



READY-TO-COOK • SERVES 2

Valentine's Day Signature Meal

MENU

CHOOSE TWO ENTRÉES:

You can choose two of the same item.

- Premium Choice Chateaubriand Cut Filet Mignon (9 oz)
- Ultimate Lump Crab Cakes (2 ct, 4 oz ea)
- Ultimate Chilean Sea Bass Cakes (2 ct, 4 oz ea)

INCLUDES ONE OF EACH:

- Mascarpone Whipped Potatoes With Rosemary (1 lb)
- Asparagus With Red Peppers & Sea Salt Butter Steamer Bag (1 lb)
- 3in Chocolate Heart Cheesecake (2 ct)

REHEATING INSTRUCTIONS

Premium Choice Chateaubriand Cut Filet Mignon

STOVE TOP/CONVENTIONAL OVEN: Preheat oven to 400°F. Pat steaks dry with paper towels, then rub each with ½ tbsp olive oil* and season to taste with salt and pepper. Heat cast-iron skillet over medium-high. Place steaks in pan and sear for 1-2 minutes. Turn steaks, top each with 1 pat of butter* and transfer skillet to oven for 7-10 minutes, or until internal temperature reaches 125°F-130°F for medium-rare. Remove to plate and let rest for 5-10 minutes. To serve, pour remaining butter from pan over steaks.

Ultimate Lump Crab Cakes

STOVE TOP: Melt 2 tsp butter* or oil* in a large pan over medium heat until shimmering. Place crab cakes in pan, pressing gently with a spatula to slightly flatten. Cook 5 minutes on each side until golden brown and internal temperature reaches 160°F.

CONVENTIONAL OVEN: Preheat oven to 400°F. Drizzle 2 tbsp oil* or melted butter* onto a rimmed sheet pan, coating the sheet pan evenly. Place crab cakes on the sheet pan and bake 10-12 minutes or until internal temperature reaches 160°F, turning once.

AIR FRYER: Preheat air fryer to 375°F. Cook for 8-10 minutes or until internal temperature reaches 160°F.

Ultimate Chilean Sea Bass Cakes

CONVENTIONAL OVEN: Preheat oven to 400F. Bake for 12-14 minutes until internal temperature reaches 165°F.

Mascarpone Whipped Potatoes With Rosemary

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove potatoes from packaging and into an oven-safe dish and cover with foil. Bake 35-40 minutes or until internal temperature reaches 165°F.

Asparagus With Red Peppers & Sea Salt Butter Steamer Bag

MICROWAVE: Place in microwave for 3-4 minutes. Let set for 1 minute. Check for tenderness to your preference, and heat for 1-2 minutes if additional cooking is needed. **CAUTION:** Steamer bag will be hot and may release steam when opened.

*Product not included in the meal.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

ULTIMATE LUMP CRAB CAKES

INGREDIENTS: CRABMEAT (CRABMEAT, SODIUM ACID PYROPHOSPHATE TO RETAIN COLOR), MAYONNAISE (SOYBEAN OIL, VINEGAR, EGGS, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, GROUND RED PEPPER, DRIED GARLIC, MUSTARD OIL), LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER ADDED AS A CARRIER FOR CITRIC ACID), PANKO BREADCRUMBS (WHEAT FLOUR, CANE SUGAR, YEAST, SEA SALT), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, MOLASSES, SUGAR, WATER, SALT, ONIONS, ANCHOVIES, GARLIC, CLOVES, TAMARIND EXTRACT, NATURAL FLAVORINGS, CHILI PEPPER EXTRACT), GREEN ONION, DIJON MUSTARD (DISTILLED WHITE VINEGAR, MUSTARD SEED, WATER, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, FRUIT PECTIN, SUGAR, SPICES), LEMON JUICE, SEASONING (SALT, SPICE AND SOYBEAN OIL), PARSLEY.

CONTAINS: SOY, EGG, FISH (ANCHOVIES), MILK, SHELLFISH (CRAB) AND WHEAT.

ULTIMATE CHILEAN SEA BASS CAKES

INGREDIENTS: CHILEAN SEABASS, MAYONNAISE (SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, VINEGAR, SALT, SUGAR, LEMON JUICE, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, NATURAL FLAVORS), PANKO (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), EGGS (WHOLE EGGS, CITRIC ACID, WATER), CRACKER CRUMBS (UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CANOLA OIL, PALM OIL, SUGAR, SALT, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, NATURAL FLAVOR), ONION, CELERY, RED BELL PEPPERS, LEMON JUICE, MISO MARINADE (MISO (WATER, SOYBEAN, RICE, SALT AND ALCOHOL), MIRIN (CORN SYRUP, WATER, DISTILLED VINEGAR, FERMENTED RICE EXTRACT (RICE, ALCOHOL, SALT AND CITRIC ACID), BROWN SUGAR, POTASSIUM SORBATE AND SODIUM BENZOATE (AS PRESERVATIVES)), HONDASHI (SALT, MONOSODIUM GLUTAMATE, LACTOSE, SUGAR, DRIED BONITO TUNA POWDER, DISODIUM INSOSINATE, BONITO EXTRACT, YEAST EXTRACT, DISODIUM SUCCINATE), SAKE), GARLIC, CREOLE MUSTARD (VINEGAR, WATER, BROWN MUSTARD SEED, SALT, XANTHAM GUM), WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVY PUREE, NATURAL FLAVOR (CONTAINS SOY) AND TAMARIND), TABASCO (DISTILLED VINEGAR, RED PEPPER, SALT), PARSLEY, SPICES AND SALT.

CONTAINS: FISH (SEABASS, TUNA AND ANCHOVY), WHEAT, EGG AND SOY.

MASCARPONE WHIPPED POTATOES WITH ROSEMARY

INGREDIENTS: YUKON GOLD POTATOES (YUKON GOLD POTATOES, WHOLE MILK, BUTTER [SWEET CREAM (MILK), SALT] SALT, NATURAL FLAVOR, Nisin PREPARATION [SALT, Nisin (A NATURAL ANTIMICROBIAL)]), MASCARPONE CHEESE (PASTEURIZED CREAM, ACIDITY CORRECTOR, CITRIC ACID, AND RENNEN), ROSEMARY.

CONTAINS: MILK.

ASPARAGUS WITH RED PEPPERS & SEA SALT BUTTER STEAMER BAG

INGREDIENTS: ASPARAGUS, RED PEPPER, AA BUTTER (PASTEURIZED CREAM, SALT).

CONTAINS: MILK.

CHOCOLATE HEART CHEESECAKE

INGREDIENTS: CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS (CAROB BEAN AND/OR GUAR GUMS)), CANE SUGAR, EGGS, PASTEURIZED CULTURED MILK & CREAM, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOUR CREAM (CULTURED CREAM), COCOA, BUTTER (CREAM, SALT), PALM FRUIT OIL, WATER, HONEY, SALT, BAKING SODA, WHEY, SOY LECITHIN (EMULSIFIER), CAROB BEAN GUM, GUAR GUM.

CONTAINS: MILK, WHEAT, EGGS AND SOY.



READY-TO-HEAT • SERVES 2

Valentine's Day Prime Rib Meal

MENU

- Fully Cooked Prime Rib (1.5 lb)
- Twice Baked Potatoes (2 ct)
- Honey Thyme Roasted Carrots (1 lb)
- The Fresh Market Horseradish Aioli (7.5 fl oz)

REHEATING INSTRUCTIONS

Prime Rib

CONVENTIONAL OVEN: Preheat oven to 350°F. Place steaks onto a foil-lined sheet tray and cover with a piece of green leaf lettuce or damp paper towel. Place the sheet tray into the oven for 5-6 minutes or until heated to desired temperature.

MICROWAVE: Place steak on microwave-safe plate and cover with a piece of green leaf lettuce or damp paper towel and microwave for 1-1.5 minutes or until heated to desired temperature.

Twice Baked Potatoes

CONVENTIONAL OVEN: Preheat oven to 350°F. Place in oven-safe baking dish. Cover with foil and bake 25 minutes. Remove foil and bake an additional 15 minutes, or until an internal temperature of 165°F is reached.

MICROWAVE: Place potatoes in a microwave-safe dish. Heat on high power for 2.5-3 minutes or until internal temperature reaches 165°F.

Honey Thyme Roasted Carrots

MICROWAVE: Place in microwave-safe dish. Heat on high power for 2-3 minutes or until an internal temperature of 165°F is reached.

*Product not included in the meal.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

PRIME RIB

INGREDIENTS: BEEF, CONTAINS UP TO 10% OF A FLAVORING SOLUTION AND CARAMEL COLOR ADDED. COATED WITH SALT, SUGAR, DEXTROSE, CARAMEL COLOR, GARLIC POWDER, ONION POWDER, AND SPICES. SOLUTION: WATER, SODIUM PHOSPHATES, SUGAR, SALT, AND FLAVORING.

TWICE BAKED POTATOES

INGREDIENTS: POTATO (POTATOES, WHOLE MILK, HEAVY CREAM [CREAM {MILK}, FAT FREE MILK], BUTTER [SWEET CREAM {MILK}, SALT], SOUR CREAM [PASTEURIZED CULTURED CREAM {MILK}, NON-FAT MILK POWDER, ENZYMES], CHEESE POWDER [CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES, ENZYMES), WHEY, BUTTERMILK, SALT], SALT, GARLIC, ONION POWDER, BLACK PEPPER, XANTHAN GUM, Nisin PREPARATION [SALT, Nisin {A NATURAL ANTIMICROBIAL}]), CHEDDAR CHEESE (PASTEURIZED MILK, SALT, RENNED, ENZYEMES) AND CHIVES.

CONTAINS: MILK.

HONEY THYME ROASTED CARROTS

INGREDIENTS: CARROTS, CANOLA OIL, HONEY, SALT, VINEGAR, GRANULATED GARLIC, DRIED THYME, DRIED PARSLEY, BLACK PEPPER.

THE FRESH MARKET HORSERADISH AIOLI

INGREDIENTS AND ALLERGENS PRINTED ON LABEL



READY-TO-COOK • SERVES 2

The Fresh Market Brunch

MENU

Quiche Lorraine, Broccoli Cheddar Quiche or Spinach Tomato Quiche (24 oz)
Tropical Fruit (24 oz)
Blueberry Muffins (4 ct)

REHEATING INSTRUCTIONS

Quiche

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove quiche from plastic packaging and place on sheet pan. Place in center of oven and bake for 35 minutes, until quiche is a light golden brown or until internal temperature reaches 165°F.
Microwave heating not recommended.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

QUICHE LORRAINE

INGREDIENTS AND ALLERGENS: PRINTED ON LABEL.

BROCCOLI CHEDDAR QUICHE

INGREDIENTS AND ALLERGENS: PRINTED ON LABEL.

SPINACH TOMATO QUICHE

INGREDIENTS AND ALLERGENS: PRINTED ON LABEL.

TROPICAL FRUIT

INGREDIENTS: CHUNK PINEAPPLE, BLUEBERRIES, CANTALOUPE, HONEYDEW, STRAWBERRIES, KIWI AND RED GRAPES.

BLUEBERRY MUFFINS

INGREDIENTS: MUFFIN: BLEACHED WHEAT FLOUR, SUGAR, WATER, BLUEBERRIES, EGGS, SOYBEAN OIL, MODIFIED FOOD STARCH LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, DAIRY WHEY (MILK), SALT, MONO DIGLYCERIDES, XANTHAN GUM, ENZYME. STREUSEL: ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), SUGAR, PALM OIL, MOLASSES, SALT, ARTIFICIAL FLAVOR. CONTAINS: WHEAT, SOY, DAIRY & EGGS.
CONTAINS A BIO-ENGINEERED FOOD INGREDIENT.