

OUR

# FRESH FOOD

PLEDGE

#### From Scratch

- Entrees, soups, gravies, salad dressings, potato dishes, and baked goods are prepared in house using fresh ingredients
- Fresh herbs, spices, and seasonings are utilized to enhance flavors and reduce salt and sugar
- Deli meats such as beef, turkey, and chicken are roasted and prepared in house
- Always fresh burgers and freshly prepared mashed potatoes
- Homemade whipped toppings
- Always fresh produce (except corn when not in season, peas, pearl onions, and lima beans)

## Responsibly Sourced

- We use only U.S.D.A. inspected beef, lamb, pork, veal, turkey, chicken or poultry
- Our dairy products are from rBST growth hormone free cows
- Our meats are free from growth hormones and antibiotics and do not contain fillers
- Our eggs are always cage free
- We use only Monterey Bay approved sustainable seafood

## Environmentally Conscious

- We are committed to operating procedures that reduce the use of paper and disposable products
- We support our clients in recycling and composting programs
- We plant and maintain onsite gardens for fresh vegetables and herbs wherever feasible

#### Seasonal and Local

- Menus give emphasis to locally and regionally sourced products and ingredients
- Where available, we use locally sourced seafood
- Menus reflect seasonally available fruits, vegetables, and other ingredients

### Healthful Offerings

- Healthful and vegetarian options are abundant throughout our menus
- We use only trans-fat free cooking oils and fat in our kitchens
- We offer fruit/vegetable infused, sugar free, and reduced calorie beverage options
- We provide nutritional data for menu offerings
- No artificial colors or flavors

