

SUITEMENU

WELCOME TO T-MOBILE PARK

Thank you for hosting your event at T-Mobile Park. Our Suite Menu features a wide variety of options that are sure to be favorites among your guests. From regional fare to specialty desserts and cocktails, everything we offer is carefully sourced and prepared for great taste.

We look forward to providing you and your guests with exceptional food, premium service and a memorable experience.

The Seattle Mariners and Sodexo Live!





YOUR SUITE RESOURCES

SODEXO LIVE! CATERING & SEATTLE MARINERS

The Sodexo Live! Suites Catering Department for the Seattle Mariners is available to assist with your food and beverage ordering questions during the season.

Sodexo Live! Director of Premium Services, Marion Slater

206.664.3167

marion.slater@sodexo.com

Sodexo Live! Suites Coordinator

206.664.3139

suitecatering@mariners.com

T-Mobile Park General Information 206.346.4001 T-Mobile Park Lost & Found 206.346.4444



Please be advised that gluten-friendly products may inadvertently come into cross-contact with gluten-containing food product.



DAIRY FREE

GAME DAY MENU

Look for this Game Day icon for items available until the bottom of the 6th inning.





BASE HIT \$210







PEANUTS IN THE SHELL @ @ \Box



BOTTOMLESS BUCKET OF POPCORN @

TORTELLINI & ASPARAGUS SALAD

Cheese tortellini with parmesan and basil pesto, tossed with fresh mozzarella and cured tomatoes

BURNT ENDS BAKED BEANS 📵

Braised navy beans with brisket burnt ends, caramelized onions & brown sugar

HEMPLER'S HOT DOGS

Grilled Hemplers® hot dogs served with grilled onions, sauerkraut, banana peppers, diced onions, cream cheese, relish, ketchup, and mustard





DOUBLE PLAY \$420

Each item serves approximately 10 guests



FRENCH ONION DIP & KETTLE CHIPS 🚱

PEANUTS IN THE SHELL @ @ (S)



BOTTOMLESS BUCKET OF POPCORN @

CLASSIC CAESAR

Crisp romaine, Parmigiano Reggiano, and wedge lemons, served with garlic croutons and Caesar dressing on the side

DEVILED EGG POTATO SALAD 🚭

Tender potatoes in a mustard dressing, hard boiled eggs, celery, peppers and paprika

SIGNATURE CITRUS BUFFALO CHICKEN WINGS 🕕

Crispy chicken wings tossed with citrus buffalo sauce served with ranch and celery

GRILLED HAMBURGERS

Grilled angus beef served with grilled onions, lettuce, tomatoes, onions, dill pickle, sliced Tillamook@ cheddar cheese, and traditional condiments

FRESH BAKED COOKIES AND DOUBLE FUDGE BROWNIES





HOLY SMOKES BBQ \$775

Each item serves approximately 10 guests



FRENCH ONION DIP & KETTLE CHIPS @

PEANUTS IN THE SHELL @ @ 🕲

BOTTOMLESS BUCKET OF POPCORN @

BAVARIAN PRETZEL WITH LOCAL MUSTARD Salted soft pretzels with local organic mustard.

FREMONT FARMERS MARKET CRUDITE AND **HUMMUS** 📵

Heirloom carrots, tomatoes, cauliflower, broccoli, cucumber, peppers and ranch

POTATO & CHEDDAR PIEROGIS

Served with chive sour cream

HEMPLER'S SAUSAGE SAMPLER

A trio of jalapeño cheddar andouille sausage, Bavarian smoke house bratwurst and double smoked sausage, sautéed peppers, and onions, served with Dijon mustard and pretzel rolls

PNW APPLE BBQ BRISKET NACHO BAR 🙃

Fresh smoked beef brisket burnt ends with apple BBQ sauce, poblano queso, Washington apple Pico de Gallo, tomato salsa, sour cream, pickled jalapeño peppers & tortilla chips

FRIED APPLE PIES WITH SAIGON CINNAMON **AND WHISKEY CARAMEL**



*A 20% service charge and applicable Washington State sales tax will be added to all food and beverage orders. **Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness



HOME RUN \$850



Each item serves approximately 10 guests

FRENCH ONION DIP & KETTLE CHIPS @

PEANUTS IN THE SHELL @ @ \

DIILLL 🦁 🐷 🕠

BOTTOMLESS BUCKET OF POPCORN @

SEASONAL FRUIT PLATTER

Watermelon, cantaloupe, and golden pineapple with an assortment of seasonal fruit and berries

DEVILED EGG POTATO SALAD

Tender potatoes in a mustard dressing, hard boiled eggs, celery, peppers and paprika

BURNT ENDS BAKED BEANS

Braised navy beans with brisket burnt ends, caramelized onions and brown sugar

SLICED 12-HOUR SMOKED BRISKET

PNW apple BBQ Sauce, bread and butter pickles & onions served with slider buns

CRISPY BUTTERMILK FRIED CHICKEN

Wings, breasts, legs and thighs with local hot sauces

BEECHER'S MAC AND CHEESE

A combo of Beecher's Flagship, Just Jack cheeses with a hint of spice and penne pasta

FRESH BAKED COOKIES AND DOUBLE FUDGE BROWNIES

CAST IRON BAKED PEACH COBBLER

Smoked butter and hazelnut topping





Each item serves approximately 10 guests



Served in two refillable 160oz souvenir buckets

HOUSE-MADE KETTLE CORN \$28 📵 🌚

Served in two 160oz souvenir buckets

CRACKER JACK \$63 Ten individual bags

FRESH SALSA, GUACAMOLE AND TORTILLA CHIPS \$47 6 8 8

Fresh made tomato salsa, guacamole and tortilla chips

FRESH ONION DIP & KETTLE CHIPS \$44 @ Classic sour cream and onion dip served with a bucket of kettle chips

BAVARIAN PRETZELS \$80 Solted soft pretzels with local organic mustard





APPETIZERS



Each item serves approximately 10 guests

CHICKEN TENDERS \$112

Served with honey mustard, barbeque, and ranch dipping sauce

SIGNATURE CHICKEN WINGS \$134 @ @



Choice of: Citrus buffalo or dry rubbed sweet & smokey

KOREAN BBQ PORK WINGS \$144 🕲

Sweet gochujang BBQ sauce with crispy bone-in pork wings and a sesame-scallion gremolata

UPPER LEFT CHEESES \$130

Beecher's Flagship, Appel Farms Smoked Gouda, Cascadia Creamery Sleeping Beauty, Twin Sister Whatcom Blue, Willamette Valley French Prairie Brie with fresh grapes, candied walnuts, marionberry jam & crackers

SMOKED AND CURED CHARCUTERIE \$130 🕦

Smoked duck breast, prosciutto, genoa salami, fennel finocchio, hot capicola, local mustard, sweet pepper drops, orange rosemary roasted olives, and crackers

MINI CORNDOGS \$101 @

Dipped in sweet corn batter and fried golden brown, served with yellow mustard

NACHO BAR WITH PNW APPLE BBQ BRISKET

\$175 @

Fresh smoked beef brisket burnt ends with apple BBQ sauce, poblano queso, Washington apple Pico de Gallo, tomato salsa, sour cream, pickled jalapeño peppers & tortilla chips.

MARINERS NACHO BAR WITH ADOBO CHICKEN

\$181 📵

Served with spicy chili, warm queso, sour cream, jalapeño peppers, fiery tomato salsa, green tomatillo, and tortilla chips

BEEF TOGARASHI DUMPLINGS \$145 🕥

Sesame, spicy mayo, and scallions

BLOODY MARY SHRIMP COCKTAIL \$150 @ (S

Vodka poached gulf shrimp with lemons, olives, and celery with horseradish cocktail sauce



*A 20% service charge and applicable Washington State sales tax will be added to all food and beverage orders. **Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness



Each item serves approximately 10 guests



Heirloom carrots, tomatoes, cauliflower, broccoli, cucumber, and peppers, served with ranch on the side

SEASONAL FRUIT PLATTER \$100 @ @ \ \& \end{alignment}

Watermelon, cantaloupe, and golden pineapple with an assortment of seasonal fruit and berries

RUEBEN STYLE TWICE BAKED POTATOES \$88 @

Crispy potato skins filled with chopped angus corned beef and Swiss cheese finished with Thousand Island dressing and Emerald City Kraut

BROWN BUTTER POTATO & CHEDDAR PIEROGIS \$88

Served with chive sour cream

BURNT ENDS BAKED BEANS \$64 (a) (b)

Braised navy beans with brisket burnt ends, caramelized onions and brown sugar

BEECHER'S MAC AND CHEESE \$118

A combo of Beecher's Flagship, Just Jack cheeses with a hint of spice and penne pasta

ELOTE MEXI-CORN RIBS \$80

Crispy hickory smoked corn ribs finished with queso fresco, chipotle creama, and chili-lime dust

SUSHI PLATTER \$215

Includes an assortment of hand rolls and sashimi, served with wasabi, ginger and soy sauce on the side







Each item serves approximately 10 guests



Tender potatoes in a mustard dressing, hard boiled eggs, celery. peppers and paprika

TORTELLINI & ASPARAGUS SALAD \$80

Cheese tortellini with parmesan and basil pesto, tossed with fresh mozzarella and cured tomatoes

CLASSIC CAESAR \$75 @

Crisp romaine, Parmigiano Reggiano, and wedge lemons, served with garlic croutons and Caesar dressing on the side Add grilled chicken \$27

SMOKED SALMON "SEASAR" SALAD \$85

Hot hickory smoked & pulled salmon on sweet gem lettuce, rye croutons, Beecher's flagship cheese, pickled red onions and creamy peppercorn dressing

KALE AND MANGO CRUNCH SALAD \$81 @ @ \Bar{\text{\text{\$\sigma}}}

Quinoa, cabbage, edamame, carrots, cucumber, red peppers, and mango salad with a sesame vinaigrette







SANDWICHES

Each item serves approximately 10 guests



Smoked turkey and peppercorn turkey bacon, lettuce, tomato, and Dijonnaise

PLANT BASED BUFFALO CHICKEN WRAP \$95 (\$)

Meatless buffalo chicken tenders with vegan bleu cheese, lettuce, carrots and peppers in an herb tortilla

ROAST BEEF SAMMY \$135

Cooked medium roast beef with sweet onion jam, horseradish cream, and arugula on a soft hoagie roll

PULLED PORK SANDWICHES \$155 (\$)

Dry rubbed and slow smoked pulled pork tossed with a sweet molasses BBQ sauce, served with butter buns and cider coleslaw











HEMPLER'S HOT DOGS \$96 8

Grilled Hempler's® hot dogs served with grilled onions, sauerkraut, banana peppers, diced onions, cream cheese, relish, ketchup, and mustard

VEGETARIAN SAUSAGES \$143 @ @ ®

Beyond Sausages® served with grilled onions, sauerkraut, banana peppers, diced onions, cream cheese, relish, ketchup and mustard *Available in order of five \$71.50

HEMPLER'S SAUSAGE SAMPLER \$138

A trio of jalapeño cheddar andouille sausage, Bavarian smoke house bratwurst and double smoked sausage, sautéed peppers, and onions, served with Dijon mustard and pretzel rolls

GRILLED HAMBURGERS \$151

Grilled angus beef served with grilled onions, lettuce, tomatoes, onions, dill pickle, sliced Tillamook® cheddar cheese, and traditional condiments

VEGETARIAN BURGERS \$151 @ @ 🕲 🕲







Beyond Burgers® served with lettuce, tomatoes, onions, dill pickle, sliced Tillamook® cheddar cheese, and traditional condiments *Available in order of five \$75.50



ALA CARTE PIZZA

Each item serves approximately 10 guests



CHEESE PIZZA \$75 Shredded mozzarella, Romano

PEPPERONI PIZZA \$79 (Sepandador mazzaralla Demona and paper

Shredded mozzarella, Romano and pepperoni

VEGGIE PIZZA \$79

Shredded mozzarella, Romano, mushrooms, green peppers and black olives

BALLARD BRIDGE FROM BALLARD PIZZA \$95

Shredded mozzarella, pecorino, pepperoni, sausage, mushroom, black olives, and tomato sauce

STAPLE & FANCY FROM BALLARD PIZZA \$95

Shredded mozzarella, pecorino, pepperoni, pineapple, jalapeño and tomato sauce



A LA CARTE ENTRÉES



Each item serves approximately 10 guests
All entrees are served with potato rolls and seasonal butter

HOT MAPLE SEARED SALMON \$230

Served with crushed Yukon potatoes and brown butter heirloom vegetables

ROOT BEER BRAISED BEEF SHORT RIBS \$290

Served with crushed Yukon potatoes, brown butter heirloom vegetables and horseradish cream

TERIYAKI CHICKEN \$185 (S)

Teriyaki chicken, steamed ginger jasmine rice, stir fried vegetables including carrot, snow peas, and broccoli with classic teriyaki sauce



A LA CARTE D

Each item serves approximately 10 guests



FRESH BAKED COOKIES \$63 @

An assortment of house baked cookies

DOUBLE FUDGE BROWNIES \$63

Rich chocolate and fudge filled brownies loaded with chocolate morsels

FRESH BAKED COOKIES AND DOUBLE FUDGE BROWNIES \$63

ICE CREAM NOVELTIES \$92

An assortment of Salt & Straw minis served in a Mariners souvenir logo cooler

CANDY PACKAGE \$38 @

Choice of three: Peanut M&M's, Skittles, Sour Patch Kids, Gummy Bears, Swedish Fish, Reese's Pieces

FRIED APPLE PIES WITH SAIGON CINNAMON AND WHISKEY CARAMEL \$92

CARROT CAKE \$107

Layered moist cake loaded with shredded carrots, pecan pieces and crushed pineapple with a cream cheese frosting

SIGNATURE CHEESECAKE \$115

A fluffy vanilla bean cheesecake with a Graham cracker crust, swirled in vibrant Mariner colors and dusted with silver edible glitter



*A 20% service charge and applicable Washington State sales tax will be added to all food and beverage orders. **Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness





All beverages available for game-day ordering



COFFEE SERVICE \$6

Individual servings of coffee

SOFT DRINKS-PER 6-PACK \$28.50

Coca-Cola

Diet Coke

Sprite

Barg's Root Beer

Fanta Orange

Minute Maid Lemonade

Dasani Bottled Water (20oz) - \$34.80

Topo Chico Sparkling Water - \$37.50

Topo Chico Sparkling Water Tangerine with Ginger

Topo Chico Sparkling Water Blueberry with Hibiscus

Topo Chico Sparkling Water Lime with Mint

Seagram's Seltzer Water

Seagram's Ginger Ale

Gold Peak Tea Unsweetened Tea - \$39

Gold Peak Sweetened Tea - \$39

Orange, Cranberry, Apple Juice sold individually Milk and Chocolate Milk sold individually \$4.50





CRAFT COCKTAILS



ON THE ROCKS® \$85.75

Served by the 6-pack

JALAPENO PINEAPPLE MARGARITA Served with Tres Generaciones® Plata Tequila

MARGARITA

Served with Hornitos® Plata Tequila

OLD FASHIONED

Served with Knob Creek® Bourbon

COSOMPOLITAN

Served with Effen® Vodka

ESPRESSO MARTINI

Served with Effen® Vodka

All beverages available for game-day ordering

CANNED COCKTAILS \$85.75

Served by the 6-pack

SUNTORY -196 VODKA LEMON

ABSOLUT VODKA CRANBERRY

SURFSIDE VODKA ICED TEA & LEMONADE

BACARDI MOJITO

JOSE CUERVO SPARKLING PALOMA

CAZADORES SPICY MARGARITA JAMESON

WHISKEY LEMONADE

JACK DANIELS & COCA-COLA



BEVERAGES





HOUSE SPIRITS \$14.49

VODKA

Do Epic Sh*t, New Amsterdam

GIN

Beefeater

RUM

Bacardi Superior, Captain Morgan

TEQUILA

Hornitos Sauza

BOURBON/WHISKEY

Do Epic Sh*t, Jack Daniel's, Jim Beam, Tullamore Dew Irish Whiskey, Fireball

SCOTCH

Dewars White Label, Johnnie Walker Red

COGNAC

Hennessy VS

CORDIALS

DeKuyper Peach Schnapps, Kahlua, Aperol

All beverages available for game-day ordering

PREMIUM \$15.29

VODKA

Titos

GIN

Tanqueray, Bombay Sapphire

TEQUILA

Hornitos Plata, Cazadores Reposado

BOURBON/WHISKEY

Makers Mark, Crown Royal, Gentleman Jack, Woodford Reserve, Jameson Irish Whiskey

SCOTCH

Johnnie Walker Black

CORDIALS

Bailey Irish Cream Grand Marnier

ULTRA PREMIUM \$19.79

VODKA

Browne NW. Ketel One

GIN

The Botanist, Hendricks

RUM

Ron Zacapa No 23

TEQUILA

Casamigos Blanco, Casamigos Reposado, Don Julio Blanco, Herradura Silver

BOURBON/WHISKEY

Browne Bourbon

SCOTCH

Glenlivet 12YR



^{*}A 20% service charge and applicable Washington State sales tax will be added to all food and beverage orders. **Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness





All beverages available for game-day ordering



CRAFT & IMPORT 16oz CANS - \$81

By the 6-pack

pFriem Pilsner

Corona

Modelo Especial

Peroni

Kona Big Wave Golden Ale

Blue Moon Belgian Ale

Georgetown Johnny Utah

Georgetown Bodhizafa

Elysian Space Dust IPA

Boneyard RPM IPA

Reubens Crikey IPA

Sierra Nevada Torpedo IPA

Deschutes Fresh Squeeze IPA

Silver City Tropic Haze

Schilling Local Legend

Topo Chico Strawberry Guava Seltzer

Topo Chico Max Margarita Seltzer

Simply Spiked Strawberry

Twisted Tea Original

Athletic IPA - Non-Alcoholic (12oz) - \$33

DOMESTIC 160z CANS - \$75

By the 6-pack

Miller Lite

Coors Light

Rainier





All beverages available for game-day ordering

WHITE WINE

SPARKLING	
Ruffino Prosecco D.O.C - Italy	\$57
Treveri Brut - Yakima, WA	\$57
Gruet Brut - Albuquerque, NM	\$60
Browne Bitner Brut Rose - Columbia Valley, WA	\$65
Veuve Clicquot - Champagne, France	\$120
RIESLING	
Kung Fu Girl Riesling - Columbia Valley, WA	\$50
Clos Du Bois Riesling - Columbia Valley, WA	\$52
PINOT GRIS	
Seaglass Pinot Grigio - Santa Barbara, CA	\$50
Browne Bitner Pinot Gris - Columbia Valley, WA	\$60
Jermann Friuli D.O.C - Italy	\$66
SAUVIGNON BLANC	
Do Epic Sh*t Sauvignon Blanc - Columbia Valley, WA	\$57
Kim Crawford Sauvignon Blanc - New Zealand	\$61
Browne Family Bitner Sauvignon Blanc - Columbia Valley, WA	\$61
Joel Gott Sauvignon Blanc - Napa and Lodi, CA	\$64
CHARDONNAY	
Franciscan Chardonnay - Napa, CA	\$54
Browne Forest Project Chardonnay - Columbia Valley, WA	\$60

Mer Soleio SLH Chardonnay - Santa Lucia Highlands, CA

Napa Cellars Chardonnay - Napa Valley, CA

CABERNET SAUVIGNON

Browne Heritage Cabernet Sauvignon - Columbia Valley, WA	\$58
Do Epic Sh*t Cabernet Sauvignon - Columbia Valley, WA	\$62
Napa Cellars Cabernet Sauvignon - Napa Valley, CA	\$73
Caymus California Cabernet - Napa Valley, CA	\$145

PINOT NOIR

Browne Forest Project Pinot Noir - Columbia Valley, WA	\$60
l Vineyards Pinot Noir Tri-Appellation - Sonoma County, CA	\$64

MERLOT

rowne Forest Project Merlot, Columbia Valley, WA	\$6
apa Cellars Merlot - Napa Valley, CA	\$6

MALBEC

\$73

Tananana (Danama) - Banantina	ሰባባ
errazas 'Reserva' - Argentina	\$60

RED BLEND

Browne Forest Project Red Blend - Columbia Valley, WA	\$60
Palisades Red Blend - Lodi, CA	\$62
Walking Fool Red Blend - Suisun Valley, CA	\$68
Orin Swift Cellars '8 Years in the Desert" - Napa Valley, CA	\$70

ROSÉ

Charles & Charles Rosé - Columbia Valley, WA \$	57
Whispering Angel Rosé - France	\$6
Browne Bitner Grenache Rosé - Columbia Valley WA	ŚR



THE FINE PRINT ONLINE ORDERING IS EASY

TO ORDER ONLINE

- 1. Go to https://seattlemariners.ezplanit.com
- 2. Choose the date of the event and click Place Order
- 3. Select what suite you will be in for the event
- 4. Add items from the left-hand side into your shopping cart. You can scroll through the various menu item categories in the dark blue menu on the left. You can check the total at any time by clicking on Calculate Total
- 5. When you are finished with your selection click, Submit Order
- 6. You will be taken to the Registration screen. Complete this form to create a username and password. If you have any difficulties, please contact Sodexo Live! Suites Catering Department at 206.664.3139 or SuiteCatering@Mariners.com
- 7. Continue on with your payment option by selecting the card you have on file, or input a new card you would like to use
- 8. After submitting your order, notes can be added in the Notes section to indicate special requests, guests authorized to add food and beverages onto the credit card on file, timing requests, and usage of Corporate Catering Credit
- 9. Check the box under Catering Polices to indicate that all items have been reviewed, click Submit
- 10. Sodexo Live! Catering Sales will review your order and a confirmation email will be sent.



THE FINE PRINT TIMING

ORDER TIMING

Advance orders are due by 2:00pm, three (3) days prior to your game day according to the following schedule:

Monday for Thursday games
Tuesday for Friday games
Wednesday for Saturday games
Thursday for Sunday games
Friday for Monday games
Saturday for Tuesday games
Sunday for Wednesday games

If you miss the deadline, we offer a "Game Day" menu with many, but not all, of our freshly prepared items. Look for the Game Day icon to indicate which items are available. Game day items are available through the bottom of the sixth inning. Beer, wine, and spirits are available until the first pitch of the eighth inning.

If your plans change and you need to cancel after placing your order, please notify us as soon as possible. Orders cancelled by 5:00PM, two (2) business days prior to your game will not be charged.

FOOD DELIVERY TIMING

Snack/Cold Items/Salads: Delivered at gates Fried Foods & Pizzas: Delivered 1 hour after gates Hot Food & Entrees: Delivered at game time

Desserts: Delivered during the 3rd inning

Special timing requests are available. Please indicate on the Notes section during online ordering or through the Suites Catering Coordinator.



THE FINE PRINT POLICIES AND PROCEDURES

PAYMENT INFORMATION

Payment for your suite food and beverage may be made using MasterCard, Visa, American Express, Discover Card. T-Mobile Park is cashless to get you back to the game faster. Sodexo Live! requires payment method three (3) days prior to your game. There must be a credit card placed on file for every catering order, orders will not be placed without a card on file. Final charges including any orders placed on the day of the game, will be charged after the game. When placing your order, please provide us with the name of the person who has authority to place additional game day orders.

SERVICE CHARGE

All suites and catering sales are subject to WA state sales tax and a 20% service charge. Each day's total service charges are used to pay competitive wages for the catering staff; this is not a gratuity.

The daily service charge is distributed as follows:

65% Suites/Catering Attendants and Bartenders

10% Suites/Catering Runners

15% Culinary staff (weekly basis)

10% Reserved by management for non-union staff and retro payments

Any added gratuity goes directly to your suites/catering attendant.

SUITE HOLDER RESPONSIBILITIES

The suite holder is requested to identify the responsible administrator for the suite. The administrator will serve as the primary contact for all food and beverage issues. All communication regarding food and beverage orders will occur between the administrator and Sodexo Live! food and beverage representative.

SERVICE OF ALCOHOL

To maintain compliance with rules and regulations set for by the local laws, we ask that you adhere to the following:

- It is the responsibility of the suite holder or their representative to monitor and control alcoholic consumption in the suite
- Minors (those under 21) by law, are not permitted to consume alcoholic beverages
- It is unlawful to serve alcoholic beverages to anyone who appears to be intoxicated
- No passing alcoholic beverages from one suite to another or to general seating
- By law, alcoholic beverages cannot be brought into or taken out of the ballpark



*A 20% service charge and applicable Washington State sales tax will be added to all food and beverage orders. **Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness