



Bread. The way it ought to be.™

## Sandwich Nutrition

	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Protein (g)	Ingredients
<b>Baja Chipotle Turkey</b>	620	190	21	9	0	90	1820	65	12	18	40	<p>HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), TURKEY (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS SALT, DEXTROSE, SODIUM PHOSPHATE, BROWNED IN OIL), PEPPERJACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, JALAPENO PEPPERS, SALT, ENZYMES), TOMATOES, AVOCADO PULP (HASS AVOCADO, SALT, XANTHAN GUM, ASCORBIC ACID, CITRIC ACID), CHIPOTLE HONEY YOGURT SAUCE (NON-FAT GREEK YOGURT (GRADE A PASTEURIZED SKIM MILK, MILK PROTEIN CONCENTRATE, ENZYMES, LIVE ACTIVE CULTURES: S. THERMOPHILUS, L. BULGARICUS, L. ACIDOPHILUS, BIFIDUS AND L. CASEI), HONEY, CHIPOTLE PEPPERS (WATER, CHIPOTLE PEPPERS, ONIONS, VINEGAR, TOMATO PASTE, IODIZED SALT, DRIED PEPPERS, SUGAR, SOYBEAN OIL, SPICES), LIME JUICE (WATER, LIME JUICE CONCENTRATE, CITRIC ACID, SODIUM BENZOATE AND SODIUM BISULFITE (PRESERVATIVES), OLIVE OIL, GARLIC, KOSHER SALT, CILANTRO, CUMIN, GROUND CORIANDER), PICKLED RED ONION (ONION, RED WINE VINEGAR (RED WINE VINEGAR (DILUTED WITH WATER TO 5% ACIDITY) AND POTASSIUM METABISULFITE (AS A PRESERVATIVE)), HONEY, KOSHER SALT, BLACK PEPPER, OREGANO, CUMIN), CABBAGE, KOSHER SALT, BLACK PEPPER</p> <p>CONTAINS: MILK, WHEAT, SOY</p>
<b>California Cobb</b>	560	190	21	6	0	65	1780	60	11	14	33	<p>HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), TURKEY (TURKEY BREAST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS SALT, DEXTROSE, SODIUM PHOSPHATE, BROWNED IN OIL), TOMATOES, AVOCADO PULP (HASS AVOCADO, SALT, XANTHAN GUM, ASCORBIC ACID, CITRIC ACID), BLUE CHEESE SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS), BLUE CHEESE DRESSING (SOYBEAN OIL, WATER, BLUE CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), VINEGAR, HIGH FRUCTOSE CORN SYRUP, EGG YOLK, CONTAINS LESS THAN 2% OF: SALT, XANTHAN GUM, SPICE, POLYSORBATE 60, HYDROLYZED SOY PROTEIN, GARLIC, ONION, DEXTROSE, PROPYLENE GLYCOL ALGINATE), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), BACON (CURED WITH: WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), ROMAINE LETTUCE, ONION, KOSHER SALT, BLACK PEPPER</p> <p>CONTAINS: EGG, MILK, SOY, WHEAT</p>
<b>Chicken Salad</b>	740	340	38	6	0	90	1570	65	11	17	34	<p>HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), CHICKEN (BONELESS, SKINLESS CHICKEN BREAST MEAT WITH RIB MEAT, WATER, SEASONING (MALTODEXTRIN, SALT, SUGAR, CHICKEN STOCK, VEGETABLE STOCK (CARROT, ONION, CELERY), FLAVORS, CARROT POWDER AND GARLIC POWDER), MODIFIED FOOD STARCH, SODIUM PHOSPHATES, SOY PROTEIN CONCENTRATE, SEA SALT), TOMATOES, MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), PECANS, ROMAINE LETTUCE, ONION, BROWN SUGAR, BUTTER, LEMON JUICE (LEMON JUICE FROM CONCENTRATE (WATER, CONCENTRATED LEMON JUICE, SODIUM METABISULFITE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE), LEMON OIL)), KOSHER SALT, CAJUN SEASONING (SALT, PAPRIKA, SPICES AND RED PEPPER), CELERY SALT, BLACK PEPPER, FREEZE DRIED PARSLEY, CHIVES</p> <p>CONTAINS: EGG, MILK, PECAN, SOY, WHEAT</p>
<b>Ham &amp; Swiss</b>	600	190	22	10	0	95	2040	59	10	15	36	<p>HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), HAM (CURED WITH: WATER, DEXTROSE, SALT, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), TOMATOES, ROMAINE LETTUCE, SPICY MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, LESS THAN 2% OF SPICES, TURMERIC), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), ONION, KOSHER SALT, BLACK PEPPER</p> <p>CONTAINS: EGG, MILK, SOY, WHEAT</p>

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<b>Harvest Veggie</b>	600	250	28	14	0	65	1250	62	10	16	24	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), TOMATOES, CUCUMBER, SUNDRIED TOMATO PESTO SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, SUNDRIED TOMATO PESTO BASE (WATER, SUN DRIED TOMATOES, TOMATO PASTE, PARMESAN CHEESE (CULTURED PART-SKIM MILK, SALT, ENZYMES), CANOLA OIL, GARLIC, SPICES, SALT, 2% OR LESS OF MODIFIED CORNSTARCH, TOMATO POWDER, ROMANO CHEESE (IMADE FROM COW'S MILK) CULTURED MILK, SALT, ENZYMES), SOYBEAN OIL, CORN OIL, CITRIC ACID, NATURAL FLAVORS, SULFITING AGENTS), KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), PEPPERS, PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), ROMAINE LETTUCE, ONION, KOSHER SALT, BLACK PEPPER  CONTAINS: EGG, MILK, SOY, WHEAT
<b>Italian</b>	740	330	37	15	0	95	2330	60	10	17	37	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), HAM (CURED WITH: WATER, DEXTROSE, SALT, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), TOMATOES, SALAMI (PORK, BEEF, SALT, CONTAINS 2% OR LESS OF DEXTROSE, WATER, SPICES, SODIUM ASCORBATE, LACTIC ACID STARTER CULTURE, GARLIC POWDER, SODIUM NITRITE, BHA, BHT, CITRIC ACID), RED WINE VINAIGRETTE (OLIVE OIL, CANOLA OIL, RED WINE VINEGAR (RED WINE VINEGAR (DILUTED WITH WATER TO 5% ACIDITY) AND POTASSIUM METABISULFITE (AS A PRESERVATIVE)), SPICY BROWN MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, LESS THAN 2% OF SPICES, TURMERIC), HONEY, GARLIC, KOSHER SALT, OREGANO, BLACK PEPPER), CABBAGE, ONION, KOSHER SALT, BLACK PEPPER  CONTAINS: MILK, WHEAT
<b>Mediterranean</b>	560	170	19	9	0	35	1400	70	14	17	25	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), CUCUMBER, TOMATOES, AVOCADO PULP (HASS AVOCADO, SALT, XANTHAN GUM, ASCORBIC ACID, CITRIC ACID), HUMMUS (CHICKPEAS (PREPARED CHICKPEAS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT), DISODIUM EDTA ADDED TO PROMOTE COLOR RETENTION), LEMON JUICE (LEMON JUICE FROM CONCENTRATE (WATER, CONCENTRATED LEMON JUICE, SODIUM METABISULFITE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE), LEMON OIL)), SESAME SEEDS, OLIVE OIL, GARLIC, SALT, BLACK PEPPER), PEPPERS, SPINACH, ONION, KOSHER SALT, BLACK PEPPER  CONTAINS: MILK, WHEAT
<b>Peanut Butter &amp; Jelly</b>	480	140	15	2.5	0	5	790	59	11	21	19	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), PEANUT BUTTER (PEANUTS, SALT), JELLY (RASPBERRIES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, CITRIC ACID, PECTIN, AND SODIUM BENZOATE - A PRESERVATIVE) CONTAINS: PEANUT, WHEAT
<b>Roast Beef &amp; Provolone</b>	600	180	20	10	0	90	2440	60	10	17	37	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), ROAST BEEF (BEEF, CONTAINING UP TO A 20% SOLUTION OF WATER, DEXTROSE, SALT, SODIUM PHOSPHATE, SODIUM LACTATE AND SODIUM DIACETATE. COATED WITH: SALT, DEXTROSE, ONION POWDER, MALTODEXTRIN, CARAMEL COLOR, AUTOLYZED YEAST, MUSTARD, SOYBEAN OIL, GARLIC POWDER, NATURAL FLAVOR AND SPICES), PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), TOMATOES, ROMAINE LETTUCE, SPICY MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, LESS THAN 2% OF SPICES, TURMERIC), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), ONION, KOSHER SALT, BLACK PEPPER  CONTAINS: EGG, MILK, SOY, WHEAT
<b>Tuna Salad</b>	600	240	27	5	0	60	1250	62	11	14	29	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), TUNA (TUNA, WATER, VEGETABLE BROTH AND SALT), TOMATOES, MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), ROMAINE LETTUCE, ONION, POTATO FLAKES (POTATOES, CONTAINS LESS THAN 2% OF: ASCORBIC ACID, CALCIUM STEAROYL, LACTYLATE, MONO- & DIGLYCERIDES, TO PRESERVE FRESHNESS (BHT, SODIUM METABISULFITE, SODIUM ACID PYROPHOSPHATE), LEMON JUICE (LEMON JUICE FROM CONCENTRATE (WATER, CONCENTRATED LEMON JUICE, SODIUM METABISULFITE (PRESERVATIVE), SODIUM BENZOATE (PRESERVATIVE), LEMON OIL)), KOSHER SALT, CELERY SALT (CELERY, SALT), BLACK PEPPER, FREEZE DRIED PARSLEY, CHIVES  CONTAINS: EGG, FISH, SOY, TUNA, WHEAT

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<b>Turkey &amp; Swiss</b>	590	190	22	10	0	85	1520	58	10	14	39	HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), TURKEY (TURKEY BREST MEAT, TURKEY BROTH, CONTAINS 2% OR LESS SALT, DEXTROSE, SODIUM PHOSPHATE, BROWNED IN OIL), SWISS CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), TOMATOES, ROMAINE LETTUCE, SPICY MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, LESS THAN 2% OF SPICES, TURMERIC), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT
<b>Ham Breakfast Sandwich</b>	650	320	35	16	0	275	1650	45	7	11	33	INGREDIENTS: HONEY WHOLE WHEAT BREAKFAST BUN (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), EGG, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), HAM (CURED WITH: WATER, DEXTROSE, SALT, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), GARLIC HERB SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS)), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), TOMATOES, ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT
<b>Bacon Breakfast Sandwich</b>	690	370	41	19	0	260	1400	44	7	11	30	INGREDIENTS: HONEY WHOLE WHEAT BREAKFAST BUN (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), EGG, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), GARLIC HERB SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS)), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), TOMATOES, BACON (CURED WITH: WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE), ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT
<b>Pesto Florentine Breakfast Sandwich</b>	540	230	26	11	0	220	1490	45	7	12	28	INGREDIENTS: HONEY WHOLE WHEAT BREAKFAST BUN (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), EGG, PROVOLONE CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), BASIL PESTO (BASIL, CANOLA OIL, WATER, PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), SALT, GRANULATED GARLIC, SPICES), TOMATOES, SPINACH, ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, WHEAT
<b>Sausage Breakfast Sandwich</b>	770	440	49	22	0	280	1410	45	7	11	31	INGREDIENTS: HONEY WHOLE WHEAT BREAKFAST BUN (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), EGG, SAUSAGE PATTY (PORK, WATER, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, SPICES, FLAVORING (MALTODEXTRIN, MALIC ACID, DEXTROSE), SPICE EXTRACTIVES, BHA AND BHT), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), GARLIC HERB SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS)), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), TOMATOES, ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT
<b>Egg and Cheese Breakfast Sandwich</b>	610	310	35	16	0	250	1090	44	7	11	26	INGREDIENTS: HONEY WHOLE WHEAT BREAKFAST BUN (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), EGG, CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), GARLIC HERB SPREAD (CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (XANTHAN, LOCUST BEAN, AND GUAR GUMS)), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), BUTTER, KOSHER SALT, GARLIC, DRIED GARLIC, DRIED ONION, PARSLEY, BLACK PEPPER), TOMATOES, ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT
<b>Ham and Cheddar</b>	620	200	22	10	0	95	2240	59	10	15	36	INGREDIENTS: HONEY WHOLE WHEAT BREAD (FRESH GROUND 100% WHOLE WHEAT FLOUR, WATER, HONEY, YEAST, SALT), HAM (CURED WITH: WATER, DEXTROSE, SALT, POTASSIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, ARTIFICIAL COLOR), TOMATOES, ROMAINE LETTUCE, SPICY MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, LESS THAN 2% OF SPICES, TURMERIC), MAYONNAISE (SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, PREPARED MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT), DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR)), ONION, KOSHER SALT, BLACK PEPPER CONTAINS: EGG, MILK, SOY, WHEAT