oil is the only seed present in this item.

^ Attention: Indicates that mustard seed is the only seed present in this item.

100% Whole Grain Wheat Bread
Almond Cookies*
Almond Toffee Bars*
Anasazi Beef & Bean Soup*
Apple Bread*
Apple Cobbler*
Apple Cornbread Dressing*
Apple Cranberry Pie*
Apple Pecan Muffin*
Apple Pie*
Apple Strudel*
Aromatic Shan Style Pork
Asian Chicken Breast w/ Bean Sauce
Asian Chicken Salad
Asian Dipping Sauce^
Asian Pork Dumplings
Asian Rice Porridge*
Assorted Bagels
Assorted French Rolls
Assorted Homemade Donuts*
Assorted Scones
Assorted Sushi Rolls
Au Jus Sauce*
Baba Ghanoush
Bagels (all varieties)
Baked Spaghetti*
Baked Ziti*
Baked Ziti w/ Meatballs*
Banana Bread*
Banana Cream Pie*
Banana Icebox Pudding*
Banana Sheet Cake*
Basil Garlic Hummus
Batard European Multigrain Bread
BBQ Baked Beans^ 
BBQ Ribs (all varieties)^
Bean & Cheese Burrito*
Beef & Broccoli Stir Fry
Beef & Cheddar Sandwich (bun)
Beef & Julienne Vegetable Soup*
Beef & Pea Pods Stir Fry*
Beef Barley Soup*
Beef Bulgogi
Beef Burgundy*
Beef Chili*
Beef Gravy*
Beef Gumbo
Beef Mushroom Casserole*
Beef Mushroom Gravy*
Beef Noodle Casserole*
Beef Noodle Soup
Beef Pasty*
Beef Pot Pie*
Beef Roast Au Jus*
Beef Stew*
Beef Stock*
Beef Stroganoff*
Beef Vegetable Soup*
Beef Vindaloo*
Beef w/ Yu-Xiang Sauce
Black Bean & Sausage Soup*
Black Bean Hummus Wrap
Blue Cornbread
Blue Tortilla Chips
Blueberry Bagel
Blueberry Cobbler*
Blueberry Muffins (all varieties)*
Blueberry Pie*
Blue Cornbread*
Boston Baked Beans^*
Boston Cream Pie*
Broccoli & Cheese Quiche**^
Broccoli Potato Casserole
Buffalo Wrap*
Bulgur Stuffed Peppers
Cajun Chicken Breast^*
Cajun Pork^*
California Rolls
Caramel Frosting*
Cheese Ball w/ Nuts
Cheese Enchiladas*
Cheese Sausage Breakfast Casserole^*
Cheeseburger Pizza^*
Cheesecake (all varieties)*
Cheese Strata^*
Cherry Cobbler*
Cherry Pie*
Cherry Strudel*
Chicken & Andouille Gumbo*
Chicken & Dumplings*
Chicken Arroz con Pollo*
Chicken Biryani^*
Chicken Breast Dianne**^*
Chicken Broccoli Bake**^*
Chicken Caesar Salad^*
Chicken Caesar Wrap^*
Chicken Chipotle Wrap*
Chicken Stock*
Chocolate Chip Cookies (all varieties)*
Chocolate Cream Pie*
Chocolate Dianne**^*
Chicken Dried Cherry Walnut Salad^*
Chicken Fried Rice w/ Plantains
Chicken Gravy*
Chicken Gumbo*
Chicken Kabob^*
Chicken Lo Mein
Chicken Noodle Casserole*
Chicken Noodle Soup*
Chicken Pad Thai w/ Peanuts
Chicken Paprikash*
Chicken Pasta Primavera*
Chicken Piccata*
Chicken Pot Pie*
Chicken Rice Soup*
Chicken Schnitzel*
Chicken Shawarma
Chicken Stir Fry
Chicken Tortellini Soup*
Chicken Vegetable Pasta
Chicken Vegetable Soup*
Chicken Walnut Stir Fry*
Chicken Wonton Soup*
Chicken w/ Red Pepper Sauce*
Chinese Beef Cold Plate
Choco-Banana Bowl*
Chocolate Chip Bars w/ Almonds*
Chocolate Chip Cake*
Chocolate Cookie Crumbles*
Chocolate Cream Pie*
Chocolate Frosting*
Chocolate Golden Torte*
Chocolate Ivory Torte*
Chocolate Layer Cake*
Chocolate Marble Torte*
Chocolate Peanut Butter Pie*
Chocolate Peanut Butter Squares*
Chocolate Raspberry Torte*
Chocolate Sheet Cake*
Chocolate Sprinkles*
Chola^*
Cinnamon Rolls (all varieties)*
Cocoa Krispies
Cocoa Rice Krispies Treats*
Coconut Cream Pie*
Colcannon Soup*
Cookie Crumble Buttermilk Pancakes*
Cool Sesame Cucumbers
Coney Island Pizza^
Coney Island Sauce*
Cornbread*
Corned Beef & Swiss
Corned Beef & Swiss Ciabatta^
Corn Fritters*
Corn Muffins*
Country Wheat Dinner Roll*
Cranberry Bagels
Cream of Chicken Soup*
Cream of Mushroom Soup*
Cream of Tomato Soup*
Cream Style Chicken Enchiladas*
Creamy Coleslaw^
Criss Cross Fries
Croissants*
Curly Seasoned Fries
Curried Kidney Beans^
Custard Filled Paczki
Deli Rye Bread
Deluxe Cheese Tray
Deviled Eggs^
Dinner Roll*
Donuts (all varieties)*
Double Chocolate Torte*
Double Crusted Cherry Pie*
Dutch Apple Pie*
Dutch Blueberry Pie*
Dutch Cherry Pie*
Dry Pork Rub^
Easy Stuffed Pork Chops*
Egg & Cheese Croissant*
Egg Bagel
Egg Curry^
Egg Strips w/ Green Onions
Eggplant Etouffee**
Eggplant Sandwich with Feta
El Greco Pizza
Everything Bagel
Falafel Sandwich
Falafil Sauce
Fat Free Honey Dijon Dressing^
Fat Free Sesame Dressing
Flax & Grain Bread
Florentine Meatballs
French Demi Baguette w/ Seeds
French Onion Soup**^
Fried Perch*
Frozen Pie Shells*
Garlic Bagel
Gazpacho
General Tsao’s Chicken
Georgia Reuben
German Potato Salad^
Ginger Steamed Fish
Granola Bars
Granola w/ Nuts
Green Bean Casserole*
Grilled Japanese Vegetables
Grilled Turkey Club
Griller
Halibut Sushi Roll
Ham, Egg, & Cheese Croissant
Hamburger Buns
Harvest Bean Vegetable Cobbler*
Hearty Beef Soup*
Herbed Oyster Crackers*
Hoisin Chicken
Hoisin Sauce
Honey Bunches of Oats
Hot & Sour Soup*
Hot Chocolate Powder
Hot German Potatoes^
Hummus (all varieties)
Hummus Tabbouleh Wrap
Hummus Vegetable Wrap
Hummus w/ Basil
Hunan Beef
Hungarian Goulash
Iced Apple Slices*
Ice Cream Sundae Bar*
Iced Orange Cookies*
Irish Chicken Stew*
Irish Lamb Stew*
Italian Beef Minestrone*
Italian Meatball Sandwich*
Italian Meatloaf Sandwich*
Italian Quiche*
Italian Style Chicken Soup*
Jerk Chicken^
Joyua’s Chumbo Chili*
Kashi Heart to Heart
Kashi Smart Start
Kettle Chips
Key Lime Squares*
Korean Bi Bim Bop
Korean Tofu BBQ
Korean Vegetable Pancakes
Kung Pao Chicken w/ Peanuts
Lamb Biryani*
Lasagna Rollups w/ Meat Sauce*
Lemon Meringue Pie*
Lemon Poppyseed Muffins
Loose Burger^
M & M Cookies (all varieties)*
Macaroni & Cheese*
Mandarin Greens Salad
Mandarin Spinach Salad
Maple Pumpkin Cheesecake Squares*
Marble Torte*
Marinated Lamb Steak^
Masala Spice^
Meat Sauce*
Meatballs*
Mediterranean Lavash
Merk’s Coffee Cake w/ Walnuts*
Mexican Tomato Lime Soup
Mexican Vegetarian Pizza*
Mocha Pecan Pie*
Molasses Cookies*
Mole Sauce w/ Almonds
Mongolian Beef w/ Fried Noodles
Moo Shoo Chicken
Moo Shoo Shrimp
Multigrain Hoagie Rolls
Mustard^
Mustard Sauce^
Nacho Cheese Tortilla Chips
Nacho Corn Mexicali Soup*
Navy Bean Soup*
Oatmeal Raisin Cookies (all varieties)*
Onion Bagel
Onion Buns
Orange Blossom Muffins
Orange Cookies*
Oriental Chicken Soup*
Pacific Rim Pasta Salad
Pacific Rim Salad
Paczki (all varieties)*
Pasta Toss w/ Tofu
Pastrami & Swiss on Ciabatta^
Peach Cobbler*
Peach Cobbler Pie*
Peach Pie*
Peach Strudel*
Peanut Butter Cookies*
Peanut Butter Cup Cookies*
Pecan Pie*
Pecan Roll*
Penne & Three Cheese
Pennsylvania Dutch Chicken Soup*
Personal Chicken Broccoli Bake**
Personal Chicken Dianne**
Personal Chicken Enchilads*
Personal Meat Lasagna*
Personal Pinata Casserole*
Personal Potato & Chicken Casserole*
Personal Rio Grande Casserole*
Personal Tuna Noodle Casserole*
Personal Turkey Fresca*
Pinata Casserole
Platinum Blondies*
| Poached Chicken w/ Vegetable Panache* |
| Pozole* |
| Pie Shell |
| Poppy Seed Dressing |
| Pork & Chicken Jambalaya* |
| Pork Dumplings |
| Portobella Mushroom Sandwich |
| Potato Chips (all varieties) |
| Potato Peas Curry^ |
| Potato Salad^ |
| Pot Roast w/ Savory Gravy* |
| Pound Cake* |
| Pub Style Fish* |
| Pulled Pork^ |
| Pumpernickel Bagel |
| Pumpkin Pie* |
| Quiche Florentine* |
| Quiche Lorraine* |
| Raspberry Cream Pie* |
| Raspberry Filled Paczki |
| Raspberry Truffle Brownies* |
| Reuben Sandwich |
| Rice Krispies Mix Treats* |
| Rice Noodles w/ Tofu & Vegetables |
| Rio Grande Casserole* |
| Rio Grande Casserole w/ Burger Crumbles* |
| Roast Seitan w/ Stewed Vegetables |
| Roasted Red Pepper Hummus |
| Ruffles Potato Chips |
| Russian Beef Salad |
| Russian Tofu Salad |
| S’Mores* |
| S’Mores Bars* |
| Salmon Caesar Salad^ |
| Salmon Cakes |
| Salt Bagel |
| Saltines* |
| Salty Snack Mix w/ Nuts |
| Satay Style Peanut Chicken |
| Savory Baked Tofu |
| Seasoned Redskin Potatoes^ |
| ? |
| Sesame Bagel |
| Sesame Bowtie Pasta Salad |
| Sesame Breadsticks |
| Sesame Chicken Breast |
| Sesame Green Beans |
| Sesame Seed Buns |
| Shells & Three Cheese |
| Shepherd’s Pie* |
| Shoestring Fries |
| Shortcake Biscuits* |
| Shrimp & Andouille Gumbo*^ |
| Singapore Noodles |
| Singapore Noodles w/ Pork |
| Sloppy Joe^ |
| South American Rice |
| Southern Pecan Pie* |
| Southwest Chicken Chili* |
| Southwest Chicken Pie* |
| Soy Roasted Tofu in Peanut Sauce |
| Spaghettios* |
| Spanish Chicken w/ Rice* |
| Spicy Chicken Pasta* |
| Spicy Soy Garlic Sauce |
| Spinach, Shitake, & Tofu Soup |
| Steak & Vegetable Stir Fry**^ |
| Steak Caesar Salad^ |
| Steak Fries |
| Strawberry Layer Cake* |
| Strawberry Pie* |
| Stuffed Cabbage w/ Burger Crumbles* |
| Stuffed Tenderloin* |
| Sugar Cookies (all varieties)* |
| Sunflower Seed Bread |
| Sunflower Seeds |
| Sunny Grain Bagel |
| Sushi (all varieties) |
| Swedish Meatballs* |
| Sweet and Spicy Tofu |
| Sweet Dinner Roll |
| Sweet Potato Pie* |
| Swiss Cheese Quiche* |
Szechwan Eggplant & Vegetables
Szechwan Sole
Tahini Sauce
Tangy Citrus Noodles
Tator Tots
Tempeh Stir Fry
Teriyaki Chicken Wings*
Tex-Mex Chili*
Texas Style Beef Brisket^
Thai Chicken Pizza w/ Peanuts
Thai Hot & Sour Stir Fry w/ Peanuts
Thai Peanut Pasta Salad
Thai Sesame Noodles w/ Peanuts
Thai Style Fried Rice
Thai Tofu Curry
Thai Vegetable Pizza w/ Peanuts
Tofu Stir Fry
Tofu Triangles w/ Brown Rice
Tofu Vegetable Pasta
Tofu Vegetable Rice w/ Peanuts
Tofu w/ Hoisin Sauce
Tuna Noodle Casserole*
Tortilla Chicken Chili*
Tortilla Chips
Tritaters
Turkey & Swiss Sandwich
Turkey & Swiss on Rye
Turkey a la King
Turkey Chili*
Turkey Chipotle Wrap*
Turkey Fresca*
Turkey Pot Pie*
Turkey Stew*
Turkey w/ Pasta & Red Peppers*
Turkey White Bean Chili
Vanilla Icing*
Vegan Chili Cornbread Pie*
Vegan Fried Rice
Vegan Pot Pie*
Vegan Tomato Soup*
Vegetable Cashew Koorma*

Vegetable Dumplings
Vegetable Egg Roll
Vegetable Fried Rice
Vegetable Gratin*
Vegetable Lo Mein
Vegetable Plate w/ Hummus
Vegetable Pot Pie*
Vegetable Samosa^
Vegetable Stir Fry w/ Tofu
Vegetable Tofu Lo Mein
Vegetarian Baked Beans^
Vegetarian Empanadas*
Vegetarian Refried Beans*
Walnut Bars*
Walnut Layer Torte*
White Bean Chili*
White Chocolate Macadamia Nut Cookies*
Whole Wheat Flax French Toast
Whole Wheat Oat Bread
Whole Wheat w/ Oats French Toast
Wild Mushroom Sauce
Wisconsin Reuben Sandwich
Wolverine Dressing^*  
Vegan Fried Rice
Vegan Granola
Vegan Spring Roll*
Vegetable Fried Rice
Vegetable Macaroni & Cheese
Vegetable Quiche*
Venison Stew*
Yankee Pot Roast*
Yellow Sheet Cake*