

	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
2	<b>BREADS</b>			
3	Cast-Iron Sourdough 10" Round (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the FULL LOAF: This crowd-fave has all of the goodness of our sourdough whole wheat loaf, combined with the earthy, nutty undertones of flax, pumpkin, sesame & sunflower seeds. Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	WHEAT
4	Four-Seed Rye Whole Wheat Full-Loaf (V) [TREE NUTS]	HALF LOAF: This crowd-fave has all of the goodness of our sourdough whole wheat loaf, combined with the earthy, nutty undertones of flax, pumpkin, sesame & sunflower seeds. Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), flax seed meal, whole almonds (tree nuts), pumpkin seeds, flax seeds, sesame seeds, sunflower seeds, sea salt	SESAME, TREE NUTS, WHEAT
5	Four-Seed Rye Whole Wheat Half-Loaf (V) [TREE NUTS]	Multi-Grain Swedish Bread Loaf (Gluten-Free & Vegan): earthy & nutty with rich undertones of buckwheat & flax, beautifully balanced with pumpkin, sesame & sunflower seeds	Ingredients: millet flour, brown rice flour, bean flour, arrowroot flour, buckwheat flour, flax seed meal, whole almonds (tree nuts), pumpkin seeds, flax seeds, sesame seeds, sunflower seeds, sea salt	SESAME, TREE NUTS
6	Gluten-Free & Vegan Multi-Seed Swedish Loaf (GF) (V) [TREE NUTS]	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), flax seed, sea salt	WHEAT
7	Large French Sourdough Baguette (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	WHEAT
8	Long French Sourdough Baguette (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), black olives, sea salt	WHEAT
9	Olive Whole Wheat Bread (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	WHEAT
10	Plain Whole Wheat Bread (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), flax seed, sesame seed, sea salt	WHEAT, SESAME
11	Sesame & Flax Seed Whole Wheat Bread (V)	Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are handmade with the	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), cranberry, walnut (tree nut), dry raisin, sea salt	WHEAT, TREE NUTS
12	Walnut, Cranberry & Dry Raisin Whole Wheat Bread (V) [TREE NUTS]	<b>SWEET</b>		
13				
14	Abricotine Pistachio Spin (EF) [TREE NUTS]	Buttery & flaky croissant pastry, apricots, French Pistachio custard	Ingredients: milk, heavy crème (milk), butter (milk), apricot, cane sugar, Pistachio (tree nuts), French vanilla, fresh yeast, flour (wheat), sea salt	MILK, TREE NUTS, WHEAT
15	Abricotine Vanilla Spin (EF) [TREE NUTS]	Buttery & flaky croissant pastry, apricots & French vanilla custard	Ingredients: milk, heavy crème (milk), butter (milk), apricot, cane sugar, French vanilla, Pistachio (tree nuts), fresh yeast, flour (wheat), sea salt	MILK, TREE NUTS, WHEAT
16	Almond Croissant (EF) [TREE NUTS]	Buttery & flaky puff pastry, made with premium ingredients, real French vanilla & almond slices	Ingredients: milk, heavy crème (milk), butter (milk), almonds (tree nuts), real French vanilla, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, TREE NUTS, WHEAT
17	Almond Twists "Sacristan" [TREE NUTS]	Buttery & crispy puff pastry, velvety Pistachio frangipane crème, caramelized hazelnut & sliced almonds ~ also known as "Sacristan" in France	Ingredients: milk, eggs, butter (milk), almonds (tree nuts), hazelnuts (tree nuts), Pistachio (tree nuts), flour (wheat), cane sugar, sea salt	MILK, EGGS, TREE NUTS, WHEAT
18	Apple Kouign-amann (kween-uh-man) (Apple Morning Bun) (EF)	Start your day with our tasty French Apple Kouign-amann bun—full-size! Originally from Brittany, our Kouign-amann (pronounced: kween-uh-man) is a rich and buttery (egg-free) pastry dough, hand-rolled with house-made applesauce, cinnamon, French-style butter & caramelized brown sugar	Ingredients: milk, butter (milk), apples, cinnamon, real French vanilla, cane sugar, brown sugar, flour (wheat), sea salt, fresh yeast	MILK, WHEAT
19	Banana Peanut Butter Chocolate Brownie (GF) [PEANUTS] [TREE NUTS]	Premium Valrhona dark chocolate, banana, house-made peanut butter, gluten-free brownie, made with French-style butter, almond & banana flours	Ingredients: milk, eggs, butter (milk), peanut butter (PEANUTS), dark chocolate, banana, almond flour (tree nuts), banana flour, coconut oil, cane sugar, brown sugar, French vanilla, baking soda, sea salt	MILK, EGGS, PEANUTS, TREE NUTS
20	Butter Croissant (EF)	Hand-rolled buttery, flaky croissant pastry (egg-free), made with French-style butter & premium ingredients	Ingredients: butter (milk), milk, flour (wheat), cane sugar, fresh yeast, sea salt	MILK, WHEAT
21	Chocolate Croissant (EF)	Hand-rolled, buttery, flaky croissant pastry (egg-free), premium Valrhona dark Chocolate	Ingredients: butter (milk), milk, premium Valrhona Chocolate, cane sugar, fresh yeast, flour (wheat), sea salt	MILK, WHEAT
22	Chocolate Pistachio Spin (EF) [TREE NUTS]	Buttery, crispy croissant pastry (egg-free), premium Valrhona dark Chocolate & Pistachio	Ingredients: butter (milk), milk, dark Chocolate, pistachios (tree nuts), cane sugar, flour (wheat), fresh yeast, sea salt	MILK, TREE NUTS, WHEAT
23	Dark Chocolate Choux (French Crème Puff)	Light & buttery choux puff pastry, filled with premium Valrhona dark Chocolate pastry crème	Ingredients: milk, heavy crème (milk), eggs, flour (wheat), butter (milk), French vanilla, dark Chocolate, cane sugar, sea salt	MILK, EGGS, WHEAT
24	Vanilla Choux (French Crème Puff)	Light & buttery choux puff pastry, filled with French vanilla pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
25	Pistachio Choux (French Crème Puff) [TREE NUTS]	Light & buttery choux puff pastry, filled with Pistachio pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla, pistachios (tree nuts), flour (wheat), cane sugar, sea salt	MILK, EGGS, TREE NUTS, WHEAT
26	Chocolate - Passion Fruit Choux Special (French Crème Puff)	Light & buttery choux puff pastry, filled with French Chocolate - Passion Fruit pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), Chocolate, passion fruit, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
27	Hazelnut Choux Special (French Crème Puff) [TREE NUTS]	Light & buttery choux puff pastry, filled with hazelnut pastry crème	Ingredients: milk, heavy crème (milk), eggs, flour (wheat), butter (milk), French vanilla, hazelnuts (tree nuts), cane sugar, sea salt	MILK, EGGS, TREE NUTS, WHEAT
28	Raspberry Choux Special (French Crème Puff)	Light & buttery choux puff pastry, filled with French vanilla-raspberry pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), raspberries, real French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
29	Cinnamon Vanilla Spin (EF)	Buttery, crispy croissant pastry (egg-free), real French vanilla & caramelized cinnamon butter	Ingredients: milk, butter (milk), real French vanilla, cinnamon, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
30	Citrus Cheesecake [TREE NUTS]	Our signature sweet crème cheese, glazed with silky citrus confit, buttery almond flour crust, classic wedge-cut (served with fresh raspberry coulis ~ Bistro service, only)	Ingredients: heavy crème (milk), eggs, butter (milk), cane sugar, orange peel, flour (wheat), almond flour (tree nuts), sea salt	MILK, EGGS, TREE NUTS, WHEAT
31	Double Almond Croissant (EF) [TREE NUTS]	Buttery & flaky puff pastry (egg-free), almond slices, real French vanilla ~ double the decadence!	Ingredients: milk, heavy crème (milk), butter (milk), almonds (tree nuts), French vanilla, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, TREE NUTS, WHEAT
32	Double Chocolate Spin (EF)	Belgian-style, swirl-shaped, buttery croissant pastry (egg-free), premium Valrhona dark Chocolate	Ingredients: milk, butter (milk), dark Chocolate, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
33	Cappuccino Eclair	Light & buttery choux pastry bar, filled with French cappuccino pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French roast coffee, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT

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34	Dark Chocolate Éclair	Light & buttery choux pastry bar, filled with premium Valrhona dark Chocolate French custard	Ingredients: milk, heavy crème (milk), eggs, butter (milk), dark Chocolate, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
35	French Vanilla Éclair	Light & buttery choux pastry bar, filled with French vanilla custard	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
36	Caramelized Vanilla Éclair	Light & buttery choux pastry bar, filled with caramelized French vanilla custard	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla (caramelized), cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
37	Mango Éclair	Light & buttery choux pastry bar, filled with French custard infused with Mango	Ingredients: milk, heavy crème (milk), eggs, butter (milk), mango, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
38	Passion Fruit Éclair	Light & buttery choux pastry bar, filled with French custard infused with Passion Fruit	Ingredients: milk, heavy crème (milk), eggs, butter (milk), passion fruit, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
39	Raspberry Éclair	Light & buttery choux pastry bar, filled with French custard infused with fresh Raspberry	Ingredients: milk, heavy crème (milk), eggs, butter (milk), raspberry, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
40	Sweet Basil Éclair	Light & buttery choux pastry bar, filled with French custard infused with Sweet Basil	Ingredients: milk, heavy crème (milk), eggs, butter (milk), sweet basil, French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
41	Cappuccino Entremet (GF) [TREE NUTS]	Rich & creamy Cappuccino infused flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, dark chocolate (milk), apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
42	Dark Chocolate Entremet (GF) [TREE NUTS]	Rich & creamy Valrhona dark chocolate flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, French vanilla, orange peel, apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
43	Vanilla Orange Blossom Entremet (GF) [TREE NUTS]	Rich & creamy Vanilla Orange Blossom infused flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, French vanilla, orange peel, apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
44	Kouign-amann [kween-uh-man] (Cinnamon Morning Bun) (EF)	Start your day with our classic French Kouign-amann (pronounced: kween-uh-man)—full size! Originally from Brittany, our Kouign-amann is a rich and buttery pastry dough (egg free), generously laced with French cinnamon butter	Ingredients: milk, butter (milk), cinnamon, French vanilla, brown sugar, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
45	Lemon Meringue (GF) [TREE NUTS]	Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, thinly layered white Chocolate, French lemon custard & sweet toasted meringue	Ingredients: heavy crème (milk), eggs, egg whites, butter (milk), French lemon curd, cane sugar, almond flour (tree nut), sea salt	MILK, EGGS, TREE NUTS
46	Mini Apple Kouign-amann (kween-uh-man) (Mini Apple Morning Bun) (EF)	Start your day with classic French Apple Kouign-amann bun, Mini size! Originally from Brittany, our Kouign-amann (pronounced: kween-uh-man) is a rich and buttery pastry dough (egg-free), hand-rolled with house-made applesauce, cinnamon, French-style butter & caramelized brown sugar	Ingredients: milk, butter (milk), apples, cinnamon, French vanilla, cane sugar, brown sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
47	Mini Morning Bun (Mini Kouign-amann) (EF)	Try our cinnamon Morning Buns, Mini-size! Originally from Brittany, home of France's best butter, our Kouign-amann (pronounced: kween-uh-man) is a rich and buttery pastry dough (egg-free), hand-rolled with French cinnamon butter	Ingredients: butter (milk), milk, cinnamon, French vanilla, cane sugar, brown sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
48	Opera Entremet (Chocolate Mocha) (GF) [TREE NUTS]	Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with premium Valrhona dark Chocolate & coffee-infused French custard, piped with French vanilla pastry crème (Entremet: multi-layered mousse-based)	Ingredients: milk, heavy crème (milk), eggs, cane sugar, French roast coffee, dark Chocolate, almond flour (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
49	Paris Brest (Hazelnut Crème Donut Choux) [TREE NUTS]	Light & buttery 'donut-shaped' choux pastry, filled with hazelnut crème moussée, topped with sliced almonds & confectioners' sugar—a French favorite!	Ingredients: heavy crème (milk), milk, butter (milk), eggs, French vanilla, hazelnuts (tree nuts), almonds (tree nut), cane sugar, confectioners sugar, flour (wheat), sea salt	MILK, EGGS, TREE NUTS, WHEAT
50	Pecan Blondie (blonde-brownie w/ pecans & milk chocolate chips) [TREE NUTS]	As lovely as it sounds...A "Blonde" brownie with pecans and milk chocolate chips	Ingredients: milk, heavy cream (milk), eggs, butter (milk), milk chocolate (milk), pecans (tree nuts), flour (wheat), cane sugar, light brown sugar, French vanilla, baking soda, sea salt	MILK, EGGS, TREE NUTS, WHEAT
51	Pep Chock Entremet (Dark Chocolate & Raspberry) (GF) [TREE NUTS]	Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with Pistachio French crème, premium Valrhona dark chocolate & fresh raspberries (Entremet: multi-layered mousse-based cakes)	Ingredients: heavy crème (milk), eggs, butter (milk), raspberries, dark Chocolate, brown sugar, almond flour (tree nuts), Pistachio (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
52	Raisin Vanilla Spin (EF)	Crispy & buttery croissant pastry (egg-free), real French vanilla, dry raisins & sweet caramelized French-style butter	Ingredients: milk, heavy crème (milk), butter (milk), French vanilla, dry raisins, cane sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
53	Salted Caramel Apple Crumble [TREE NUTS]	Rich & buttery French brisée pastry crust, apples, caramelized brown sugar, sweet French-style cinnamon butter	Ingredients: butter (milk), apples, brown sugar, cinnamon, French vanilla, almond flour (tree nuts), flour (wheat), sea salt	MILK, TREE NUTS, WHEAT
54	Swiss Entremet (Hazelnut & Chocolate) (GF) [TREE NUTS]	Decadent layers of French hazelnut butter crème & toasted hazelnuts, laced between layers of rich Valrhona dark chocolate cake (Entremet: multi-layered mousse-based cakes), with our signature (gluten-free & vegan) quinoa & almond	Ingredients: heavy crème (milk), milk, eggs, butter (milk), cane sugar, French vanilla, dark Chocolate, hazelnuts (tree nuts), almond flour (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
55	Abricot Tarte - Seasonal [TREE NUTS]	Fresh apricots (abricots), French-style butter, caramelized brown sugar, real French vanilla, almond slices, buttery French brisée pastry crust	Ingredients: butter (milk), eggs, apricots, French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, WHEAT, TREE NUTS
56	Apple Tarte [TREE NUTS]	Fresh apples, sliced almonds, French-style butter, caramelized brown sugar, almond slices, real French vanilla, buttery French brisée pastry crust	Ingredients: butter (milk), eggs, apples, French vanilla, almond slices (tree nut), brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
57	Raspberry Vanilla Tarte (GF) [TREE NUTS]	Starts with our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with French vanilla pastry crème & fresh raspberries, and laced with premium Valrhona dark Chocolate	Ingredients: heavy crème (milk), milk, eggs, butter (milk), raspberries, almonds (tree nut), cane sugar, French vanilla, almond flour (tree nuts), sea salt	MILK, EGGS, TREE NUTS
58	Pear Tarte [TREE NUTS]	Fresh pears, almond slices, crushed Pistachio, French-style butter, caramelized brown sugar, real French vanilla, buttery French brisée pastry crust	Ingredients: butter (milk), eggs, pears, almond slices (tree nuts), Pistachio (tree nuts), French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
59	Plum Tarte - Seasonal [TREE NUTS]	Fresh plums, French-style butter, caramelized brown sugar, real French vanilla, almond slices, buttery French brisée pastry crust	Ingredients: butter (milk), eggs, plums, French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
60	Sweet Tarte de Jour [may contain...TREE NUTS] - Seasonal	<i>Chef's choice (seasonal: sweet), French-style butter, local GLAUM eggs, buttery short crust brisée pastry, fresh fruits - TBA</i>	Ingredients: butter (milk), eggs, almond flour (tree nuts), AND/OR flour (wheat) <i>[INSERT INGREDIENTS...]</i>	MILK, EGGS, TREE NUTS, WHEAT <i>[...MAY CONTAIN...]</i>
61	Triple Berry Crumble [TREE NUTS]	Rich & buttery French brisée pastry crust, fresh strawberries, raspberries & blackberries, caramelized brown sugar, sweet French-style cinnamon butter	Ingredients: butter (milk), raspberry, strawberry, blackberry, brown sugar, cinnamon, French vanilla, flour (wheat), almond flour (tree nuts), sea salt	MILK, TREE NUTS, WHEAT
62	Tropezienne (Vanilla Brioche)	Light & buttery vanilla-orange blossom brioche pastry, filled with French vanilla pastry crème	Ingredients: milk, eggs, butter (milk), cane sugar, French vanilla, French orange blossom, flour (wheat), sea salt	MILK, EGGS, WHEAT
63	Vanilla Frangipane Galette (Galette des Rois) [TREE NUTS]	Airy, buttery, golden puff pastry, filled with velvety vanilla frangipane crème	Ingredients: heavy crème (milk), milk, eggs, butter (milk), cane sugar, brown sugar, French vanilla, almond flour (tree nuts), sea salt	MILK, EGGS, TREE NUTS
64	Vegan Berry Crumble (GF) (V) [TREE NUTS]	Fresh strawberries, raspberries, blackberries, caramelized brown sugar, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: strawberries, raspberries, blackberries, French vanilla, cane sugar, brown sugar, coconut oil, cashew milk (tree nuts), almond flour (tree nuts), rice flour, sunflower oil, sea salt; <b>vegan cashew butter</b> : coconut oil, cultured cashew milk (cashews, cultures, filtered water) [tree nuts], sunflower oil, sunflower lecithin, sea salt	MILK, EGGS, TREE NUTS
65	<b>SAVORY</b>			
66	Artichoke Cup	Buttery, flaky puff pastry, seasoned artichoke hearts, béchamel & tangy tapenade, gently baked to perfection	Ingredients: butter (milk), milk, heavy crème (milk), eggs, artichoke hearts, flour (wheat), Dijon mustard, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>parsley pesto</b> : parsley, USA garlic, quinoa, olive oil, sea salt; <b>OR, dill pesto - seasonal</b> : dill, USA garlic, quinoa, olive oil, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT

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1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
67	Ham & Cheese Croissant (EF)	Buttery, sour-crème croissant pastry (egg-free), premium ham, cheddar cheese, (nut-free) parsley pesto & our classic béchamel	Ingredients: milk, heavy crème (milk), cream cheese (milk), butter (milk), ham, cheddar cheese (milk), parsley, quinoa, USA garlic, flour (wheat), olive oil, pepper, sea salt; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat)	MILK, WHEAT
68	Ham & Cheese Gougère	Gougère – think savory éclair: buttery choux pastry bar, filled with premium ham, melted cheddar cheese, house-made (nut-free) dill pesto & classic béchamel	Ingredients: heavy crème (milk), milk, butter (milk), eggs, flour (wheat), ham, cheddar cheese (milk), dill, quinoa, USA garlic, olive oil, pepper, sea salt; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
69	Jalapeño Croissant (EF)	Rich & buttery, sour-crème croissant pastry, cheddar cheese, fresh jalapenos & house-made béchamel	Ingredients: heavy crème (milk), butter (milk), crème cheese (milk), shredded cheddar cheese (milk), jalapeño, USA garlic, pepper, salt; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat)	MILK, WHEAT
70	Mushroom Cup	Buttery, flaky puff pastry, seasoned shiitake mushrooms & Parisian button mushrooms, béchamel & tangy black olive tapenade	Ingredients: butter (milk), milk, heavy crème (milk), eggs, shiitake mushrooms, Parisian button mushrooms, flour (wheat), parsley, Dijon mustard, pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>black olive tapenade:</b> black olives, dill pickles, capers, USA garlic, olive oil, Dijon mustard; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat)	MILK, EGGS, WHEAT
71	Mushroom Gougère	Gougère – think savory éclair: buttery choux pastry bar, shiitake mushrooms, Parisian button mushrooms & black olive tapenade, Gruyère cheese, house-made béchamel	Ingredients: heavy crème (milk), milk, butter (milk), eggs, flour (wheat), shiitake mushrooms, button mushrooms, Gruyère cheese (milk), dill pickle, capers, black olives, USA garlic, olive oil, pepper, sea salt; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
72	Savory Bouchon (EF)	Buttery sour crème pastry (egg-free), sun dried tomatoes, mixed premium cheeses, premium ham & bacon, (nut-free) basil-Parmesan pesto, herbs de Provence	Ingredients: heavy crème (milk), butter (milk), sour crème (milk), sun dried tomatoes, yellow onion, USA garlic, cheddar cheese (milk), Gruyère cheese (milk), Havarti cheese (milk), Parmesan cheese (milk), basil, quinoa, olive oil, flour (wheat), pepper, sea salt; <b>black olive tapenade:</b> black olives, dill pickles, capers, USA garlic, olive oil, Dijon mustard; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, WHEAT
73	Savory Croissant (with sun dried tomato pesto) (EF)	Buttery sour crème croissant pastry (egg-free), (nut-free) basil-Parmesan pesto & sun dried tomatoes	Ingredients: heavy crème (milk), crème cheese (milk), Parmesan cheese (milk), sun dried tomato, basil, quinoa, olive oil, USA garlic, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, WHEAT
74	Eggplant Parmesan Tarte	A classic Provençal olive oil-based pastry dough, layers of eggplant, baby spinach, (nut-free) basil-Parmesan pesto, Havarti & Parmesan cheeses, herbs de Provence	Ingredients: butter (milk), eggs, eggplant, baby spinach, Havarti cheese (milk), Parmesan cheese (milk), basil, quinoa, USA garlic, olive oil, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
75	Potato, Spinach & Cheese Savory Tarte [TREE NUTS]	A French wheat sourdough crust, layered slices of seasoned & grilled potatoes, baby spinach, Swiss cheese, toasted pine nuts	Ingredients: eggs, heavy crème (milk), potatoes, baby spinach, Swiss cheese (milk), pine nuts (tree nuts), olive oil, flour (wheat), sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, TREE NUTS, WHEAT
76	Savory Tarte de jour - Seasonal [may contain: TREE NUTS]	A classic Provençal pizza crust made with olive oil...TBA	Ingredients: TBA	MILK, EGGS, TREE NUTS, WHEAT
77	Sweet Potato & Leek Tarte (V) [TREE NUTS]	Vegan puff pastry (short crust), layers of sweet potatoes, leeks & carrots, parsley & USA garlic persillade, vegan cashew butter	Ingredients: coconut oil, sweet potatoes, leeks, carrots, parsley, USA garlic, olive oil, French mustard, pepper, sea salt; <b>vegan pastry crust:</b> flour (wheat), source-spring water, sea salt; <b>vegan cashew butter:</b> coconut oil, cultured cashew milk (cashews, cultures, filtered water) (tree nuts), sunflower oil, sunflower lecithin, sea salt	TREE NUTS, WHEAT
78	<b>QUICHE</b>			
79	Quiche Broccoli Tomato & Cheese	Our classic Broccoli, Tomato & Cheese Quiche is a sell-out, every time! Made with Provençal olive oil-based pastry, local GLAUM eggs, heavy crème, French-style butter, Gruyère, Havarti & chèvre (goat) cheeses, Broccoli, cauliflower, tomato, USA garlic	Ingredients: eggs, heavy crème (milk), butter (milk), Broccoli, cauliflower, tomatoes, USA garlic, Gruyère (milk), Havarti, goat cheese (milk), flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
80	Quiche Fennel (GF) [TREE NUTS]	Our gluten-free Fennel Quiche is made with our signature gluten-free quinoa & almond flour-based pizza crust, local GLAUM eggs & heavy crème, wild fennel, baby spinach, basil, cranberries, chestnuts, Swiss, Havarti & feta cheeses	Ingredients: quinoa, almond flour (tree nuts), eggs, heavy crème (milk), fennel, baby spinach, basil, cranberries, chestnuts (tree nuts), Swiss cheese (milk), Havarti cheese (milk), feta cheese (milk), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, TREE NUTS
81	Quiche Limousine	A classic French Potato Quiche, made with a rich & buttery French biscuit pastry crust, local GLAUM eggs, heavy crème, French-style butter, Gruyère cheese, sliced & seasoned potatoes, yellow onions, herbs de Provence	Ingredients: eggs, heavy crème (milk), butter (milk), ham, Gruyère cheese (milk), potatoes, carrots, yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
82	Quiche Lorraine	Our beloved Quiche Lorraine, made with a rich & buttery French biscuit pastry crust, local GLAUM eggs, heavy crème, premium browned bacon & ham, caramelized yellow onions, Gruyère cheese	Ingredients: eggs, heavy crème (milk), butter (milk), bacon, ham, Gruyère cheese (milk), yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
83	Quiche Ratatouille	Our signature Ratatouille Quiche, made with a rich & buttery French brisée pastry crust, local GLAUM eggs, heavy crème, Gruyère & Havarti cheeses, peeled red pepper, zucchini, tomato, eggplant, herbs de Provence	Ingredients: eggs, heavy crème (milk), butter (milk), Gruyère cheese (milk), Havarti cheese (milk), peeled red pepper, zucchini, tomato, eggplant, yellow onion, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
84	<b>MARKET DISHES</b>			
85	Beef Lasagné	Our Beef Lasagné is layered with seasoned, premium ground beef & ground turkey, Gruyère cheese, grilled eggplant, zucchini, onion, (nut-free) basil-Parmesan pesto, classic French béchamel, gluten-free pasta	Ingredients: ground beef, ground turkey, eggplant, zucchini, USA garlic, quinoa, basil, Parmesan (milk), olive oil, pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>gluten-free pasta:</b> corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line)	MILK, WHEAT
86	Gratin Dauphinois (GF)	A classic (gluten-free) potato gratin dish from the Région Dauphinoise, in the south-eastern French Alps, made with potatoes, heavy crème, Emmental cheese, local GLAUM eggs, onions, USA garlic	Ingredients: potatoes, heavy crème (milk), milk, Emmental cheese (milk), eggs, onions, USA garlic, pepper, sea salt	MILK, EGGS

	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
87	Tomato Zucchini Provençal French Pizza	A classic Provençal pizza crust made with olive oil, layered with tomatoes, zucchini, Havarti, Gruyère & Provolone, (nut-free) basil-Parmesan pesto, herbs de Provence	Ingredients: tomato, zucchini, turmeric, Havarti cheese (milk), Gruyère cheese (milk), Provolone cheese (milk), Parmesan cheese (milk), quinoa, basil, USA garlic, wheat flour (wheat), olive oil, salt, pepper; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, WHEAT
88	Vegan French Lasagné (GF) (V) [TREE NUTS]	Our Gluten-Free & Vegan Lasagné is layered with slices of grilled eggplant, shiitake mushrooms & Parisian button mushrooms, zucchini, vegan cashew cheese, (nut-free) vegan basil pesto, gluten-free pasta	Ingredients: eggplant, shiitake mushrooms, button mushrooms, zucchini, quinoa, basil, olive oil, USA garlic, pepper, sea salt; <b>vegan cashew cheese</b> : cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>gluten-free pasta</b> : corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line)	TREE NUTS
89	Vegan Tomato & Zucchini Provençal French Pizza (V) [TREE NUTS]	Vegan Provençal pizza crust made with olive oil, layered with tomato & zucchini, vegan cashew cheese, house-made black olive tapenade, herbes de Provence	Ingredients: tomato, zucchini, black olive, Dijon mustard, basil, dill pickles, capers, USA garlic, olive oil, turmeric, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>vegan cashew cheese</b> : cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>vegan olive oil pizza crust</b> : olive oil, flour (wheat), source-spring water, sea salt	TREE NUTS, WHEAT
90	PRE-ORDERS			
91	PRE-ORDER Beef Lasagné	PRE-ORDER: Our Beef Lasagné is layered with seasoned, premium ground beef & ground turkey, Gruyère cheese, grilled eggplant, zucchini, onion, (nut-free) basil-Parmesan pesto, classic French béchamel, gluten-free pasta	Ingredients: ground beef, ground turkey, eggplant, zucchini, USA garlic, quinoa, basil, Parmesan (milk), olive oil, pepper, sea salt; herbs de Provence: rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; béchamel: heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>gluten-free pasta</b> : corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line)	MILK, WHEAT
92	PRE-ORDER Boeuf Bourguignon (GF)	PRE-ORDER: Our Boeuf Bourguignon (Beef Burgundy) (GF) - made with premium, humanely-raised, grass-fed beef, braised in house Burgundy wine sauce, vegetables & herbs, served with green beans & carrots, gratin dauphinois	Ingredients: grass-fed beef, red wine, potatoes, heavy crème (milk), milk, Emmental cheese (milk), butter (milk), bacon, green beans, carrots, shiitake mushrooms, button mushrooms, onion, USA garlic, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK
93	PRE-ORDER Cast-Iron Sourdough 10" Round (V)	PRE-ORDER: Our all-natural, vegan, whole wheat sourdough recipe originated in the rural areas of France. By following traditional French baking methods, allows the baguettes and loaves to retain their freshness and integrity longer than white flour-based breads. All Adorable baguettes, loaves and country breads are hand-	Ingredients: low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	WHEAT
94	PRE-ORDER Coq au Vin (GF)	PRE-ORDER: Our Coq au Vin entrée (Chicken & Red Wine) (GF) - made with local, premium choice, bone-in chicken, braised in house Burgundy wine sauce with vegetables & herbs, served with green beans & carrots, gratin dauphinois	Ingredients: free-range chicken, red wine sauce, potatoes, heavy crème (milk), milk, Emmental cheese (milk), butter (milk), bacon, green beans, carrots, shiitake mushrooms, button mushrooms, onion, USA garlic, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK
95	PRE-ORDER Gluten-Free & Vegan Multi-Seed Swedish Loaf (GF) (V) [TREE NUTS]	PRE-ORDER: Multi-Grain Swedish Bread Loaf (GLUTEN-FREE & VEGAN): earthy & nutty with rich undertones of buckwheat & flax, beautifully balanced with pumpkin, sesame & sunflower seeds	Ingredients: millet flour, brown rice flour, bean flour, arrowroot flour, buckwheat flour, flax seed meal, whole almonds (tree nuts), pumpkin seeds, flax seeds, sesame seeds, sunflower seeds, sea salt	SESAME, TREE NUTS
96	PRE-ORDER Vegan Lasagné (GF) (V) [TREE NUTS]	PRE-ORDER: Our Gluten-Free & Vegan Lasagné is layered with slices of grilled eggplant, shiitake mushrooms & Parisian button mushrooms, zucchini, vegan cashew cheese, (nut-free) vegan basil pesto, gluten-free pasta	Ingredients: eggplant, shiitake mushrooms, button mushrooms, zucchini, quinoa, basil, olive oil, USA garlic, pepper, sea salt; <b>vegan cashew cheese</b> : cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>gluten-free pasta</b> : corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line)	TREE NUTS
97	SAVORY MINI			
98	Mini Artichoke Cup	Mini Buttery, flaky puff pastry, seasoned artichoke hearts, béchamel & tangy tapenade, gently baked to perfection	Ingredients: butter (milk), milk, heavy crème (milk), eggs, artichoke hearts, flour (wheat), Dijon mustard, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>parsley pesto</b> : parsley, USA garlic, quinoa, olive oil, sea salt; <b>OR, dill pesto – seasonal</b> : dill, USA garlic, quinoa, olive oil, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
99	Mini Ham & Cheese Gougère	Mini Gougère – think savory éclair: buttery choux pastry bar, filled with premium ham, melted cheddar cheese, house-made (nut-free) dill pesto & classic béchamel	Ingredients: heavy crème (milk), milk, butter (milk), eggs, flour (wheat), ham, cheddar cheese (milk), dill, quinoa, USA garlic, olive oil, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
100	Mini Mushroom Cup	Mini Buttery, flaky puff pastry cup filled with seasoned shiitake mushrooms & Parisian button mushrooms, béchamel & tangy black olive tapenade	Ingredients: butter (milk), milk, heavy crème (milk), eggs, shiitake mushrooms, Parisian button mushrooms, flour (wheat), parsley, Dijon mustard, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>black olive tapenade</b> : black olives, dill pickles, capers, USA garlic, olive oil, Dijon mustard; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat)	MILK, EGGS, WHEAT
101	Mini Mushroom Gougère	Mini Gougère – think savory éclair: buttery choux pastry bar, shiitake mushrooms, Parisian button mushrooms & black olive tapenade, Gruyère cheese, house-made béchamel	Ingredients: heavy crème (milk), milk, butter (milk), eggs, flour (wheat), shiitake mushrooms, button mushrooms, Gruyère cheese (milk), dill pickle, capers, black olives, USA garlic, olive oil, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
102	Mini Tarte aux Eggplant Parmesan	A classic 3"x2"x2" Mini Provençal olive oil-based pastry, layers of eggplant, baby spinach, (nut-free) basil-Parmesan pesto, Havarti & Parmesan cheeses, herbs de Provence	Ingredients: butter (milk), eggs, eggplant, baby spinach, Havarti cheese (milk), Parmesan cheese (milk), basil, quinoa, USA garlic, olive oil, flour (wheat), pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
103	Mini Tarte aux Potato, Spinach & Swiss Cheese [TREE NUTS]	A classic 3"x2"x2" Mini French wheat sourdough crust, layered slices of seasoned & grilled potatoes, baby spinach, Swiss cheese, toasted pine nuts	Ingredients: eggs, heavy crème (milk), potatoes, baby spinach, Swiss cheese (milk), pine nuts (tree nuts), olive oil, flour (wheat), sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, TREE NUTS, WHEAT

	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
104	Mini Tarte aux Seasonal - Savory (may contain: TREE NUTS)	A classic 3"x2"x2" Mini Provençal pizza crust made with olive oil...TBA	Ingredients: TBA	MILK, EGGS, TREE NUTS, WHEAT
105	Mini Tarte aux Sweet Potato & Leek (V) [TREE NUTS]	3"x2"x2" Mini Vegan puff pastry (short crust tarte) with layers of sweet potatoes, leeks & carrots, parsley & USA garlic persillade, vegan cashew butter	Ingredients: coconut oil, sweet potatoes, leeks, carrots, parsley, USA garlic, olive oil, French mustard, pepper, sea salt; <b>vegan pastry crust:</b> flour (wheat), source-spring water, sea salt; <b>vegan cashew butter:</b> coconut oil, cultured cashew milk (cashews, cultures, filtered water) [tree nuts], sunflower oil, sunflower lecithin, sea salt	TREE NUTS, WHEAT
106	Mini Tomato Zucchini Provençal French Pizza	A classic 3"x2"x2" Mini Provençal pizza crust made with olive oil, layered with tomatoes, zucchini, Havarti, Gruyère & Provolone, (nut-free) basil-Parmesan pesto, herbs de Provence	Ingredients: tomato, zucchini, turmeric, Havarti cheese (milk), Gruyère cheese (milk), Provolone cheese (milk), Parmesan cheese (milk), quinoa, basil, USA garlic, wheat flour (wheat), olive oil, salt, pepper; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, WHEAT
107	Mini Vegan Tomato & Zucchini Provençal French Pizza (V) [TREE NUTS]	3"x2"x2" Mini Vegan Provençal pizza crust made with olive oil, layered with tomato & zucchini, vegan cashew cheese, house-made black olive tapenade, herbes de Provence	Ingredients: tomato, zucchini, black olive, Dijon mustard, basil, dill pickles, capers, USA garlic, olive oil, turmeric, pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>vegan cashew cheese:</b> cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>vegan olive oil pizza crust:</b> olive oil, flour (wheat), source-spring water, sea salt	TREE NUTS, WHEAT
108	QUICHE MINI			
109	Mini Quiche Broccoli Tomato & Cheese	Our classic 3"x2"x2" Mini Broccoli, Tomato & Cheese Quiche is a sell-out, every time! Made with Provençal olive oil-based pastry, local GLAUM eggs, heavy crème, French-style butter, Gruyère, Havarti & chèvre (goat) cheeses, Broccoli, cauliflower, tomato, USA garlic	Ingredients: eggs, heavy crème (milk), butter (milk), Broccoli, cauliflower, tomatoes, USA garlic, Gruyère (milk), Havarti, goat cheese (milk), flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
110	Mini Quiche Fennel (GF) [TREE NUTS]	Our gluten-free 3"x2"x2" Mini Fennel Quiche is made with our signature gluten-free quinoa & almond flour-based pizza crust, local GLAUM eggs & heavy crème, wild fennel, baby spinach, basil, cranberries, chestnuts, Swiss, Havarti & feta cheeses	Ingredients: quinoa, almond flour (tree nuts), eggs, heavy crème (milk), fennel, baby spinach, basil, cranberries, chestnuts (tree nuts), Swiss cheese (milk), Havarti cheese (milk), feta cheese (milk), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, TREE NUTS
111	Mini Quiche Limousine	A classic 3"x2"x2" Mini French Potato Quiche, made with a rich & buttery French biscuit pastry crust, local GLAUM eggs, heavy crème, French-style butter, Gruyère cheese, sliced & seasoned potatoes, yellow onions, herbs de Provence	Ingredients: eggs, heavy crème (milk), butter (milk), ham, Gruyère cheese (milk), potatoes, carrots, yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
112	Mini Quiche Lorraine	Our beloved 3"x2"x2" Mini Quiche Lorraine, made with a rich & buttery French biscuit pastry crust, local GLAUM eggs, heavy crème, premium browned bacon & ham, caramelized yellow onions, Gruyère cheese	Ingredients: eggs, heavy crème (milk), butter (milk), bacon, ham, Gruyère cheese (milk), yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
113	Mini Quiche Ratatouille	Our signature 3"x2"x2" Mini Ratatouille Quiche, made with a rich & buttery French brisée pastry crust, local GLAUM eggs, heavy crème, Gruyère & Havarti cheeses, peeled red pepper, zucchini, tomato, eggplant, herbs de Provence	Ingredients: eggs, heavy crème (milk), butter (milk), Gruyère cheese (milk), Havarti cheese (milk), peeled red pepper, zucchini, tomato, eggplant, yellow onion, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK, EGGS, WHEAT
114	SWEET SAMPLE SIZE			
115	SS: Apple Kouign-amann (kween-uh-man) (Mini Apple Morning Bun) (EF)	Start your day with classic French Apple Kouign-amann bun, MINI size! Originally from Brittany, our Kouign-amann (pronounced: kween-uh-man) is a rich and buttery pastry dough (egg-free), hand-rolled with house-made applesauce, cinnamon, French-style butter & caramelized brown sugar	Ingredients: milk, butter (milk), apples, cinnamon, French vanilla, cane sugar, brown sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
116	SS: Banana Peanut Butter Chocolate Brownie (GF) [PEANUTS] [TREE NUTS]	2"x2"x2" SAMPLE SIZE Premium Valrhona dark chocolate, banana, house-made peanut butter, gluten-free brownie, made with French-style butter, almond & banana flours	Ingredients: milk, eggs, butter (milk), peanut butter (PEANUTS), dark chocolate, banana, almond flour (tree nuts), banana flour, coconut oil, cane sugar, brown sugar, French vanilla, baking soda, sea salt	MILK, EGGS, PEANUTS, TREE NUTS
117	SS: Choux (French Crème Puff): Dark Chocolate	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with premium Valrhona dark Chocolate pastry crème	Ingredients: milk, heavy crème (milk), eggs, flour (wheat), butter (milk), French vanilla, dark Chocolate, cane sugar, sea salt	MILK, EGGS, WHEAT
118	SS: Choux (French Crème Puff): French Vanilla	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with French vanilla pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
119	SS: Choux (French Crème Puff): Pistachio [TREE NUTS]	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with Pistachio pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), French vanilla, pistachios (tree nuts), flour (wheat), cane sugar, sea salt	MILK, EGGS, TREE NUTS, WHEAT
120	SS: Choux Plate [some contain...TREE NUTS]	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with French pastry crèmes* (assorted plates of 4) [*Some of our pastry crèmes contain tree nuts, as noted] FLAVORS: French Vanilla, Valrhona Dark Chocolate, Raspberry, *Hazelnut (tree nuts), *Pistachio (tree nuts), Chocolate-Passion Fruit	Ingredients: milk, heavy crème (milk), eggs, flour (wheat), butter (milk), real French vanilla, sugar, sea salt + <b>respective flavor components:</b> Raspberry, Hazelnut (tree nuts), Pistachio (tree nuts), Dark Chocolate, French Vanilla, Chocolate-Passion Fruit	MILK, EGGS, TREE NUTS, WHEAT
121	SS: Choux Special (French Crème Puff): Chocolate - Passion Fruit	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with French Chocolate - Passion Fruit pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), Chocolate, passion fruit, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
122	SS: Choux Special (French Crème Puff): Hazelnut [TREE NUTS]	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with hazelnut pastry crème	Ingredients: milk, heavy crème (milk), eggs, flour (wheat), butter (milk), French vanilla, hazelnuts (tree nuts), cane sugar, sea salt	MILK, EGGS, TREE NUTS, WHEAT
123	SS: Choux Special (French Crème Puff): Raspberry	2"x2"x2" SAMPLE SIZE Light & buttery choux puff pastry, filled with French vanilla-raspberry pastry crème	Ingredients: milk, heavy crème (milk), eggs, butter (milk), raspberries, real French vanilla, cane sugar, flour (wheat), sea salt	MILK, EGGS, WHEAT
124	SS: Citrus Cheesecake [TREE NUTS]	Our 2"x2"x2" SAMPLE SIZE sweet crème cheesecake, glazed with silky citrus confit, buttery almond flour crust, classic wedge-cut (served with fresh raspberry coulis ~ Bistro service, only)	Ingredients: heavy crème (milk), eggs, butter (milk), cane sugar, orange peel, flour (wheat), almond flour (tree nuts), sea salt	MILK, EGGS, TREE NUTS, WHEAT
125	SS: Entremet - Cappuccino (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Rich & creamy, Cappuccino infused flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, French roast coffee, white chocolate (milk), apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
126	SS: Entremet - Dark Chocolate (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Rich & creamy, Valrhona dark chocolate flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, dark chocolate (milk), apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
127	SS: Entremet - Vanilla Orange Blossom (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Rich & creamy, Vanilla Orange Blossom infused flan-like layer cake, apricot glaze, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust	Ingredients: eggs, milk, heavy cream (milk), butter (milk), cane sugar, French vanilla, orange, orange peel, apricot, almond flour (tree nuts), rice flour, potato flour, baking powder, cornstarch, gelatin, salt	MILK, EGGS, TREE NUTS
128	SS: Kouign-amann (kween-uh-man) (Mini Cinnamon Morning Bun) (EF)	Try our cinnamon Morning Buns, MINI-size! Originally from Brittany, home of France's best butter, our Kouign-amann (pronounced: kween-uh-man) is a rich and buttery pastry dough (egg-free), hand-rolled with French cinnamon butter	Ingredients: butter (milk), milk, cinnamon, French vanilla, cane sugar, brown sugar, flour (wheat), fresh yeast, sea salt	MILK, WHEAT
129	SS: Lemon Meringue (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, thinly layered white chocolate, French lemon custard & sweet toasted meringue	Ingredients: heavy crème (milk), eggs, egg whites, butter (milk), French lemon curd, cane sugar, almond flour (tree nut), sea salt	MILK, EGGS, TREE NUTS



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1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
130	SS: Opera Entremet (Chocolate Mocha) (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with premium Valrhona dark Chocolate & coffee-infused French custard, piped with French vanilla pastry crème (Entremet: multi-	Ingredients: milk, heavy crème (milk), eggs, cane sugar, French roast coffee, dark Chocolate, almond flour (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
131	SS: Pecan Blondie (blonde-brownie w/ pecans & milk chocolate chips) [TREE NUTS]	2"x2"x2" SAMPLE SIZE "Blonde" brownie with pecans and milk chocolate chips	Ingredients: milk, heavy cream (milk), eggs, butter (milk), milk chocolate (milk), pecans (tree nuts), flour (wheat), cane sugar, light brown sugar, French vanilla, baking soda, sea salt	MILK, EGGS, TREE NUTS, WHEAT
132	SS: Pep Chock Entremet (Dark Chocolate & Raspberry) (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with Pistachio French crème, premium Valrhona dark chocolate & fresh raspberries (Entremet: multi-layered mousse-based cakes)	Ingredients: heavy crème (milk), eggs, butter (milk), raspberries, dark Chocolate, brown sugar, almond flour (tree nuts), Pistachio (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
133	SS: Salted Caramel Apple Crumble [TREE NUTS]	2"x2"x2" SAMPLE SIZE Rich & buttery French brisée pastry crust, fresh apples, caramelized brown sugar, sweet French-style cinnamon butter	Ingredients: butter (milk), apples, brown sugar, cinnamon, French vanilla, flour (wheat), almond flour (tree nuts) sea salt	MILK, TREE NUTS, WHEAT
134	SS: Swiss Entremet (Hazelnut & Chocolate) (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Decadent layers of French hazelnut butter crème & toasted hazelnuts, laced between layers of rich Valrhona dark chocolate cake (Entremet: multi-layered mousse-based cakes), on our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust,	Ingredients: heavy crème (milk), milk, eggs, butter (milk), cane sugar, French vanilla, dark Chocolate, hazelnuts (tree nuts), almond flour (tree nuts), rice flour, sea salt	MILK, EGGS, TREE NUTS
135	SS: Tarte aux Abricot - Seasonal [TREE NUTS]	2"x2"x2" SAMPLE SIZE Fresh apricots (abricots), French-style butter, caramelized brown sugar, real French vanilla, almond slices, rich & buttery French brisée pastry crust	Ingredients: butter (milk), eggs, apricots, French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	EGGS, MILK, TREE NUTS, WHEAT
136	SS: Tarte aux Apple [TREE NUTS]	2"x2"x2" SAMPLE SIZE Fresh apples, sliced almonds, French-style butter, caramelized brown sugar, almond slices, real French vanilla, rich & buttery French brisée pastry crust	Ingredients: butter (milk), eggs, apples, French vanilla, almond slices (tree nut), brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
137	SS: Tarte aux Raspberry Vanilla (GF) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Starts with our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust, layered with French vanilla pastry crème & fresh raspberries, and laced with premium Valrhona dark Chocolate	Ingredients: heavy crème (milk), milk, eggs, butter (milk), raspberries, almonds (tree nut), cane sugar, French vanilla, almond flour (tree nuts), sea salt	MILK, EGGS, TREE NUTS
138	SS: Tarte aux Pear [TREE NUTS]	2"x2"x2" SAMPLE SIZE Fresh pears, almond slices, crushed Pistachio, French-style butter, caramelized brown sugar, real French vanilla, rich & buttery French brisée pastry crust	Ingredients: butter (milk), eggs, pears, almond slices (tree nuts), Pistachio (tree nuts), French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
139	SS: Tarte aux Plum - Seasonal [TREE NUTS]	2"x2"x2" SAMPLE SIZE Fresh plums, French-style butter, caramelized brown sugar, real French vanilla, almond slices, rich & buttery French brisée pastry crust	Ingredients: butter (milk), eggs, plums, French vanilla, brown sugar, cane sugar, flour (wheat), almond flour (tree nuts), lemon juice, sea salt	MILK, EGGS, TREE NUTS, WHEAT
140	SS: Triple Berry Crumble [TREE NUTS]	2"x2"x2" SAMPLE SIZE Rich & buttery French brisée pastry crust, fresh strawberries, raspberries & blackberries, caramelized brown sugar, sweet French-style cinnamon butter	Ingredients: butter (milk), raspberry, strawberry, blackberry, brown sugar, cinnamon, French vanilla, flour (wheat), almond flour (tree nuts), sea salt	MILK, TREE NUTS, WHEAT
141	SS: Vegan Berry Crumble (GF) (V) [TREE NUTS]	2"x2"x2" SAMPLE SIZE Fresh strawberries, raspberries, blackberries, caramelized brown sugar, our signature (gluten-free & vegan) quinoa & almond flour-based pastry crust,	Ingredients: strawberries, raspberries, blackberries, French vanilla, cane sugar, brown sugar, coconut oil, cashew milk (tree nuts), almond flour (tree nuts), rice flour, sunflower oil, sea salt; <b>vegan cashew butter</b> : coconut oil, cultured cashew milk (cashews, cultures, filtered water) [tree nuts], sunflower oil, sunflower lecithin, sea salt	TREE NUTS
142	<b>BISTRO - BRUNCH &amp; ENTREES</b>			
143	Adorable Beef Lasagné & Salad	Our beef lasagné is layered with seasoned ground beef, ground turkey, Gruyère cheese, grilled eggplant, zucchini, onion, (nut-free) basil-Parmesan pesto, and a classic French béchamel, gluten-free pasta ~ served with a fresh, baby spring salad	Ingredients: ground beef, ground turkey, eggplant, zucchini, USA garlic, quinoa, basil, Parmesan (milk), olive oil, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; béchamel: heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>gluten-free pasta</b> : corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line); <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, WHEAT
144	Adorable Vegan Lasagné & Salad, (GF) (V) [TREE NUTS]	Our Gluten-Free & Vegan Lasagné is layered with slices of grilled eggplant, shiitake mushrooms & Parisian button mushrooms, zucchini, vegan cashew cheese, (nut-free) vegan basil pesto, gluten-free pasta ~ served with a fresh, baby spring salad	Ingredients: eggplant, shiitake mushrooms, button mushrooms, zucchini, quinoa, basil, olive oil, USA garlic, pepper, sea salt; <b>vegan cashew cheese</b> : cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>gluten-free pasta</b> : corn flour, rice flour, monoglycerides, diglycerides (produced on a gluten-free line); <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	TREE NUTS
145	Avocado Toast & Salad (V)	Adorable cast-iron sourdough bread, toasted & sliced, dressed with (nut-free) vegan parsley pesto, topped with sliced avocado, cherry tomatoes & microgreens, served with baby green salad, cherry tomatoes and balsamic Dijon vinaigrette, on the side	Ingredients: avocado, cherry tomatoes, microgreens, quinoa, parsley, USA garlic, olive oil, salt, pepper; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	WHEAT
146	Boeuf Bourguignon (GF) - ENTREE	Our Boeuf Bourguignon (Beef Burgundy) (GF) is made with premium, humanely-raised, grass-fed beef, braised in house Burgundy wine sauce, vegetables & herbs, served with green beans & carrots, gratin dauphinois	Ingredients: grass-fed beef, red wine, potatoes, heavy crème (milk), milk, Emmental cheese (milk), butter (milk), bacon, green beans, carrots, shiitake mushrooms, button mushrooms, onion, USA garlic, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK
147	Cheese Plate & Assorted Adorable Breads [TREE NUTS]	Assorted premium, soft & hard cheeses, seasonal fruits ~ served with warmed slices of ADORABLE BREADS (Vegan): Cast-Iron Sourdough, Olive, Flax & Sesame, Walnut-Raisin-Cranberry	Ingredients: assorted cheeses (milk), butter (milk), assorted fruits, assorted vegetables, assorted breads containing some, or all of the following: wheat, sesame, tree nuts	MILK, SESAME, TREE NUTS, WHEAT
148	Coq au Vin (GF) - ENTREE	Our Coq au Vin entrée (Chicken & Red Wine) (GF) is made with local, premium choice, bone-in chicken, braised in house Burgundy wine sauce with vegetables & herbs, served with green beans & carrots, gratin dauphinois	Ingredients: free-range chicken, red wine sauce, potatoes, heavy crème (milk), milk, Emmental cheese (milk), butter (milk), bacon, green beans, carrots, shiitake mushrooms, button mushrooms, onion, USA garlic, pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	MILK
149	Eggplant Parmesan Savory Tart & Salad	A classic Provençal pizza crust made with olive oil, layered with grilled eggplant, baby spinach, shiitake mushroom & Parisian button mushrooms, Havarti & Parmesan cheeses, (nut-free) basil-Parmesan pesto, served with baby green salad, cherry tomatoes and balsamic Dijon vinaigrette, on the side	Ingredients: eggplant, baby spinach, shiitake mushrooms, button mushrooms, Havarti cheese (milk), Parmesan (milk), quinoa, basil, USA garlic, olive oil, flour (wheat), pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, WHEAT

	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
150	French Grilled Cheese Panini & Salad	Our version of France's Croque Monsieur, served on toasted Adorable cast-iron sourdough bread, dressed with our signature béchamel & (nut-free) basil-Parmesan pesto spreads, topped with shredded cheeses ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side  SHORT DESCRIPTION: Adorable's cast-iron sourdough, classic French béchamel & (nut-free) basil-Parmesan pesto, mixed cheeses ~ melted to perfection, served with baby spring salad	Ingredients: shredded cheddar (milk), mozzarella (milk), Parmesan cheese (milk), Gruyère cheese (milk), butter (milk), quinoa, basil, onions, USA garlic, olive oil, flour (wheat), sea salt, pepper; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread:</b> low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, WHEAT
151	French Ham & Cheese Panini and Salad	Served on toasted Adorable cast-iron sourdough bread, dressed with house béchamel spread & (nut-free) basil-Parmesan pesto, layered with premium ham & shredded cheeses. Melted to perfection ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side  SHORT DESCRIPTION: Adorable's cast-iron sourdough, premium ham, béchamel & (nut-free) basil-Parmesan pesto & mixed cheeses, melted to perfection ~ served with baby spring salad	Ingredients: heavy crème (milk), butter (milk), Gruyère cheese (milk), shredded cheddar (milk), shredded mozzarella (milk), ham, USA garlic, basil, Parmesan (milk), quinoa, olive oil, pepper, sea salt; <b>béchamel:</b> heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>sourdough bread:</b> low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, WHEAT
152	Gratin Dauphinois & Salad (GF)	A classic (gluten-free) potato gratin dish from Région Dauphinoise, in the south-eastern French Alps. Made with potatoes, heavy crème, Emmental cheese, local GLAUM eggs, onions, USA garlic ~ served with baby green salad, cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies (as available), balsamic Dijon vinaigrette, on the side	Ingredients: potatoes, heavy crème (milk), milk, Emmental cheese (milk), eggs, onion, USA garlic, pepper, sea salt; <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS
153	Quiche Broccoli Tomato & Chèvre (Goat Cheese) w/ Salad	Rich & buttery French brisée pastry crust, local GLAUM eggs, heavy crème, tomatoes, Broccoli, cauliflower, chèvre (goat) & Havarti cheeses ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: eggs, heavy crème (milk), butter (milk), Broccoli, cauliflower, tomatoes, USA garlic, Gruyère (milk), Havarti (milk), goat cheese (milk); <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; mixed baby spring greens, cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS
154	Quiche Fennel & Salad (GF) [TREE NUTS]	Our signature gluten-free, quinoa & almond flour-based pizza crust, local GLAUM eggs & heavy crème (dairy), fennel, baby spinach, basil, cranberries, chestnuts, Swiss, Havarti & feta cheeses ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: quinoa, almond flour (tree nut), eggs, heavy crème (milk), fennel, baby spinach, basil, cranberries, chestnuts, Swiss cheese (milk), Havarti cheese (milk), feta cheese (milk); <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS, TREE NUTS
155	Quiche Lorraine & Salad	Rich & buttery French brisée pastry crust, local GLAUM eggs & heavy crème, premium browned bacon & ham, caramelized yellow onions, Gruyère cheese ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: eggs, heavy crème (milk), butter (milk), bacon, ham, Gruyère cheese (milk), yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; mixed baby spring greens, cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS, WHEAT
156	Quiche Plate	All of our savory quiche starts with rich & buttery French brisée pastry crust, local GLAUM eggs & heavy crème, French-style butter, yellow onions, herbs de Provence (rosemary, thyme, basil, savory, marjoram), and... <b>1. Lorraine:</b> premium bacon & ham, Gruyère cheese <b>2. Broccoli, Tomato &amp; Cheese:</b> Broccoli, cauliflower, tomatoes, USA garlic, Gruyère, Havarti, chèvre (goat) cheese <b>3. Ratatouille:</b> peeled red pepper, zucchini, tomato & eggplant, Gruyère & Havarti cheeses  SHORT DESCRIPTION: Assorted savory Quiche bars made with premium	Ingredients: eggs, heavy crème (milk), butter (milk), yellow onions, flour (wheat), pepper, sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>AND: 1. Lorraine:</b> premium bacon & ham, Gruyère cheese (milk) <b>2. Broccoli, Tomato &amp; Cheese (milk):</b> Broccoli, cauliflower, tomatoes, USA garlic, Gruyère (milk), Havarti (milk), goat cheese (milk) <b>3. Ratatouille:</b> Gruyère (milk), Havarti (milk), peeled red pepper, zucchini, tomato, eggplant	MILK, EGGS, WHEAT
157	Salade du Jardin et Chèvre (Garden Salad w. Goat Cheese)	Fresh baby spring greens, seasonal fruits & vegetables, goat cheese, pumpkin seeds, nutritional yeast, balsamic Dijon vinaigrette, on the side	Ingredients: baby spring greens, goat cheese (milk), cherry tomatoes, seasonal vegetables / fruits (as available), pumpkin seeds, nutritional yeast, pepper, sea salt; <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK
158	Tarte aux Potato, Spinach & Swiss Cheese [TREE NUTS] & Salad	A classic Provençal pizza crust made with olive oil, layered slices of seasoned & grilled potatoes, baby spinach, Swiss cheese, toasted pine nuts ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: eggs, heavy crème (milk), turmeric, potatoes, baby spinach, Swiss cheese (milk), pine nuts (tree nuts), olive oil, flour (wheat), sea salt; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS, TREE NUTS, WHEAT
159	Tomato Zucchini Provençal French Pizza & Salad	A classic Provençal pizza crust made with olive oil, layered with tomatoes, zucchini, Havarti, Gruyère & Provolone cheeses, house (nut-free) basil-Parmesan pesto, herbs de Provence ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: heavy crème (milk), eggs, olive oil, turmeric, tomato, zucchini, Havarti (milk), Gruyère (milk), Provolone (milk), Parmesan cheese (milk), quinoa, basil, USA garlic, wheat flour (wheat), olive oil, salt, pepper; <b>herbs de Provence:</b> rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; mixed baby spring greens, cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, EGGS, WHEAT
160	Vegan Eggplant Panini & Salad (V) [TREE NUTS]	Adorable's cast-iron sourdough bread (vegan), sliced & toasted, dressed with our vegan béchamel & (nut-free) vegan basil-pesto spreads, topped with grilled eggplant and savory vegan cashew cheese ~ served with baby green salad, cherry tomatoes, house balsamic Dijon vinaigrette, on the side	Ingredients: eggplant, basil, quinoa, USA garlic, olive oil, pepper, sea salt; <b>vegan cashew cheese:</b> cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>vegan béchamel:</b> onions, olive oil, oat milk, nutmeg, potato starch + <b>vegan cashew butter:</b> coconut oil, cultured cashew milk (cashews, cultures, filtered water) [tree nuts], sunflower oil, sunflower lecithin, sea salt + <b>gluten-free flour:</b> rice flour, ground flaxseed, quinoa flour, buckwheat flour, amaranth flour, tapioca flour, arrowroot flour, xanthan gum + <b>vegan cashew cheese:</b> cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>mixed baby spring greens,</b> cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette:</b> olive oil, balsamic oil, Dijon mustard, salt, pepper	TREE NUTS

	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
161	Vegan Tomato Zucchini Provençal French Pizza & Salad (V) [TREE NUTS]	Vegan pastry crust, tomato, zucchini, black olive tapenade, vegan cashew cheese, herbes de Provence ~ served with a fresh, baby spring salad, with house balsamic Dijon vinaigrette, on the side	Ingredients: tomato, zucchini, black olive, Dijon mustard, basil, dill pickles, capers, USA garlic, olive oil, turmeric, pepper, sea salt; <b>vegan cashew cheese</b> : cashews (tree nuts), coconut oil, sunflower oil, natural flavors (vegan sources), sea salt tapioca starch, cultures, filtered water, potato starch, potato proteins, chickpea protein, annatto and turmeric extracts, powdered cellulose (to prevent caking); <b>vegan olive oil pizza crust</b> : olive oil, flour (wheat), source-spring water, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	TREE NUTS, WHEAT
162	<b>BISTRO - OMELETS</b>			
163	Cheese Omelet & Salad	A classic French cheese omelet made with fresh, local GLAUM eggs, ghee, an assortment of shredded cheeses & house béchamel ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side	Ingredients: eggs, mixed shredded cheeses (milk), ghee (milk), heavy crème (milk), butter (milk), flour (wheat), pepper, salt, fingerling potatoes, fruit; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
164	Feta Spinach Omelet & Salad	Fresh, local GLAUM eggs, baby spinach, feta cheese, house-made (nut-free) parsley pesto, ghee ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side	Ingredients: eggs, feta cheese (milk), Parmesan (milk), ghee (milk), baby spinach, parsley, quinoa, olive oil, USA garlic, pepper, sea salt; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
165	Ham & Cheese Omelet & Salad	Fresh, local GLAUM eggs, premium ham, mixed shredded cheeses, house-made béchamel, ghee ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side.	Ingredients: eggs, heavy crème (milk), ham, shredded cheddar (milk), Monterey Jack cheese (milk), mozzarella (milk), ghee (milk), flour (wheat), pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter, onions, Gruyère cheese (milk), flour (wheat); <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
166	Jalapeño Feta & Spinach Omelet & Salad	Fresh, local GLAUM eggs, baby spinach, feta cheese, jalapeños, feta cheese, house-made (nut-free) parsley pesto, ghee ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side	Ingredients: eggs, heavy crème (milk), baby spinach, jalapeño, feta cheese (milk), crème cheese (milk), ghee (milk), parsley, Parmesan (milk), quinoa, olive oil, USA garlic, pepper, salt; <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
167	Vegetarian Mushroom Omelet & Salad	Fresh, local GLAUM eggs, heavy crème, shiitake mushrooms & Parisian button mushrooms, zucchini, peeled bell pepper, house-made béchamel, cheeses, house-made (nut-free) parsley pesto, ghee, coriander, herbs de Provence ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side	Ingredients: eggs, ghee (milk), peeled bell pepper, zucchini, shiitake, mushrooms, button mushrooms, shredded cheddar (milk), basil, parsley, Parmesan (milk), quinoa, olive oil, USA garlic, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
168	Vegetarian Omelet & Salad	Fresh, local GLAUM eggs, heavy crème (dairy), eggplant, zucchini, peeled bell pepper, shiitake mushrooms & Parisian button mushrooms, classic French béchamel, mixed cheeses, house-made (nut-free) parsley pesto, ghee, coriander, herbs de Provence ~ served with a toasted slice of our cast-iron sourdough bread, along with roasted fingerling potatoes & spring salad, on the side	Ingredients: eggs, ghee (milk), peeled bell pepper, eggplant, zucchini, shiitake mushrooms, Parisian button mushrooms, shredded cheddar (milk), basil, parsley, Parmesan (milk), quinoa, olive oil, USA garlic, pepper, sea salt; <b>béchamel</b> : heavy crème (milk), butter (milk), onions, Gruyère cheese (milk), flour (wheat); <b>mixed baby spring greens</b> , cherry tomatoes, pumpkin seeds, nutritional yeast, seasonal veggies / fruit (as available); <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper; <b>vegan sourdough bread</b> : low-protein flour (wheat), whole wheat flour (wheat), natural sourdough (wheat), dark rye flour (wheat), sea salt	MILK, EGGS, WHEAT
169	Vegetarian Omelet Variety Pack (served w/ Salads)	Vegetarian Omelet Variety Pack - Includes: Vegetarian Omelet, Vegetarian Mushroom Omelet, Feta Spinach Omelet, and Jalapeño Feta Spinach Omelet. Each omelet starts with fresh, local GLAUM eggs, cooked with ghee. Each omelet is packaged separately, and includes a toasted slice of our cast-iron, sourdough bread, roasted fingerling potatoes & spring salad, on the side.	<i>Please see individual omelet description for specific ingredients.</i> <b>Merci!</b>	MILK, EGGS, WHEAT
170	<b>BISTRO - SALADS</b>			
171	Salade de Maison (GF) (V)	Our house side salad is made of fresh baby spring greens, cherry tomatoes, pumpkin seeds, nutritional yeast, and seasonal veggies or fruit (as available), house balsamic Dijon vinaigrette, on the side	Ingredients: baby spring greens, cherry tomatoes, seasonal vegetables & fruits (as available), pumpkin seeds, nutritional yeast, pepper, sea salt; <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	
172	Salade Feta Avec Noix (GF) [TREE NUTS]	Fresh baby greens, tangy pieces of Roquefort feta cheese, toasted walnuts, house balsamic Dijon vinaigrette, on the side	Ingredients: mixed baby greens, Roquefort cheese (milk), walnut (tree nuts), salt, pepper; <b>vinaigrette</b> : olive oil, balsamic oil, Dijon mustard, salt, pepper	MILK, TREE NUTS
173	<b>BISTRO - SIDES</b>			
174	Gratin Dauphinois, a la carte (GF)	A classic (gluten-free) potato gratin dish from the Région Dauphinoise, in the south-eastern French Alps, made with potatoes, heavy crème, Emmental cheese, local GLAUM eggs, onions & USA garlic	Ingredients: potatoes, heavy crème (milk), milk, Emmental cheese (milk), eggs, onions, USA garlic, pepper, sea salt	MILK, EGGS
175	Quinoa (GF) (V)	Our signature savory Quinoa (GLUTEN-FREE & VEGAN), made with our house vegetable nectar, simmered in house-made vegetable broth, seasoned to	Ingredients: quinoa, vegetable broth, house vegetable nectar, pepper, sea salt	
176	Ratatouille (V)	Our vegan ratatouille is made of eggplant, peeled red bell pepper, zucchini & tomato, slow-stewed in our house-made vegetable broth, then slow-baked to savory perfection	Ingredients: eggplant, peeled red bell pepper, zucchini, tomatoes, yellow onion, vegetable broth, USA garlic, flour (wheat), pepper, sea salt; <b>herbs de Provence</b> : rosemary, thyme, basil, savory, marjoram, lavender, fennel seeds, bay leaf	WHEAT
177	<b>BEVERAGES</b>			
178	Alpine Source Spring Water (16.9oz)			
179	Decaf French Roast Coffee	Decaffeinated French roasted coffee served with sugar, sweetener, half & half,	Decaffeinated French roasted coffee	[MILK]
180	Evian Spring Water			



	A	B	C	D
1	MARKET ITEM NAME	ITEM DESCRIPTION	INGREDIENTS	CONTAINS FOOD ALLERGENS
181	Fever Tree Pink Grapefruit	Fever Tree Pink Grapefruit		
182	Fiji Natural Artesian Water	Fiji Natural Artesian Water		
183	French Roast Coffee	French roasted coffee served with sugar, sweetener, half & half & wood stir stick		[MILK]
184	San Pellegrino Sparkling Water			
185	XXX Large Coffee with Disposable Thermos	XXX Large Coffee with Disposable Thermos 128oz. French roasted coffee served in a disposable 128 oz thermos. Includes: sugar, sweetener, half & half, wood stir sticks, (10) 12 oz cups, 128 oz thermos	French Roast Coffee	[MILK]
186	Yerba Maté	Yerba Maté 15.5oz, Tropical Uprising (60 calories/can)	Ingredients: Filtered Water, Cane Sugar*, Brewed Yerba Maté and Hibiscus Flower (Water, Yerba Maté*, Hibiscus Flower), Mango Puree, Yerba Maté Extract*, Pineapple Juice Concentrate, Citric Acid, Guava Natural Flavor, Apricot Natural Flavor	
187				