



## **Free Foods List**

|                        |   |
|------------------------|---|
| Alfalfa sprouts        | Kale                                    |
| Arugula                | Kohlrabi                                |
| Asparagus              | Mushrooms                               |
| Bamboo shoots          | Mustard greens                          |
| Bean sprouts           | Onions (not sweet)                      |
| Bibb lettuce           | Parsley                                 |
| Bok choy               | Peppers, red, green, yellow, and orange |
| Broccoli               | Radishes                                |
| Brussels sprouts       | Romaine lettuce                         |
| Cabbage, red and green | Sauerkraut                              |
| Cauliflower            | Scallions                               |
| Celery                 | Snow peas                               |
| Cilantro               | Spinach                                 |
| Cucumbers              | Summer squash                           |
| Dill pickles           | Watercress                              |
| Endive                 | Zucchini                                |
| Garlic                 |   |

### **FREE FLAVORINGS**

Lemon juice  
Yellow mustard