

HOUSE-MADE

MADE FROM SCRATCH WITH ONLY THE FRESHEST INGREDIENTS,
HERE ARE THE ITEMS WHICH WE MAKE RIGHT HERE AT
GLEN'S!

Biscuits

Cookie Dough

Focaccia

Original Cream Cheese

Salmon Cream Cheese

Grated Parmesan

Marinated Olives

Pimento Cheese

Guacamole

Pico de Gallo

Taco Seasoning

Chicken Stock

Veggie Stock

Sauces & Dressings

Caesar Dressing

Jalapeno Sauce

Chipotle Mayo

Original Mayo

Paprika Aioli

Pepper Jelly

Drinks

Oat Milk Latte

Chai Latte

Oat Milk Mocha Latte

Vegan Banana & Cinnamon Smoothie

PREPARED FOODS

- Fresh Salads
 - Kale salad
 - kale slaw
 - egg salad
 - sweet potato salad
 - classic potato salad
 - classic chicken salad
 - curry chicken salad
 - lola rosa chicken salad – no mayo
 - Brussels Ceasar
 - apple & beet salad
 - soba noodle salad
 - mushroom orzo
 - quinoa salad
- Entrees
 - entrée salads
 - sandwiches
 - Margalo (fresh mozzarella, roasted tomatoes, arugula and kale pesto on ciabatta)
 - Roast Turkey on a pretzel bun
 - Chicken Salad on Brioche
 - Chicken Caesar on Pita
 - Foghorn (grilled chicken, arugula, roasted red pepper, mozzarella & paprika ailoï on ciabatta)
 - grain bowls
 - gluten-free chicken fingers
 - pastas
- Snacks
 - protein boxes
 - cut fruit
- Soups & Chili (meat & veggie)

For ingredients see: www.glensgardenmarket.com/grab-and-go/

GROCERY

Baking

- Yeast (active dry)
- Chocolate chips
- Baking powder & baking soda
- Baking mixes
- Coconut (shredded)
- Extracts (vanilla & peppermint)
- All-purpose flour
- Sugar

Beverages

- Coffees & Teas (coffee beans ground upon request)
- Coffee, cold brew (canned)
- Gouter (assorted flavors)
- Iced tea & lemonade (assorted flavors)
- Juices (orange, grapefruit, green)
- Kombucha (assorted flavors)
- Soda (assorted)
- Water (alkaline, still & sparkling)

Breakfast

- Cereals
- Granolas, oats & museli (assorted)
- Granola bars & energy bars
- Jams (raspberry, blueberry, mixed berry)
- Pancake & waffle mix, maple syrup (4 oz. & 8 oz.)

Condiments

- Ketchup
- Mayonnaise (conventional, organic, avocado-based)
- Mustards (brown, Dijon, stone ground, yellow, horseradish)
- Hummus, tzatziki, harissa
- Salsa (hot, medium, pico) & guacamole
- Hot sauces
- Salad dressings (ranch, Italian, assorted vinaigrettes)
- Soy sauce & teriyaki sauce
- Pickles & relish

Frozen Items

- Dumplings, Empanadas & Burritos
- Ezekiel bread & english muffins
- Frozen berries & vegetables (assorted)
- Frozen breakfast options (biscuits, waffles)
- Frozen dinners (Amy's Bowls)
- Frozen pasta (lasagna & ravioli)
- Frozen pizza (assorted, including vegan & cauliflower crust)
- Gelato (Dolcezza)
- Ice Creams (Ice Cream Jubilee, Van Leeuwen)
- Vegan Ice Creams (Van Leeuwen)

Pantry Items

- Asian & Indian cooking (coconut milk, dried noodles, sauces, pastes & spices)
- Canned beans (black, garbanzo, great northern, cannellini, pinto, kidney)
- Canned soups (fresh soups also available)
- Dried beans (garbanzo, black, cannellini & heirloom)
- Lentils (red, green & yellow)
- Oils & vinegars (extensive assortment)
- Pastas (fresh & dried, including gluten-free & dairy free)
- Peanut Butter & Almond Butter
- Rice (arborio, brown and white jasmine)
- Salt & Spices (extensive selection)
- Stocks & broths (chicken, beef & vegetable: large, small and bouillon)
- Tinned fish (tuna & salmon, sardines & anchovies)
- Tomato Sauce (arrabiata, classic, creamy tomato & vodka)
- Tomatoes, canned (crushed, diced)

GROCERY - CONTINUED

Snacks

- Cauliflower & Dragon Puffs (vegan)
- Crackers (including gluten-free)
- Dried fruit, nuts & seeds
- Hummus, salsa & guacamole
- Potato chips (assorted flavors)
- Pretzels (thick, thin & nuggets)
- Tortilla chips

Sweets

- Cookies & Brownies (assorted, including gluten-free)
- Cheesecake (vegan, by the slice)
- Chocolate bars
- Chocolate-covered pretzels, graham crackers & animal crackers
- Cookie dough (assorted, including vegan)
- Jam/oat bars & granola bars (gluten free)
- Pies (assorted, large & small)

PERISHABLES

Breads

- Bagels (everything, plain, sesame)
- Baguette (half & full) Fresh loaves (challah, cranberry-walnut, multi-grain, semolina, sourdough, wheat)
- House-made Focaccia
- Take & Bake loaves (French, Italian, sourdough)

Dairy & Eggs

- Alternative milks (assorted, refrigerated & shelf-stable)
- Butter, sour cream & cream cheese
- Eggs (full & half dozen)
- Cream (heavy, half & half, buttermilk)
- Milk (skim, 2 percent and whole, chocolate pint)
- Sliced & shredded cheeses (assorted)
- Yogurt (assorted, plain & Greek)

Ferments

- Kim Chi & Krauts
- Fermented hot sauces
- Refrigerated Pickles

Fresh Meat, Fish & Alternative Proteins

- Alternative Proteins (assorted, including Tofurkey & Beyond Meat)
- Beef (ground, hanger, NY strip)
- Lamb (ground)
- Bison (ground, ribeye)
- Chicken (whole, breasts, thighs, wings fully-cooked sausage/meatballs/breast strips)
- Cod (fillet)
- Salmon (12oz fillet, 6oz fillet on cedar plank)
- Pork (bacon, chops, sausage)
- Duck breast

PERISHABLES - CONTINUED

Produce

- Apples
- Avocados
- Baby Bok Choy
- Bananas
- Berries (blueberries, blackberries, raspberries, strawberries)
- Broccoli
- Broccolini
- Brussels sprouts
- Carrots (baby & large)
- Cauliflower
- Celery
- Chard
- Citrus (oranges, grapefruit, lemons & limes)
- Collards
- Cucumbers
- Eggplant
- Garlic
- Ginger
- Grapes (red & green)
- Green Beans
- Kale (curly & Lacinato)
- Leeks
- Lettuces (heads & salad greens, arugula & spinach)
- Mushrooms (white, shiitake, portabella, baby bellas)
- Pears
- Peppers (jalapenos, bell peppers)
- Potatoes (sweet & russet)
- Onions (yellow & red)
- Radishes
- Shallots
- Squash (acorn, spaghetti, honey nut)
- Tomatoes (cherry & red)

SPECIALTY

Cheese Styles

- Soft Cheeses
 - Cut Pieces approx 1/3lb: \$9-12
 - Whole Wheels approx 1/2lb (\$13-19)
- Aged & Hard Cheeses
 - Approx 1/3lb (\$7-11)
- Blue Cheese
 - Approx 1/3lb (\$7-11)
- Melting Cheeses
 - Approx 1/2/lb (\$5-8)
- Fresh Chevre (classic, herb & honey)
- Buffalo Mozzarella & Buratta
- Pecorino Romano
- Parmigiano Reggiano (chunks or grated)

Charcuterie

- Jamon Serrano
- Sliced Coppa
- Black Forest Schinken
- Wagyu Bresaola
- Sliced Salami
- Whole Salami
- Pate & Mousse
- Olives
- Marcona Almonds
- Accompaniments (crackers, jams, honey, pickled vegetables and mini-toasts)

If you're looking for a specific cheese within one of these categories, please let us know and we'll do our best to include or offer a similar substitute.

BEER & WINE

Beer Styles

- Six packs: Pale Ale, IPA, Session IPA, Double IPA, Hefeweizen, Pilsner, Lager, Amber Ale, Gose, Saison, Porter, Wit, Kolsch, Red Ale, Golden Ale
- Four Packs: Pale Ale, IPA, Double IPA, Pilsner, Dark Lager, Fruited Ale, Imperial Stout, Fruited Sour
- Individual Cans: IPA, Fruited Ale, Fruited Sour, Lager, Imperial Stout, Barleywine

Cider Varietals

- Dry Cider, Hopped Sour, Sour Cider, Fruited Cider, Rose Cider, Red Cider

Meads

- Canned Sparkling, Dry Bottled, Sweet Bottled, Fruited Bottle, Spiced Bottle

Wine Varietals

- Half sized cans: White, Red, Rose, Piquette, Orange
- White: Blend, Sauvignon Blanc, Pinot Grigio, Picpoul, Unoaked Chardonnay, Viognier, Traminette, Gruner Veltliner, Malvasia Bianco, Riesling, Torrontes
- Rose
- Red: Blend, Malbec, Cabernet Sauvignon, Pinot Noir, Syrah, Cabernet Franc, Negroamaro, Pinotage, Gamay, Montepulciano, Touriga Nacional, Pais
- Orange (skin contact): Viognier, Moscatel, Ramato, Trebbiano, Rousanne
- Sparkling: Cava, Cremant, Rose, Piquette, Orange, Lambrusco, Gragiano, Pet Nat, Prosecco Col Fondo, Champagne
- Spritzers: Fruited Rose, Fruited White, Nitro Rose, White, Red