

## Ready Made Breakfast Options

### Ready Oatmeal-all vegan



### Acai Bowls

Sambazon are labeled vegan

Sam's are labeled vegan



NOT vegan: Dole Acai Original Frozen Smoothie Bowl, (honey)

### Frozen French toast sticks



Kroger brand



BREAD (ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN), WATER, SOYBEAN OIL, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST, YELLOW CORN FLOUR.



BREAD (ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN), WATER, SOYBEAN OIL, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, CINNAMON, DEXTROSE, GUM ARABIC, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVOR, NATURAL FLAVOR, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, SPICE, YEAST, YELLOW CORN FLOUR.

**Sam's Club brand**



**INGREDIENTS:** BREAD (ENRICHED WHEAT FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHEAT GLUTEN, SUGAR, YEAST, SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, ENZYMES, ASCORBIC ACID, SOY LECITHIN), WATER, SUGAR, SOYBEAN OIL, ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CARRAGEENAN, CINNAMON, DEXTROSE, GUM ARABIC, LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA), NATURAL AND ARTIFICIAL FLAVORS, POLYSORBATE 80, SALT, SOY FLOUR, SOY LECITHIN, YEAST, YELLOW CORN FLOUR.

**CONTAINS: SOY WHEAT**

French toast sticks that are NOT vegan-Kodiak, Wal Mart Brand, Aldi brand, Eggo brand

Amy's -some vegan breakfast burritos- some labeled vegan



Amy's-One frozen breakfast entree





Mings Blings-their 3 vegan breakfast items are also gluten free. NOT ALL Mings are vegan!!!!



**INGREDIENTS** X

**Filling:** Plant-Based Egg (Water, Mung Bean Protein Isolate, Expeller Pressed Canola Oil, Contains 2% Or Less Of: Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate], Dehydrated Garlic, Dehydrated Onion, Carrot Extract [Color], Turmeric Extractives [Color], Salt, Transglutaminase), Plant-Based Breakfast Sausage (Water, Soy Protein Concentrate, Expeller Pressed Canola Oil, Refined Coconut Oil, Soy Flour, Soy Protein Isolate, Contains 2% Or Less Of: Spice Blend [Spices, Sea Salt, Brown Sugar], Methylcellulose, Vinegar, Yeast Extract, Cultured Dextrose, Caramel Color, Citric Acid, Ground Sage), Potatoes (Potatoes, Oil [Contains One Or More Of The Following: Canola, Soybean, Cottonseed, Sunflower, Corn], Contains 2% Or Less Of: Dextrose, Salt, Sodium Acid Pyrophosphate), Vegan Cheddar Style Shreds (Water, Coconut Oil, Modified Food Starch, Corn Starch, Sea Salt, Cheddar Flavor [Vegan Source], Olive Extract, Paprika Extract & Beta Carotene [Color], Vitamin B12). **Wrapper:** Water, Brown Rice Flour, Tapioca Flour, Salt, Xanthan Gum, Soybean Oil, Oil Blend (Canola, Olive).

**CONTAINS: SOY, COCONUT.**



**Frozen Waffles**



WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), GRAIN BLEND (WHOLE WHEAT FLOUR, WHEAT, OATS, MILLET, RICE), WHEAT PROTEIN ISOLATE, CANE SUGAR, EXPELLER PRESSED CANOLA OIL, CONTAINS 2% OR LESS: WHEAT GLUTEN, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CALCIUM CARBONATE, CINNAMON, OAT FIBER, SOY LECITHIN, NATURAL FLAVOR.

CONTAINS: SOY, WHEAT.



Vans Gluten Free vegan frozen waffles

Blueberry, Banana Chocolate Chip, Cinnamon Raisin, Ancient Grains, Apple Cinnamon. Original gluten free



Vans NOT vegan waffles: Multigrain (has honey)

Frozen waffles that are NOT vegan: ANY of the Wal Mart Great Value types; Any Eggo waffle; Kodiak power waffles; Any Kroger or Kroger Private Selection

**Frozen Pancakes**



WATER, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WHEAT PROTEIN ISOLATE, CANE SUGAR, CANOLA OIL, CONTAINS 2% OR LESS: PEA PROTEIN, SPROUTED WHOLE WHEAT FLOUR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SUNFLOWER LECITHIN, OAT FLOUR, NATURAL FLAVOR, SEA SALT.

Vans Gluten Free vegan frozen pancakes



Labeled vegan on boxes.

Pancakes that are NOT vegan-Vans Homestyle pancakes (egg); Hungry Jack, Premier Protein; De Wafelbakker; Kodiak; Belgian Boys; Pillsbury Funfetti; Kroger brand

### Frozen vegan eggs

Just Egg-Cooked, frozen folded Just Egg

