

MEUN INGREDIENT

MENU	INGREDIENTS	ALLERGENS (MAY CONTAIN/CONTAINS)
FRENCH TOAST	BREAD [ENRICHED WHEAT FLOUR (WHEAT FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, DOUGH CONDITIONERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID, CALCIUM PEROXIDE, AZODICARBONAMIDE, L-CYSTEINE, ENZYMES), CORN FLOUR, SPICE AND COLOURING, NATURAL AND ARTIFICIAL FLAVOURS, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), YEAST NUTRIENTS (MONCALCIUM PHOSPHATE, CALCIUM PHOSPHATE, CALCIUM SULFATE, AMMONIUM SULFATE), SOY LECITHIN], WHOLE EGG, WHOLE MILK, SUGAR, IMITATION VANILLA (WATER, PROPYLENE GLYCOL, VANILLIN, ETHYL VANILLIN, ALCOHOL AND CARMEL COLOUR)	EGGS, GLUTEN, MILK, SOY, WHEAT
GREEK YOGURT	SKIM MILK, ACTIVE BACTERIAL CULTURES	DAIRY
BEEF MACARONI GOULASH	DICED TOMATOES, BEEF, LEAN GROUND 84%, MACARONI ELBOW, SOUR CREAM, CHEESE NACHO BLEND, STARCH MODIFIED, SALT, CELERY, ONION, SPICE PAPRIKA, CHICKEN SOUP BASE, GARLIC SPICE PEPPER BLACK, SPICE PEPPER CAYENNE, SOUR CREAM, NACHO CHEESE	GLUTEN, MILK, SULPHUR DIOXIDE AND SULPHITES, TOMATO, WHEAT
MAC & CHEESE	PASTA MACARONI ELBOW, CHEESE CHEDDAR, SAUCE CHEESE NACHO, MILK SKIM, STARCH MODIFIED, SPICE ONION, SPICE MUSTARD, SPICE PEPPER WHITE	GLUTEN, MILK, MUSTARD, WHEAT
BEEF MEXICAN CASSEROLE	GROUND BEEF, CHIPOTLE CHILI PEPPER, SALT, TACO SEASONING, THYME, OREGANO, PAPRIKA, GARLIC POWDER, CHILI POWDER, CUMIN, ONION, CELERY, DICED TOMATO, CRUSHED TOMATO, TOMATO PASTE, BROWN SUGAR, WATER, GREEN PEPPERS, CARROTS, CORN, PINTO BEANS, RED KIDNEY BEANS, NAVY BEANS, CHICKPEAS, TURTLE BEANS, NORTHERN BEANS, BLACK EYED PEAS	SOY
MEXICAN BEAN & RICE CASSEROLE	BEAN BKD IN TOMATO SAUCE, DICED TOMATOES, BEAN BLACK, CHEESE NACHO BLEND, STARCH MODIFIED, SALT, PARBOILED BROWN RICE, CORN KERNELS, ONION, DICED GREEN PEPPER, OIL CANOLA, SPICE CHILI, SPICE GARLIC, SPICE CUMIN, SPICE PEPPER CAYENNE	MILK, SOY, SULPHUR DIOXIDE AND SULPHITES
VEGETARIAN SPRINGS ROLLS	PASTRY WRAPPER (WATER, WHEAT FLOUR, VEGETABLE OIL (HIGHLY REFINED SOYBEAN OIL), SALT), JICAMA (YAM BEAN), EDAMAME (SOYBEAN), CARROT, CABBAGE, SWEET POTATO, WHEAT PROTEIN, SOYBEAN PROTEIN, BAMBOO SHOOT, ONION, LEEK, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT), VEGETABLE OIL (HIGHLY REFINED SOYBEAN OIL), SUGAR, SALT, PEPPER, SOY GINGER SAUCE, WATER, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT), SUGAR, SALT, LEMON, GINGER, GINGER POWDER, ACETIC ACID, TAPIOCA STARCH, STAR ANISE.	GLUTEN, SOY
STRINGS CHEESE	MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME, ANNATTO	DAIRY
SPANAKOPITA	WHEAT FLOUR, SPINACH, WATER, CREAM CHEESE, FETA AND PARMESAN CHEESE BLEND (MILK INGREDIENTS, MODIFIED MILK INGREDIENTS, SALT, GUAR GUM, XANTHAN GUM, LOCUST BEAN GUM, CALCIUM CHLORIDE, LIPASE, MICROBIAL ENZYME, BACTERIAL CULTURE, LACTIC ACID, CELLULOSE), CANOLA OIL, LIQUID WHOLE EGG, ONION, MODIFIED PALM AND CANOLA OIL MARGARINE (CONTAINS SOY), CORN STARCH, SUGARS (DEXTROSE, SUGAR), MODIFIED CORN STARCH, SALT, WHEAT GLUTEN, YEAST, YEAST EXTRACT, MODIFIED CELLULOSE, GRANULATED GARLIC, SPICES, FLAVOUR.	EGGS, MILK, SOY, WHEAT
BUTTERFLAKE ROLL	ENRICHED WHEAT FLOUR, WATER, PALM AND CANOLA AND MODIFIED PALM OIL MARGARINE (SOY), YEAST, SUGAR, BUTTER, WHEAT GLUTEN, SALT, NATURAL AND ARTIFICIAL FLAVOUR (MILK), BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM STEAROYL-2-LACTYLATE, DIACETYL TARTARIC ACID ESTERS OF MONO- AND DI-GLYCERIDES, ASCORBIC ACID, ENZYMES. CONTAINS: WHEAT, MILK, SOY	WHEAT, MILK, SOY. MAY CONTAIN: SESAME SEEDS, EGGS
NAAN BITES	ENRICHED FLOUR, WATER, CANOLA OIL, BUTTERMILK, SUGAR, YEAST, VINEGAR, SALT, BAKING POWDER, CLARIFIED BUTTER (GHEE), SOY LECITHIN, NATURAL FLAVOURS	WHEAT, DAIRY, SOY
PLAIN BAGEL	ENRICHED WHEAT FLOUR, WATER, SOYBEAN AND/OR CANOLA OILS, SUGAR, SALT, CORN MEAL, YEAST, CALCIUM PROPIONATE, SORBIC ACID, L-CYSTEINE HYDROCHLORIDE, AMYLASE, SUNFIAWER OIL	GLUTEN, WHEAT, MILK, SESAME, SOY.
CREAM CHEESE	MODIFIED MILK INGREDIENTS, SALT, BACTERIAL CULTURE, LACTIC ACID, CAROB BEAN GUM, POTASSIUM SORBATE, MAY CONTAIN SORBIC ACID	DAIRY
CHEDDAR BREAD STICK	DOUGH (ENRICHED WHEAT FLOUR, WATER, DRIED DURUM WHEAT SOURDOUGH, YEAST, ASCORBIC ACID, ENZYMES, SUGAR, SALT, CANOLA OIL, DEXTROSE, SODIUM STEAROYL-2-LACTYLATE, VEGETABLE OIL, AMYLASE, XYLANASE, L-CYSTEINE HYDROCHLORIDE, NATURAL FLAVOUR), CHEDDAR CHEESE (PASTEURIZED MILK, BACTERIAL CULTURE, ALT, MICROBIAL ENZYME, ANNATTO	GLUTEN, WHEAT, MILK, DAIRY
WAFFLE	WHEAT FLOUR, WATER, VEGETABLE AND PALM OIL SHORTENING, SUGAR, WHOLE EGG, BAKING POWDER, VEGETABLE OIL, DEXTROSE, SALT, PALM OIL, SPICE, MODIFIED MILK INGREDIENTS, SOY LECITHIN	WHEAT, EGG, MILK AND SOY
BOLTHOUSE FARMS - STRAWBERRY BANANA SMOOTHIE	STRAWBERRY PUREE, BANANA PUREE, PEAR JUICE FROM CONCENTRATE (WATER, PEAR JUICE CONCENTRATE), APPLE JUICE FROM CONCENTRATE (WATER, APPLE JUICE CONCENTRATE), APPLE PUREE FROM CONCENTRATE (WATER, APPLE PUREE CONCENTRATE), PECTIN, NATURAL FLAVOURS, BEET JUICE (COLOUR), VITAMIN C (ASCORBIC ACID)	
BROWN RICE CAKE	WHOLE GRAIN BROWN RICE	
GRAHAM CRACKER	WHEAT FLOUR, WHOLE GRAIN WHEAT FLOUR, GOLDEN SUGAR AND/OR SUGAR, VEGETABLE OIL, HONEY, SALT, BAKING SODA, AMMONIUM BICARBONATE, MONOCALCIUM PHOSPHATE, SOY LECITHIN, ARTIFICIAL FLAVOUR, ASPARAGINASE	WHEAT, SOY
RANCH DRESSING	VEGETABLE OIL, WATER, SUGAR, SALT, EGG YOLK, MODIFIED MILK INGREDIENTS, GROUND MUSTARD, PHOSPHORIC ACID, VINEGAR, DRIED GARLIC, DRIED ONION, XANTHAN GUM, SORBIC ACID, MODIFIED CORN STARCH, SODIUM PHOSPHATE, DISODIUM INOSINATE & GUANYLATE, CALCIUM DISODIUM EDTA, SPICES, NATURAL AND ARTIFICIAL FLAVOURS, MONOSODIUM GLUTAMATE, MALTODEXTRINE, SILICON DIOXIDE, PHOSPHOLIPASE	EGG, MILK, MUSTARD, SOY

MEUN INGREDIENT

MENU	INGREDIENTS	ALLERGENS (MAY CONTAIN/CONTAINS)
ORGANIC APPLE SAUCE	ORGANIC APPLE, ASCORBIC ACID	
APPLE CINAMON OATMEAL	SLICED APPLES, OAT QUICK, MILK SKIM, SUGAR BROWN, GROUND FLAX SEED, SPICE CINNAMON	GLUTEN, MILK, SOY, WHEAT
GOLDFISH CRACKERS	ENRICHED WHEAT FLOUR, CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO), VEGETABLE OIL (CANOLA AND/OR SUNFLOWER), SALT, YEAST, SUGAR, SEASONING (CONTAINS PAPRIKA, CELERY, ONION), AUTOLYZED YEAST EXTRACT, BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE	GLUTEN, MILK, DAIRY
ORGANIC SWEET POTATO FRIES	ORGANIC SWEET POTATOES, ORGANIC VEGETABLE OIL (SOYA, CANOLA AND/OR SUNFLOWER), ORGANIC CORN STARCH, ORGANIC RICE FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), EXTRACTIVES OF PAPRIKA, XANTHAN GUM.	SOY
CHEESE STRINGS	MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME.	DAIRY
CHICKEN FAJITA W SWEET BBQ SAUCE	CHICKEN BREAST STRIPS HALAL, WATER, KETCHUP TOMATO, CHILI SAUCE ONION, CELERY, BROWN SUGAR, WHITE VINEGAR, MARGARINE, STARCH, MODIFIED, SAUCE WORCESTERSHIRE W/ANCHOVIES, MUSTARD, GARLIC POWDER, GROUND WHITE PEPPER	CRUSTACEANS, FISH, MUSTARD, SHELLFISH, SOY
TOFU TIKKA MASALA	TOFU, CARROTS, GREEN PEAS, TOMATE PLUM BASIL, CANNED CRUSHED TOMATO, WATER, WHIPPING CREAM 35%, GARLIC, PUREE GINGER MARGARINE, SALT, GARAM MASALA POWDER, GROUND CORIANDER, GROUND CUMIN, GROUND BLACK PEPPER, CINNAMON	MILK, MUSTARD, SESAME SEEDS, SOY, SULPHUR DIOXIDE AND SULPHITES
CRUNCHMASTER MULTI-GRAIN CRACKERS	BROWN RICE FLOUR, SESAME SEEDS, POTATO STARCH, SAFFLOWER OIL, FLAX SEEDS, QUINOA SEEDS, AMARANTH SEEDS, CHIA SEEDS, MILLET, TAMARI SOY SAUCE POWDER (TAMARI SOY SAUCE (SOYBEANS, SALT), MALTODEXTRIN [CORN], SALT), SEA SALT	SOY, SESAME
BOLTHOUSE FARMS - MIXED BERRY SMOOTHIE	APPLE PUREE FROM CONCENTRATED (WATER, APPLE PUREE CONCENTRATE), APPLE JUICE FROM CONCENTRATE (WATER, APPLE JUICE CONCENTRATE), BLACKBERRY PUREE, BANANA PUREE, STRAWBERRY PUREE, RASPBERRY PUREE, LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE), BLUEBERRY PUREE, NATURAL FLAVOUR	
BUTTER PANNER	CREAM, TOMATOES, PANEER, GINGER, GARLIC, ONIONS, SALT, TANDOORI MASALA, CANOLA OIL	DAIRY
CHICKEN FRIED RICE	RICE, CANOLA OIL, EGGS, PEAS, CARROTS, SALT, GARLIC, SOYA SAUCE, CHICKEN	SOY, EGG
TOFU FRIED RICE	RICE, CANOLA OIL, PEAS, CARROTS, SALT, GARLIC, SOYA SAUCE, TOFU	SOY
CHICKEN CHOW MEIN	FLOUR, WHEAT FLOUR, EGGS, SALT, WATER/ CHICKEN, CARROTS, BROCCOLI, VEG OIL, SALT, SUGAR, SOY SAUCE, CORN STARCH, OYSTER SAUCE	GLUTEN, SOY, EGG
VEGETABLE EGG CHOW MEIN	FLOUR, WHEAT FLOUR, EGGS, SALT, WATER/ BROCCOLI, CARROTS, CHINESE CABBAGE, CAULIFLOWER, CABBAGE, MUSHROOMS, BABY CORN, CELERY, ZUCCHINI, BEAN SPROUTS, VEG OIL, SALT, SUGAR, SOY SAUCE, CORN STARCH, OYSTER SAUCE	GLUTEN, SOY, EGG
LEMON CHICKEN COUSCOUS	NATURAL HALAL CHICKEN BREAST, FRESH GARLIC, FRESH LEMON, LEMON JUICE, ITALIAN HERBS, VEGETABLE STOCK, CELERY, ONIONS, CARROTS, RAISINS SALT, PEPPER & COUSCOUS, SEMOLINA FLOUR	GLUTEN
CHEESEBURGER PASTA (SCOOPY-DOO)	GROUND BEEF, TOMATOES, CHEDDAR CHEESE, GREEN ONIONS, DICED CELERY, CARROT & DICED ONION, PICKLES, FRESH PARSLEY & CAVATAPPI PASTA	DAIRY, GLUTEN
TURKEY HAM & CHEESE BOWTIES	JULIENNE TURKEY HAM, CHEDDAR CHEESE, DICED CELERY, ONION AND CARROTS, MILK, MUSTARD, HERBS AND FARFALLE PASTA	DAIRY, GLUTEN
SLOPPY CHICKEN JOE'S	FRESH GROUND CHICKEN STEWED IN HOMEMADE BBQ SAUCE (TOMATO PASTE, KETCHUP, BROWN SUGAR, GARLIC, MUSTARD, PAPRIKA, WHITE VINEGAR, ONIONS, CELERY, CARROTS, SALT & PEPPER) & SOFT ROLLS (FLOUR, WATER, YEAST, MALTED BARLEY, SUGAR, DATUM, GUAR GUM, CELLULOSE, CALCIUM CARBONATE, SOYA OIL, ASCORBIC ACID, XYLANASE AMYLASE, BACTERIAL CULTURE)	
STEAMED CORN	CORN, OLIVE OIL, PARSLEY, SALT & PEPPER	
STEAMED CALIFORNIA STYLE VEGETABLES	OLIVE OIL & HERBS (BROCCOLLI FLORETS, CAULIFLOWER FLORETS, CARROTS, VIRGIN OLIVE OIL, PARSLET, COARSE, SALT, PEPPER)	
SOFT ROLLS	FLOUR, WATER, YEAST, MALTED BARLEY, SUGAR, DATUM, GUAR GUM, CELLULOSE, CALCIUM CARBONATE, ASCORBIC ACID, XYLANASE AMYLASE, BACTERIAL CULTURE	GLUTEN

MEUN INGREDIENT

MENU	INGREDIENTS	ALLERGENS (MAY CONTAIN/CONTAINS)
FRITTATA	VEGETABLE BLEND (SPINACH, TOMATOES, ONIONS, RED BELL PEPPERS), EGG WHITES, MOZZARELLA (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), MILK, CANOLA OIL, BUCKWHEAT*, CORN STARCH, SUGAR, CITRUS FIBER, SALT, GARLIC POWDER, NON-DAIRY NATURAL GRUYERE CHEESE FLAVOR (GUM ARABIC, MALTODEXTRIN, ORGANIC SUNFLOWER OIL, NATURAL FLAVOR), BLACK PEPPER (GLUTEN FREE, SOY FREE, PEANUT & TREE NUT FREE)	EGG, MILK
BERRIES ENERGY BAR	GLUTEN FREE OATS, WOW BUTTER (WHOLE TOASTED SOYA, PLANT OILS, CANE SUGAR, SEA SALT, GLODEN RASINS, SUNDRIED CRANBERRIES, PUREED DATES, GROUND FLAX SEEDS	SOY (BEANS)
SCRAMBLED EGGS	LIQUID WHOLE EGG, WATER, CANOLA OIL, MODIFIED MILK INGREDIENTS, SALT, XANTHAN GUM, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOUR	EGGS, MILK
PREMIER PROTEIN PANCAKES	WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEAT GLUTEN, VITAL WHEAT GLUTEN, SUGAR, SOYBEAN OIL, EGGS, DAIRY PROTEINS (WHEY PROTEIN CONCENTRATE, CASEIN, WHEY PROTEIN ISOLATE), LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, SALT, SOY LECITHIN, STEVIA LEAF EXTRACT (REBAUDIOSIDE A)	WHEAT, MILK, EGG, SOY, BARLEY
DEMPSTER'S WHOLE WHEAT BREAD	WHOLE GRAIN WHOLE WHEAT FLOUR INCLUDING THE GERM, WATER, SUGAR, YEAST*, VEGETABLE OIL (CANOLA OR SOYBEAN), WHEAT GLUTEN*, VINEGAR, SALT, CALCIUM PROPIONATE, SORBIC ACID*, SOYBEAN LECITHIN	MAY CONTAIN: SESAME SEEDS
CRACKERS	WHEAT FLOUR, SHORTENING (VEGETABLE OIL, MODIFIED PALM OIL), SALT, MALTED BARLEY FLOUR, BAKING SODA, YEAST, PENTOSANASE, POTASSIUM CHLORIDE	GLUTEN
KELLOGG'S VECTOR CEREAL	RICE, WHOLE GRAIN WHEAT, SUGAR, ROASTED SOYBEANS, VEGETABLE OIL, WHOLE GRAIN OATS, SOY PROTEIN, CORN SYRUP, BROWN SUGAR SYRUP, RICE FLOUR, SALT, HONEY, SOY PROTEIN CONCENTRATE, CORN AND BARLEY MALT EXTRACT, NATURAL FLAVOUR, WHEAT FLAKES, CINNAMON, BAKING SODA, SOY LECITHIN, MIXED TOCOPHEROLS (FOR FRESHNESS), VITAMINS AND MINERALS: ASCORBIC ACID, NIACINAMIDE, ZINC OXIDE, BIOTIN, IRON, d-CALCIUM PANTOTHENATE, VITAMIN A PALMITATE, COPPER OXIDE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, THIAMINE HYDROCHLORIDE, POTASSIUM IODIDE, FOLIC ACID, CHOLECALCIFEROL, DICALCIUM PHOSPHATE, MAGNESIUM OXIDE, MANGANESE SULFATE MONOHYDRATE. CONTAINS WHEAT, SOY, OAT AND BARLEY INGREDIENTS.	WHEAT, BARLEY, SOY
BERRY OVERNIGHT OATS	BLUEBERRIES, STRAWBERRIES, SUNDRIED CRANBERRIES, HEMP SEEDS, CHIA SEEDS & FLAX SEEDS SOAKED IN COCONUT MILK.	
STRAWBERRY COCONUT SMOOTHIE	STRAWBERRIES, COCONUT MILK, BANANA & PLANT PROTEIN	
KIRKLAND SIGNATURE ORGANIC MAPLE SYRUP	100 % PURE MAPLE SYRUP	
ORANGE SLICES		
APPLE SLICES		
BLUEBERRIES		
CUCUMBER		
BABY CARROTS		
MANGO		
WATERMELON		
HONEYDEW		
BANANA		
PEAS		