

# GROCERY

## Baking

- Baking powder & baking soda
- Baking mixes
- Coconut (shredded)
- Extracts (vanilla & peppermint)
- Flour (all-purpose or gluten-free)
- Sugar
- Yeast (active dry)

## 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 (ginger ale, MASH)
- Water (still & sparkling)

## Breakfast

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

## Condiments

- Ketchup
- Mayonnaise (conventional, organic, avocado-based)
- Mustards (brown, Dijon, curry, stone ground, yellow)
- 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
- Frozen berries & vegetables (assorted)
- Frozen breakfast options (biscuits, waffles)
- Frozen dinners
- 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)
- Lentils (red, green & yellow)
- Oils & vinegars (extensive assortment)
- Pastas (fresh & dried, including gluten-free & dairy free)
- Peanut Butter (crunchy & smooth)
- 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)
- Tomatoes, canned (crushed, diced, whole, paste)

# GROCERY - CONTINUED

## Snacks

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

## Sweets

- Cakes (individual portion)
- 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 and gluten-free)
- 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 & pears
- Avocados & bananas
- Broccoli & cauliflower & broccolini
- Berries (blueberries, blackberries, raspberries, strawberries)
- Carrots (baby & large)
- Citrus (oranges, grapefruit, lemons & limes)
- Cucumbers
- Kale (curly & Lacinato)
- Chard (young and regular)
- Rhubarb
- Eggplant
- Brussels sprouts
- Peppers (jalapenos, bell peppers)
- Green Beans
- Squash (yellow & zucchini)
- Lettuces (heads & salad greens, arugula & spinach)
- Mushrooms (white, shiitake, portabella, baby bellas)
- Potatoes (sweet & russet)
- Onions (yellow & red)
- Garlic
- Shallots
- Ginger
- Tomatoes (cherry & red)

# 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
  - 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/](http://www.glensgardenmarket.com/grab-and-go/)*

# 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
- 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