

AGGIE CHOICE MENU (EXAMPLE)

A LA CARTE SELECTIONS

The **A La Carte Selections** are singular food items that can be ordered on their own in any combination, or as sides to any Composed Dishes. *Any major allergens (wheat/gluten, dairy, soy, egg, fish, shellfish, peanuts, tree nuts, coconut, and sesame) as well as soybean oil, soy lecithin, and peanut oil are called out next to the item in italics if present. Items with their own ingredients are noted with an asterisk.* A full list of ingredients for these items can be found at the bottom of the menu.*

Proteins

Prepared with olive oil, salt, and pepper unless otherwise specified

- Grilled chicken breast
- Roasted chicken thighs
- [Harris Ranch](#) mushroom-blended burger patty (pan-seared whole or crumbled, please specify)*
- [Beyond Beef](#) burger patty*
- Roasted pork chop
- Seared salmon *contains fish*
- Baked swai (basa) fish *contains fish*
- Baked cod *contains fish*
- Grilled shrimp *contains shellfish*
- Scrambled eggs *contains egg*
- Pan-seared tofu or fresh tofu *contains soy*
- Bean of the day (varies)
- [Hormel](#) Pepperoni* *contains dairy*

Grains & Pastas

Rices and pastas are prepared in water only

- Steamed white rice
- Steamed brown rice
- Penne pasta* *contains wheat/gluten*
- [Jovial](#) Gluten-Free brown rice farfalle pasta*
- [Franz Bakery](#) Sesame Hamburger Bun* *contains wheat/gluten, sesame, and soybean oil*
- [Udi's](#) Gluten-free hamburger bun* *contains egg*
- [Food For Life](#) Gluten free rice tortilla*
- Flour tortilla* *contains wheat/gluten and soybean oil*
- Corn tortillas*
- [Happy Camper](#) gluten-free bread (plain or cinnamon raisin)*
- Gluten-free cauliflower crust pizza*

Starches

Can be prepared boiled in water only or roasted in olive oil, please specify "boiled" or "roasted". Seasoned with salt and pepper.

- Potatoes
- Sweet potatoes
- Butternut squash

Vegetables

Can be prepared steamed or boiled (in water only) or roasted (in olive oil), please specify. Seasoned with salt and pepper (specify for "no seasoning")

- Bell peppers
- Broccoli
- Carrots
- Fresh salad greens
- Garlic
- Mushrooms
- Onions
- Chef's choice of vegetables: A medley of available vegetables. Choice of steamed, boiled, or roasted in olive oil; please specify. Seasoned with salt and pepper.

All-Day Breakfast Items

- House-made fruit salad: a medley of fresh available fruit
- [Red Plate](#) Cinnamon granola*
- [Van's](#) Gluten-free blueberry waffles* *contains soy*
- [Canyon Bakehouse](#) Gluten-free plain bagel* *contains egg*

Cheeses

- Cheddar/Jack shredded cheese mix *contains dairy*
- Sliced Swiss cheese *contains dairy*
- Parmesan cheese *contains dairy*
- [Daiya](#) Shredded dairy-free mozzarella cheese*

Sauces & Condiments

- House-made red roasted salsa*
- Sour cream* *contains dairy*
- House-made marinara sauce*
- Soy sauce* *contains wheat/gluten and soy*
- Tamari* *contains soy*
- Balsamic vinaigrette*

Desserts

- [Red Plate](#) muffins* (Dark Chocolate or Lemon Blueberry)
- [Red Plate](#) cookies* (Double Chocolate or Snickerdoodle)

COMPOSED DISHES

The **Composed Dishes** are meals created by combining food items from the A La Carte Selections. *All are prepared simply with olive oil, salt, and pepper, unless otherwise indicated.*

GLUTEN-FREE PIZZAS

Gluten-Free Cheese Pizza Melted cheese and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

Gluten-Free Pepperoni Pizza Pepperoni, melted cheese and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains lactic acid.*

Gluten-Free Veggie Pizza Chef's choice of roasted vegetables, melted cheese, and our house marinara on crispy gluten-free cauliflower crust. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

QUESADILLAS

Optional salsa (contains no major allergens) and/or sour cream (contains dairy), please specify.

Chicken Quesadilla Grilled chicken and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Vegetarian Quesadilla Chef's choice grilled veggies and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Bean & Cheese Quesadilla Segundo DC's bean of the day and melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

Cheese Quesadilla Melted cheese toasted between two flour tortillas. *Can be prepared wheat/gluten free and dairy-free, please specify. Contains no other major allergens.*

BURGERS & SANDWICHES

Get it on a lettuce wrap - just ask for protein style!

Hamburger Our grilled Harris Ranch mushroom-blended burger patty on a toasted sesame bun. Option to add lettuce, tomato, and/or onion, please specify. *Can be prepared wheat/gluten-free, soybean oil-free, and sesame-free; please specify. Contains no other major allergens.*

Cheeseburger Our grilled Harris Ranch mushroom-blended burger patty with melted cheese on a toasted bun. Option to add lettuce, tomato, and/or onion, please specify.

Can be prepared wheat/gluten-free, soybean oil-free, sesame-free and dairy-free; please specify. Contains no other major allergens.

Beyond Beef Burger Grilled vegan Beyond Beef burger patty on a toasted sesame bun. Option to add Daiya non-dairy cheese, lettuce, tomato, and/or onion, please specify. *Can be prepared wheat/gluten-free, soybean oil-free, and sesame-free; please specify. Contains no other major allergens.*

Gluten-Free Grilled Cheese Melted cheese on toasted Happy Camper bread. Option to add sliced tomato, please specify. *Can be prepared dairy-free; please specify. Contains no other major allergens.*

BURRITOS

Optional salsa (contains no major allergens) and/or sour cream (contains dairy), please specify.

Bean and Cheese Burrito Segundo DC's bean of the day with melted cheese, wrapped in a flour tortilla. *Can be prepared wheat/gluten-free and dairy-free; please specify. Contains no other major allergens.*

Stuffed Chicken Burrito Grilled chicken with beans (Segundo DC's bean of the day), melted cheese, steamed white rice, and sauteed onions and bell peppers. Wrapped in a flour tortilla. *Can be prepared wheat/gluten-free and dairy-free; please specify. Contains no other major allergens.*

PASTA

Pasta Marinara Al dente penne pasta tossed in our house marinara sauce and sprinkled with Parmesan cheese. Option to add grilled chicken, grilled shrimp, or ground beef, please specify. *Can be prepared gluten-free and dairy-free; please specify. May contain other allergens depending on protein choice.*

Butter Noodles Just penne pasta and butter! Seasoned with salt and pepper. Option to add Parmesan cheese, please specify. *Can be prepared gluten-free, please specify. Contains dairy.*

Simplified Mac n' Cheese Penne pasta mixed with butter and cheese, seasoned with salt and pepper. *Can be prepared gluten-free, please specify. Contains dairy.*

RICE BOWLS

See A La Carte Menu above for protein selections (allergens vary depending on selection).

Fajita Bowl Your choice of protein (please specify) with sauteed bell peppers and onions. Served over your choice of steamed white or brown rice, please specify. Optional salsa and/or sour cream, please specify. *Can be prepared dairy-free; please specify. May contain other allergens depending on protein choice.*

Stir-Fry Bowl Your choice of protein (please specify) sauteed with bell peppers, onions, garlic, mushrooms, and broccoli. Option to add soy sauce or tamari, please specify. Served over your choice of steamed white or brown rice, please specify. *Can be*

prepared wheat/gluten-free and soy free; please specify. May contain other allergens depending on protein choice.

Classic Bowl Your choice of protein (please specify) served with chef's choice of roasted vegetables and steamed white or brown rice. *May contain allergens depending on protein choice.*

SALADS

Grilled Salmon Salad Seared salmon served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains fish.*

Grilled Shrimp Salad Grilled shrimp served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains shellfish.*

Grilled Chicken Salad Grilled chicken served over a bed of fresh salad greens, and drizzled with a Balsamic vinaigrette. *Contains no major allergens.*

*INGREDIENTS LIST

Below are comprehensive lists of ingredients for items above marked with an asterisk.*
Due to product shortages and/or manufacturer's reformulations, some items are subject to change. Diligence is taken to ensure the accurate and timely communication of ingredients on this menu.

PROTEINS

[Harris Ranch](#) **mushroom-blended burger patty** (Sysco #7067144) Ground beef, mushrooms, expeller pressed canola oil, black pepper, salt. *Contains no major allergens.*

[Beyond Beef](#) **Burger Patty** (Sysco #4826164) Water, pea protein isolate, expeller-pressed canola oil, refined coconut oil, rice protein, natural flavors, mung bean protein, methylcellulose, potato starch, apple extract, salt, potassium chloride, vinegar, lemon juice concentrate, sunflower lecithin, beet juice extract, pomegranate fruit powder, lycopene color. *Contains no major allergens.*

[Hormel](#) **Pepperoni** (Sysco #7893813) Pork, beef, salt. Contains 2% or less of water, spice, seasoning (cane sugar, celery juice powder), seasoning [extractives of paprika, natural spice extractives), lactic acid starter culture. *Contains dairy.*

GRAINS AND PASTAS

Penne Pasta (Sysco #5204530) Semolina, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid. *Contains wheat/gluten.*

[Jovial](#) **Gluten-Free Brown Rice Farfalle Pasta** (UNFI #89148) Organic brown rice flour, water. *Contains no major allergens.*

Cauliflower Crust Pizza (Sysco #7071080) Cauliflower, cornstarch, rice flour, potato starch, dextrose, vegetable fibers (psyllium, fructose, inulin, emulsifier, sorbitol), non-GMO yeast, non-GMO extra virgin olive oil, non-GMO brown cane sugar, sea salt. *Contains no major allergens.*

Gluten free brown rice tortilla (UNFI #71677) Whole grain brown rice flour, filtered water, tapioca flour, safflower oil, rice bran, vegetable gum (xanthan, cellulose), sea salt. *Contains no major allergens.*

10" Flour Tortilla (Sysco #2386159) Enriched bleached flour (flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (interesterified and hydrogenated soybean oils). Contains 2% or less of salt, baking soda, sodium acid pyrophosphate, distilled monoglycerides, enzymes, cellulose gum, fumaric acid, calcium propionate, sorbic acid. *Contains wheat/gluten and soybean oil.*

6" Corn tortillas (Sysco #0884650) Water, stone ground corn masa flour, stone ground fresh corn. Contains less than 2% of cellulose gum, fumaric acid, potassium sorbate, calcium propionate, propionic acid, phosphoric acid, guar gum, sorbic acid, trace of lime. *Contains no major allergens.*

[Happy Camper](#) **Gluten-Free Plain Bread** Filtered Water, Flour Mix* (Whole Grain Millet*, Whole Grain Sorghum*, Whole Grain Buckwheat*, Whole Grain Quinoa*, Whole Grain Amaranth*), Tapioca Flour*, Prebiotic from Plant-Based Starch*, Pea Protein*, High Oleic Expeller Pressed Sunflower Oil*, Psyllium Husk*, Acacia*, Yeast, Xanthan Gum, Salt, Guar Gum*, Cumin* *ORGANIC. *Contains no major allergens.*

[Happy Camper](#) **Gluten-Free Cinnamon Raisin Bread** Filtered Water, Flour Mix* (Whole Grain Millet*, Whole Grain Sorghum*, Whole Grain Buckwheat*, Whole Grain Quinoa*, Whole Grain Amaranth*), Tapioca Flour*, Evaporated Cane Juice*, Raisins*, High Oleic Expeller Pressed Sunflower Oil*, Pea Protein*, Prebiotic from Plant-Based Starch*, Cinnamon*, Psyllium Husk*, Acacia*, Xanthan Gum, Yeast, Guar Gum*, Sea Salt, Cardamom* *ORGANIC. *Contains no major allergens.*

[Franz Bakery](#) **Sesame Hamburger Bun** (Sysco #6510937) Enriched unbleached wheat flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], water, sugar, yeast, soybean oil. Contains 2% or less of vital wheat gluten, salt, ammonium sulfate, sodium stearoyl lactylate, ascorbic acid, monocalcium phosphate, calcium sulfate, enzymes, calcium propionate, sesame seeds. *Contains wheat/gluten, sesame, and soybean oil.*

[Udi's](#) **Gluten-Free Hamburger Bun** (Sysco #0758401) Water, tapioca starch, brown rice flour, canola oil, resistant corn starch, egg whites, cane sugar syrup, tapioca maltodextrin, potato flour, cane sugar, tapioca syrup, yeast, sugar cane fiber, salt, gum (xanthan gum, sodium alginate, guar gum), cultured corn syrup solids, citric acid, xanthan gum, enzymes. *Contains egg.*

CHEESES

[Daiya](#) **Dairy-Free Shredded Mozzarella Cheese** (Sysco #7985573) Filtered water, tapioca and/or arrowroot flours, non-GMO expeller pressed canola and/or non-GMO expeller pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors, inactive yeast, vegetable glycerin, sunflower lecithin, calcium citrate, xanthan gum, citric acid, vegan bacterial cultures.

BREAKFAST ITEMS

[Red Plate](#) **Cinnamon granola** (Daylight #5662R_CASE) Gluten-free oats, applesauce, non-GMO canola oil, vegan cane sugar, pure maple syrup, cinnamon, molasses, salt, ginger, nutmeg. *Contains no major allergens.*

[Van's](#) **Gluten-free blueberry waffles** (UNFI #77062) Gluten free blend (brown rice flour, potato starch, rice flour, soy flour), water, expeller pressed canola oil, blueberry pieces (cane sugar, dried blueberry, rice flour, potato starch, juice concentrate [carrot, blueberry], sunflower oil, flavor). Contains 2% or less of baking powder (sodium acid pyrophosphate, baking soda, monocalcium phosphate), fruit juice blend (pineapple, peach and pear juice concentrates), sunflower lecithin, calcium carbonate, guar gum, sea salt, natural flavor. *Contains soy.*

[Canyon Bakehouse](#) **Gluten-free plain bagel** (UNFI #18103) Water, brown rice flour, tapioca flour, potato starch, whole grain sorghum flour, cultured brown rice flour, cane sugar, extra virgin olive oil. Contains 2% or less of egg whites, xanthan gum, yeast, sea salt, organic cane sugar vinegar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, potato flour, monocalcium phosphate), enzymes. *Contains egg.*

SAUCES & CONDIMENTS

House-made red roasted salsa (CSC Salsa Roasted House (RR)) Green Jalapeno pepper, yellow onion, Russell Ranch tomatoes, red Fresno peppers, Habanero peppers, fresh cilantro, garlic, canola oil, iodized salt. *Contains no major allergens.*

Sour Cream (Producers Dairy #353) Cultured cream, enzymes. *Contains dairy.*

House-made marinara sauce (CSC Sauce Marinara) Canned tomatoes (vine-ripened tomatoes, tomato juice. Contains less than 2% of calcium chloride, citric acid), canned crushed tomatoes (vine ripened tomatoes, tomato puree, salt, citric acid), tomato paste, yellow onion, red cooking wine, gluten-free vegetable broth (reconstituted vegetable juice blend [water and concentrated juices of carrot, celery, tomato], maltodextrin, salt, sugar, onion juice concentrate, yeast extract, cabbage juice, garlic powder, mushroom extract, spice, natural flavor), canola oil, cornstarch, garlic, beet sugar, whole fennel seed, Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, and basil), ground black pepper, Mediterranean oregano, basil. *Contains no major allergens.*

Soy sauce (Sysco #4005567) Water, soybeans, wheat, salt, sodium benzoate. *Contains wheat/gluten and soy.*

Tamari (Sysco #6070953) Water, organic soybeans, salt, organic alcohol. *Contains soy.*

Balsamic Vinaigrette (RECIPE) olive oil, garlic powder, mustard powder, minced fresh garlic, agave, Italian seasoning, lemon juice. *Contains no major allergens.*

DESSERTS

(all are individually packaged and labeled with manufacturer's information)

[Red Plate](#) **Dark Chocolate Muffins** gluten-free flour (sorghum*, garbanzo bean*, white rice*, tapioca flour, potato starch), cane sugar (vegan), water, cocoa*, chocolate chips*

(vegan cane sugar*, cocoa liquor*, cocoa butter*, vanilla*), non-GMO canola oil, sodium bicarbonate, vanilla, xanthan gum, sea salt, cream of tartar. *Contains no major allergens.*

[Red Plate](#) **Lemon Blueberry Muffins** gluten-free flour (sorghum, white rice, tapioca, potato), cane sugar (vegan), apple sauce (ascorbic acid), non-GMO canola oil, blueberries (apple juice concentrate, sunflower oil), lemon extract, sodium bicarbonate, xanthan gum, vinegar, sea salt, cream of tartar, vanilla. *Contains no major allergens.*

[Red Plate](#) **Double Chocolate Cookie** gluten-free flour (sorghum*, garbanzo bean*, white rice*, tapioca flour, potato starch), cane sugar (vegan), non-GMO canola oil, cocoa*, palm kernel oil*, chocolate chips* (cane sugar*[vegan], cocoa liquor*, cocoa butter*, vanilla*), agave syrup, water, vanilla, xanthan gum, sodium bicarbonate, sea salt, cream of tartar. *Contains no major allergens.*

[Red Plate](#) **Snickerdoodle Cookie** gluten-free flour (sorghum, garbanzo bean, white rice, tapioca, potato), cane sugar (vegan), agave syrup, palm oil (RSPO certified sustainable), non-GMO canola oil, vanilla, cream of tartar, sodium bicarbonate, sea salt, xanthan gum, cinnamon *Contains no major allergens.*