

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 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 (NICOTINAMIDE), 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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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 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
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, 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	
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	Hotol 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
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, GLUDEN 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)	
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
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

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TREASURE MILLS CHOCOLATE CHIP OAT BITES	GLUTEN FREE RALLERD 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 OIL, 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		