

# Market 64 | Rise N' Grind

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                       | Vegan<br>Yes (Y) No (N) |
|---------------------------------|-------------------------|
| <b>Pastries</b>                 |                         |
| Pecan Sticky Bun                | N                       |
| Grilled Apple Cinnamon Muffin   | N                       |
| Grilled Blueberry Muffin        | N                       |
| Grilled Orange Cranberry Muffin | N                       |
| Warm Cinnamon Rolls             | N                       |
| Rice Krispie Treat              | N                       |
| Brownie                         | N                       |
| Lemon Bar                       | N                       |
| Fruit and Nut Bar               | N                       |
| Blondie                         | N                       |
| <b>Sauce</b>                    |                         |
| Caramel Sauce                   | N                       |
| Honey                           | N                       |
| Strawberry Honey Sauce          | N                       |

# Market 64 | JMQ

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                          | Vegan<br>Yes (Y) No (N) |
|------------------------------------|-------------------------|
| <b>Protein</b>                     |                         |
| Smoked Beef Brisket                | N                       |
| JMQ Pulled Pork                    | N                       |
| Valley Style BBQ Chicken           | N                       |
| BBQ Jackfruit                      | Y                       |
| <b>Bread</b>                       |                         |
| Cheddar Cheese Biscuit             | N                       |
| Jalapeno Corn Bread                | N                       |
| Potato Roll                        | N                       |
| Texas Toast                        | Y                       |
| Whole Wheat Hamburger Bun          | Y                       |
| Made without Gluten Hamburger Roll | N                       |
| <b>Slaw</b>                        |                         |
| Old Fashioned Cole Slaw            | N                       |
| Tangy Kale Slaw                    | N                       |
| Lexington Slaw                     | Y                       |
| Spicy Jalapeno Slaw                | Y                       |
| <b>Sauce</b>                       |                         |
| Traditional BBQ                    | Y                       |
| Carolina Gold BBQ                  | N                       |
| Chipotle BBQ                       | Y                       |
| Carolina Vinegar BBQ               | Y                       |
| Alabama White                      | N                       |

# Market 64 | Maddy J's

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                       | Vegan<br>Yes (Y) No (N) |
|---------------------------------|-------------------------|
| <b>Subs, Sandwiches, Wraps</b>  |                         |
| Chicken Pesto                   | N                       |
| Roast Beef & Cheddar            | N                       |
| Ham, Turkey & Bacon             | N                       |
| Turkey Avocado                  | N                       |
| Zucchini Slaw & Hummus          | N                       |
| Red Pepper & Arugula            | N                       |
| Italian                         | N                       |
| Chicken, Bacon & Cheddar        | N                       |
| <b>On Request Substitutions</b> |                         |
| 12 in Tortilla                  | Y                       |
| Spinach Wrap                    | Y                       |
| Gluten Free Wrap                | N                       |
| Gluten Free Bread               | N                       |
| White Hoagie Roll               | Y                       |
| Wheat Berry                     | N                       |
| Sprouted Grain Bread - Big 16   | Y                       |
| Beyond Chicken (meatless)       | Y                       |
| Vegan Mayo                      | Y                       |

# Market 64 | Breakfast Bar

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                            | Vegan<br>Yes (Y) No (N) |
|--------------------------------------|-------------------------|
| <b>Breakfast Bar</b>                 |                         |
| Agave                                | Y                       |
| Bacon Strips                         | N                       |
| Biscuits                             | N                       |
| Brown Sugar                          | Y                       |
| Chia seeds                           | Y                       |
| Chocolate Chips                      | N                       |
| Cubed Mixed Fruit Salad              | Y                       |
| Fresh Blackberries                   | Y                       |
| Fresh Blueberries                    | Y                       |
| Fresh Raspberries                    | Y                       |
| Fresh Strawberries                   | Y                       |
| Fresh Whipped Cream                  | Y                       |
| Greek Yogurt - Vanilla               | N                       |
| Greek Yogurt, Plain                  | N                       |
| Grits                                | Y                       |
| Home Fries                           | Y                       |
| Honey                                | N                       |
| Honey Walnut Cream Cheese            | N                       |
| House Granola (bake shop)            | N                       |
| Jelly Packets                        | Y                       |
| Mr. J's Asiago Cheese Bagel          | N                       |
| Mr. J's Egg Bagel                    | N                       |
| Mr. J's Everything Bagel             | Y                       |
| Mr. J's Plain Bagel                  | Y                       |
| Mr. J's Sesame Seeds Bagel           | Y                       |
| Mr. J's Wheat Bagel                  | Y                       |
| Oatmeal                              | Y                       |
| Peanut butter                        | Y                       |
| Raisins                              | Y                       |
| Roasted Garlic Parmesan Cream Cheese | N                       |
| Sausage Gravy                        | N                       |
| Sausage Links                        | N                       |
| Scrambled Eggs                       | N                       |
| Strawberry Cream Cheese              | N                       |
| Strawberry Yogurt                    | N                       |
| Toasted Almonds                      | Y                       |
| Toasted Pecan Pieces                 | Y                       |

| Menu Item                      | Vegan<br>Yes (Y) No (N) |
|--------------------------------|-------------------------|
| <b>Breakfast Bar Continued</b> |                         |
| Vanilla Yogurt                 | N                       |
| Whipped Cream Cheese           | N                       |

## Market 64 | Hot Bar

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                          | Vegan<br>Yes (Y) No (N) |
|------------------------------------|-------------------------|
| <b>Hot Bar</b>                     |                         |
| Baked Beans                        | N                       |
| Southern Collards                  | N                       |
| Garlic Roasted Broccoli            | Y                       |
| Southern Green Beans with Tomatoes | N                       |
| Homestyle Black Beans              | Y                       |
| Mac & Cheese                       | N                       |
| Southern Succotash                 | N                       |

## Market 64 | Salad Bar

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                      | Vegan<br>Yes (Y) No (N) |
|--------------------------------|-------------------------|
| <b>Salad Bar</b>               |                         |
| Artichoke Hearts               | Y                       |
| Bacon Bits                     | N                       |
| Balsamic Vinaigrette           | Y                       |
| Balsamic Vinegar               | Y                       |
| Black Beans                    | Y                       |
| Black Olives                   | Y                       |
| Blue Cheese Dressing           | N                       |
| Boiled Eggs                    | N                       |
| Broccoli                       | Y                       |
| Caesar Dressing                | N                       |
| Carrot                         | Y                       |
| Chia Seed                      | Y                       |
| Chipotle Greek Yogurt Dressing | N                       |
| Croutons                       | N                       |
| Diced Chicken                  | N                       |
| Diced Ham                      | N                       |
| Diced Tomatoes                 | Y                       |

| Menu Item                        | Vegan<br>Yes (Y) No (N) |
|----------------------------------|-------------------------|
| <b>Salad Bar Continued</b>       |                         |
| Diced Turkey                     | N                       |
| Dried Cranberries                | Y                       |
| Feta Cheese Crumbles             | N                       |
| French Dressing                  | Y                       |
| Garbanzo Beans                   | Y                       |
| Goldfish                         | N                       |
| Greek Yogurt Dressing            | N                       |
| Kidney Beans                     | Y                       |
| Lite Italian Dressing            | Y                       |
| Lite Ranch Dressing              | N                       |
| Mandarin Oranges                 | Y                       |
| Red Quinoa & Pickled Onion Salad | Y                       |
| Red Wine Vinegar                 | Y                       |
| Romaine Lettuce                  | Y                       |
| Sesame Ginger Vinaigrette        | Y                       |
| Shredded Cheddar Cheese          | N                       |
| Sliced Cucumbers                 | Y                       |
| Sliced Green Peppers             | Y                       |
| Sliced Mushrooms                 | Y                       |
| Sliced Red Onions                | Y                       |
| Spinach                          | Y                       |
| Sunflower Seeds                  | Y                       |
| Tomato Cucumber Couscous Salad   | Y                       |

## Market 64 | Soup Bar

**Disclaimer:** Aramark relies on our vendors' allergy warning and ingredient listings. Because we operate a commercial kitchen where ingredient substitutions, recipe revisions and cross-contact with allergens is possible, Aramark cannot guarantee that any food item will be completely free of allergens.

| Menu Item                | Vegan<br>Yes (Y) No (N) |
|--------------------------|-------------------------|
| <b>Soup Bar</b>          |                         |
| Black Bean Santa Fe Soup | N                       |
| Boston Clam Chowder      | N                       |
| Broccoli and Cheese      | N                       |
| Broccoli Cheddar Soup    | N                       |
| Broccoli Cheese Soup     | N                       |
| Chicken Gumbo            | N                       |
| Chicken Noodle Soup      | N                       |
| Chicken Tortilla Soup    | N                       |
| Chicken Wild Rice Soup   | N                       |
| Garden Vegetable         | N                       |

| Menu Item                 | Vegan<br>Yes (Y) No (N) |
|---------------------------|-------------------------|
| <b>Soup Bar Continued</b> |                         |
| Garden Vegetable Soup     | N                       |
| Italian Wedding Soup      | N                       |
| Loaded Potato Soup        | N                       |
| Minestrone Soup           | N                       |
| Potato Bacon Soup         | N                       |
| Potato Soup               | N                       |
| Three Bean Chili          | Y                       |
| Timberline Chili          | N                       |
| Timberline Chili          | N                       |
| Tomato Basil Soup         | N                       |
| Tomato Creamy Bisque      | N                       |
| Tomato Soup               | N                       |
| Vegetarian Chili          | Y                       |