

## MEUN INGREDIENT

| MENU                                         | INGREDIENTS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ALLERGENS<br>(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 LASAGNA                           | DURUM WHEAT SEMOLINA, WATER, LIQUID EGGS, SPICE TURMERIC, BUTTERNUT SQUASH, RICOTTA CHEESE, WHOLE MILK, SKIM MILK, WHIPPING CREAM, RED PEPPERS, SPINACH, MOZZARELLA CHEESE, PARMESAN CHEESE, TOMATO SAUCE, TOMATO PASTE, ONION, OIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | EGGS, GLUTEN, MILK, SOY, SULPHUR DIOXIDE AND SULPHITES, TOMATO, WHEAT |
| VEGETARIAN SHEPHERD'S PIE                    | PEELED POTATOES, JUST LIKE BEEF VEG GROUND (WATER, SOY PROTEIN, PRODUCT, WHEAT PROTEIN PRODUCT, NATURAL FLAVOUR, MALT EXTRACT, SALT, SPICES, GUAR GUM, EVAPORATED CANE JUICE, WHEAT GERM, OAT, BRAN, VITAMIN B1 (THIAMINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B3 (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12 (CYANOCOBALAMIN), PANTOTHENATE, (CALCIUM PANTOTHENATE), REDUCED IRON, ZINC (ZINC OXIDE), BEAN BLACK, PEAS & CARROTS, BASE SOUP VEGETABLE, CELERY, ONION, ALL PURPOSE FLOUR, MILK SKIM, CANOLA MARGARINE, OIL CANOLA, SAUCE HORSERADISH, SPICE GARLIC, SPICE MUSTARD, SPICE PEPPER BLACK, SALT, THYME HERB, SPICE ONION, HERB PARSLEY SPICE, PEPPER WHITE)          | GLUTEN, MILK, MUSTARD, SOY, SULPHUR DIOXIDE AND SULPHITES, WHEAT      |
| SHEPHERD'S PIE                               | BEEF, LEAN GROUND 84%, POTATOES, PEAS & CARROTS, CELERY, ONION, MILK SKIM, BEEF SOUP BASE, SAUCE, HORSERADISH, CANOLA MARGARINE, SPICE GARLIC, SPICE MUSTARD, SPICE PEPPER BLACK, SALT, SPICE GINGER, HERB LEAF, SPICE ONION, HERB PARSLEY FLAKES, SPICE PEPPER WHITE                                                                                                                                                                                                                                                                                                                                                                                                                                              | MILK, MUSTARD, SOY, SULPHUR DIOXIDE AND SULPHITES                     |
| VEGETARIAN SPRINGS ROLLS                     | CABBAGE, TEXTURED SOY FLOUR, CARROT, SUGAR, SALT, MUSHROOM, SPICES, GRANULATED GARLIC, SESAME OIL, WATER, ENRICHED WHEAT FLOUR, SALT, BAKING POWDER, CANOLA OIL                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 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, SUNFLOWER 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                                                                 |
| 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                       |

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| MENU                                   | INGREDIENTS                                                                                                                                                                                                                                                                                                                                                                        | ALLERGENS<br>(MAY CONTAIN/CONTAINS)                             |
|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|
| 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                                         |
| 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 MUSHROOM GRAVY        | CHICKEN FAJITA HALAL (CHICKEN BREAST, GLUCOSE SOLIDS, RICE STARCH, PEA PROTEIN ISOLATE, SALT, SODIUM PHOSPHATE, SPICE EXTRACTIVES), MUSHROOM GRAVY (MUSHROOM, SKIM MILK POWDER, MODIFIED CORN STARCH, REDUCED SODIUM BEEF STOCK, BLACK PEPPER)                                                                                                                                     | MILK, SULPHUR DIOXIDE AND SULPHITES, SOY                        |
| PANEER TIKKA MASALA                    | PANEER, CARROTS, PEAS, TOMATO, WHIPPING CREAM 35%, GARLIC, GINGER, CANOLA MARGARINE (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OIL, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN, CITRIC ACID, VITAMIN A PALMITATE, BETA-CAROTENE, VITAMIN D2), SALT, GARAM MASALA, CORIANDER, CUMIN, 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 (HALAL) CARROTS, BROCCOLI, VEG OIL, SALT, SUGAR, SOY SAUCE, CORN STARCH, OYSTER SAUCE                                                                                                                                                                                                                                               | GLUTEN, SOY, EGG, SESAME                                        |
| 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, SESAME                                        |
| MAC N' CHEESE WITH ITALIAN MEATBALLS   | MACARONI NOODLES (DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULPHATE, THIAMIN, RIBOFLAVIN, FOLIC ACID, WATER, SALT), MEATBALLS (CHICKEN, BEEF, WATER, BREADCRUMBS, SOYA PROTEIN, PEA PROTEIN, SUGAR, RICE STARCH, ONION, SPICES, SALT, PASLEY AND GARLIC) BECHAMEL SAUCE (BUTTER, WHOLE MILK, FLOUR, NUTMEG, SALT & PEPPER) ITALIAN HERBS, MIXED CHEESE, CHICKEN STOCK, SALT & PEPPER  | DAIRY, GLUTEN, SOY                                              |
| VEGETABLE BALLS                        | CHICKPEAS, GREEN PEAS, CARROTS, RED BELL PEPPERS, CORN, KALE, PEA PROTEIN, ONIONS, CANOLA OIL SALT, SUGAR, ONION, ITALIAN SEASONING, GARLIC, TURMERIC, CARROTS, PARSLEY                                                                                                                                                                                                            | GLUTEN                                                          |
| SWEET & SOUR MEATBALLS                 | MEATBALLS (CHICKEN, BEEF, WATER, BREADCRUMBS, SOYA PROTEIN, PEA PROTEIN, SUGAR, RICE STARCH, ONION, SPICES, SALT, PASLEY AND GARLIC) SWEET AND SOUR SAUCE (BROWN SUGAR, CRANBERRY SAUCE, WATER, KETCHUP, VINEGAR, SOYA SAUCE, CHICKEN OR VEGETABLE STOCK, GARLIC, PARSLEY, CARROTS, ONION, CELERY SALT & PEPPER                                                                    | SOY, GLUTEN                                                     |
| SOFT STEAMED ASIAN VEGETABLE MIX       | BROCCOLI, CARROTS, SNOW PEAS, PEPPERS, BABY CORN, BOK CHOY                                                                                                                                                                                                                                                                                                                         |                                                                 |
| SOFT STEAMED CORN AND SQUASH           | CORN, SQUASH                                                                                                                                                                                                                                                                                                                                                                       |                                                                 |

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|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| CHEESEBURGER PASTA (SCOOPY-DOO)     | GROUND BEEF (BUCKWHEAT FOR VEGETARIAN), 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                | Hot! 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)                                                                                                                                                                                                                                                                                                                                                     |                                                 |
| BBQ CRUMBLD TOFU                    | BBQ CRUMBLD TOFU 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)                                                                                                                                                                                                                                                                                                                                                               |                                                 |
| SPAGHETTI BEEF BOLOGNESE            | SPAGHETTI PASTA (DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULPHATE, THIAMIN, RIBOFLAVIN, FOLIC ACID, WATER, SALT) WITH ALBERTA BEEF BOLOGNESE SAUCE (GROUND BEEF (BUCKWHEAT FOR VEGETARIAN), TOMATOES, TOMATO PASTE, ONION, CARROT, CELERY, BEEF STOCK, OLIVE OIL, FRESH CHOPPED GARLIC, ITALIAN HERBS, PARSLEY, BROWN SUGAR, COARSE SALT & PEPPER)                                                                                                                                                                                                                                                                                                                                                 | GLUTEN                                          |
| STEAMED CORN                        | CORN, OLIVE OIL, PARSLEY, SALT & PEPPER                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                 |
| CHICKEN CURRY WITH RICE             | BONELESS SKINLESS CHICKEN BREAST TOMATO'S ONIONS GINGER GARLIC TURMERIC CORIANDER SALT CUMIN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                 |
| 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                                          |
| HERB & CHEESE BISCUITS              | ALL PURPOSE FLOUR, CANOLA MARGARINE, MILK SKIM POWDER, BAKING POWDER, WHITE, CHEESE CHEDDAR, SALT, HERB PARSLEY FLAKES, THYME HERB LEAF, HERB BASIL SWEET LEAF                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | MILK, SOY, SULPHUR DIOXIDE AND SULPHITES, WHEAT |
| 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                                      |
| 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                              |
| RICE KRISPIES                       | RICE, SUGARS (SUGAR, CORN AND BARLEY MALT EXTRACT), SALT, CANOLA LECITHIN, VITAMINS AND MINERALS: IRON PHOSPHATE, NIACINAMIDE, THIAMINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D3), PYRIDOXINE HYDROCHLORIDE, FOLIC ACID                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                 |
| MINI WHEATS                         | WHOLE GRAIN WHEAT, SUGAR (SUGAR, BROWN RICE SYRUP), GELATIN, BHT, VITAMINS AND MINERALS, FOLIC ACID                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |
| PANCAKES                            | WATER, ENRICHED WHEAT FLOUR, SUGAR, WHEY POWDER, VEGETABLE OIL (CANOLA AND/OR SOYBEAN OIL), LIQUID WHOLE EGG, BUTTERMILK POWDER, SALT, BAKING POWDER.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | EGGS, WHEAT, GLUTEN, MILK, 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                 |
| TURKEY SAUSAGE                      | TURKEY SEASONING (DEXTROSE, SALT, SPICES, POTASSIUM CHLORIDE, SUGAR, DEHYDRATED ONION, GROUND CELERY, SILICON DIOXIDE)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | WHEAT                                           |
| WOW BUTTER BANANA ENERGY SHAKE      | FRESH BANANAS, COCONUT MILK, WOW BUTTER (TOASTED SOYA BEANS, SOY OIL, CANE SUGAR, VEGETABLE OILS, SEA SALT), ORGANIC PLANT PROTEIN POWDER (ORGANIC PEAS, FLAXSEED, HEMP, RICE, CHIS SEEDS, SALT, XANTHAN GUM AND ENZYMES)                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SOY                                             |

## MEUN INGREDIENT

| MENU                                    | INGREDIENTS                                                                                                                                                                                                                                                                                                                      | ALLERGENS<br>(MAY CONTAIN/CONTAINS) |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| CHEESE BITES                            | TAPIOCA FLOUR, EGGS, MILK, PARMESAN CHEESE (PART SKIMMED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), HIGH OLEIC SAFFLOWER OIL, CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CHEESE CULTURES AND CELLULOSE TO PREVENT CAKING), FILTERED WATER, SALT.                                                                                  | EGGS, DAIRY                         |
| TREASURE MILLS CHOCOLATE CHIP OAT BITES | GLUTEN FREE RALLIED AAS, RITE FLOUR, SUGARS (BROWN RICE SYRUP BROWN SUGAR, DATE PASTE), CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA EXTRACT), MARGARINE, CANOLA OL, INULIN, LIQUID WHOLE EGGS, GLYCERINE, NATURAL FLAVOUR, GROUND CINNAMON, SODIUM BICARBONATE, SALT, XANTHAN GUM | EGGS, SOY, GLUTEN                   |
| KIRKLAND SIGNATURE ORGANIC MAPLE SYRUP  | 100 % PURE MAPLE SYRUP                                                                                                                                                                                                                                                                                                           |                                     |
| ORANGE SLICES                           |                                                                                                                                                                                                                                                                                                                                  |                                     |
| APPLE SLICES                            |                                                                                                                                                                                                                                                                                                                                  |                                     |
| BLUEBERRIES                             |                                                                                                                                                                                                                                                                                                                                  |                                     |
| CUCUMBER                                |                                                                                                                                                                                                                                                                                                                                  |                                     |
| BABY CARROTS                            |                                                                                                                                                                                                                                                                                                                                  |                                     |
| MANGO                                   |                                                                                                                                                                                                                                                                                                                                  |                                     |
| BANANA                                  |                                                                                                                                                                                                                                                                                                                                  |                                     |
| PEAS                                    |                                                                                                                                                                                                                                                                                                                                  |                                     |