



Nutritional Information:

Meat & Poultry Pies

Beef & Potato Pie

Ground beef is sauteed with onions and spices then simmered with our own tomato sauce, mushrooms and roasted potatoes.

Nutrition Facts	
Serving Size (209g) Servings Per Container	
Amount Per Serving	
Calories 530	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 440mg	18%
Total Carbohydrate 46g	15%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 18g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Chicken & Potato Pie

Ground chicken is cooked with spices then mixed with roasted potatoes, onions, celery, carrots, peas and fresh dill.

Nutrition Facts	
Serving Size (168g) Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 950mg	40%
Total Carbohydrate 51g	17%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 10g	
Vitamin A 4%	Vitamin C 6%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ham, Eggs & Cheese Pie

Eggs are scrambled with Jack cheese and caramelized onion. Diced, smoked ham is then added.

Nutrition Facts	
Serving Size (192g) Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 205mg	68%
Sodium 590mg	25%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 20g	
Vitamin A 8%	Vitamin C 10%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Eggs, Sausage & Potato Pie

Scrambled eggs are mixed with potatoes, sausage, cheddar cheese and caramelized onions.

Nutrition Facts	
Serving Size (165g) Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 115mg	38%
Sodium 610mg	25%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 14g	
Vitamin A 6%	Vitamin C 4%
Calcium 10%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.



Nutritional Information:

Vegetarian Pies

Eggs, Veggies & Cheese Pie

Scrambled eggs are mixed with tomatoes, onions, broccoli, mushrooms, zucchini and cheddar cheese.

Nutrition Facts	
Serving Size (196g)	
Servings Per Container	
Amount Per Serving	
Calories 330	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 450mg	19%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 15g	
Vitamin A 10%	Vitamin C 25%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Spinach & Feta Cheese Pie

Spinach is steamed and then mixed with Monterey Jack cheese, feta cheese and beaten eggs.

Nutrition Facts	
Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
Calories 340	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 620mg	26%
Total Carbohydrate 39g	13%
Dietary Fiber 5g	20%
Sugars 1g	
Protein 18g	
Vitamin A 210%	Vitamin C 50%
Calcium 40%	Iron 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Zucchini & Mushroom Pie

Zucchini, mushroom, carrot, onion, jack and blue cheese

Nutrition Facts	
Serving Size (379g)	
Servings Per Container	
Amount Per Serving	
Calories 350	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	14%
Total Carbohydrate 59g	20%
Dietary Fiber 6g	24%
Sugars 11g	
Protein 13g	
Vitamin A 70%	Vitamin C 30%
Calcium 20%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.



Nutritional Information:

Vegan Pies

Garbanzo Bean Curry Pie

Garbanzo beans are soaked overnight, cooked and then mixed with tomatoes, onions, curry and other spices.

Nutrition Facts	
Serving Size (158g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 52g	17%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 10g	
Vitamin A 2%	Vitamin C 6%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lentil & Yam Pie

Lentils are soaked overnight, cooked, and then mixed with yams, sauteed onions, cumin and other spices.

Nutrition Facts	
Serving Size (189g)	
Servings Per Container	
Amount Per Serving	
Calories 290	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 51g	17%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 9g	
Vitamin A 60%	Vitamin C 10%
Calcium 4%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Black Bean & Tofu Pie

Black beans are soaked overnight and then cooked with our own spices. The beans are mixed with tofu, onions, carrots, peas and hoisin sauce.

Nutrition Facts	
Serving Size (161g)	
Servings Per Container	
Amount Per Serving	
Calories 260	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 50g	17%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 11g	
Vitamin A 15%	Vitamin C 2%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Pie crust consists of unbleached and whole wheat flour, yeast, olive oil, salt and water.