



MEUN INGREDIENT

| MENU | INGREDIENTS | ALLERGENS (MAY CONTAIN/CONTAINS) |
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| 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 EGGS, 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 POTATO & CHEDDAR PEROGIES | POTATO AND CHEDDAR PEROGIES (ENRICHED WHEAT FLOUR, FRESH POTATO, WATER, CHEDDAR CHEESE, CANOLA OIL, SALT, ANNATTO) | EGGS, GLUTEN, MILK, SOY, SULPHUR DIOXIDE AND SULPHITES, WHEAT |
| CHICKEN NUGGETS | CHICKEN BREAST, WATER, SOYBEAN OIL, ENRICHED WHEAT FLOUR, MODIFIED TAPIOCA STARCH, MODIFIED CORN STARCH, SALT, SUGARS (DEXTRROSE, SUGAR), RICE FLOUR, POTATO STARCH, PALM OIL SHORTENING, AUTOLYZED YEAST EXTRACT, SPICES, GARLIC POWDER, ONION POWDER, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE, PAPRIKA EXTRACT, BLACK PEPPER EXTRACT, PALM OIL, YEAST, SOY FLOUR, ROSEMARY EXTRACT. | WHEAT (GLUTEN), SOY |
| 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 (DEXTRROSE, 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 |
| CHICKEN CREAM PASTA | MACARONI, MOZZARELLA CHEESE, CHEDDAR CHEESE, MILK BUTTER, FLOUR, SALT | WHEAT, DAIRY |
| 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) | |



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|--|--|---|
| 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 |
| ORGANIC APPLE SAUCE | ORGANIC APPLE, ASCORBIC ACID | |
| 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, BREAD CRUMBS, 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 |
| EGG SALAD SANDWICHES | FREE-RUN CANADIAN EGGS, REAL MAYONNAISE (CANOLA OIL, LIQUID WHOLE EGG, WHITE VINEGAR, LIQUID EGG YOLK, SALT, SUGAR, SPICES, LEMON JUICE), CELERY, GREEN ONION, LEMON JUICE, FRESH PARSLEY, COARSE SALT AND PEPPER/ ANCIENT GRAINS BREAD (WHOLE WHEAT FLOUR, SUGAR, OAT FLAKES, FLAXSEEDS, SUNFLOWER SEEDS, MALTED WHEAT, BARLEY FLAKES, RYE FLAKES, CORN MEAL, TRITICALE FLAKES, BROWN RICE FLOUR, HULLED MILLET, WHITE QUINOA, TEFF, FARRO FLAKES, PUMPKIN SEEDS, BUCKWHEAT FLOUR, WHEAT GLUTEN*, YEAST*, SOUR STARTER, VEGETABLE OIL, SALT, CALCIUM PROPIONATE, SOY LECITHIN, SORBIC ACID, ENZYMES, ASCORBIC ACID) | GLUTEN, EGG, SOY |
| CRISPY DILL PICKLE COLESLAW | (SHREDDED WHITE AND RED CABBAGE, SHREDDED CARROTS, APPLE CIDER VINEGAR, OLIVE OIL, BROWN SUGAR, GARLIC, DILL, CELERY SEEDS, SALT AND PEPPER) | |
| GRILLED CHEESE SANDWICHES | CHEDDAR CHEESE SLICES (MILK, CHEDDAR CHEESE, SALT, SODIUM CITRATE, SODIUM PHOSPHATE, LACTIC ACID, SORBIC ACID, COLLOUR AND VEGETABLE OILS) AND WHOLE BUTTER ANCIENT GRAINS BREAD (WHOLE WHEAT FLOUR, SUGAR, OAT FLAKES, FLAXSEEDS, SUNFLOWER SEEDS, MALTED WHEAT, BARLEY FLAKES, RYE FLAKES, CORN MEAL, TRITICALE FLAKES, BROWN RICE FLOUR, HULLED MILLET, WHITE QUINOA, TEFF, FARRO FLAKES, PUMPKIN SEEDS, BUCKWHEAT FLOUR, WHEAT GLUTEN*, YEAST*, SOUR STARTER, VEGETABLE OIL, SALT, CALCIUM PROPIONATE, SOY LECITHIN, SORBIC ACID, ENZYMES, ASCORBIC ACID) | GLUTEN, EGG, SOY, DAIRY |

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| SUMMER SALAD | ASSORTED FRESH CHOPPED LETTUCE, CUCUMBER SLICES, SHREDDED CARROTS, STRAWBERRIES, SUNFLOWER SEEDS AND CHIA SEEDS) OLIVE OIL AND APPLE CIDER VINEGAR DRESSING | |
| 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, PARSLEY 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 | |
| CHEESEBURGER PASTA (SCOOBY-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 JOES | Hot! GROUND CHICKEN STEWED IN HOMEMADE BBQ SAUCE (TOMATO PASTE, KETCHUP, BROWN SUGAR, GARLIC, MUSTARD, PAPRIKA, WHITE VINEGAR, ONIONS, CELERY, CARROTS, SALT & PEPPER) | |
| 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) | |
| 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 |
| CAULIFLOWER BITES | CAULIFLOWER, WATER, ENRICHED WHEAT FLOUR, MODIFIED CORN STARCH, TOASTED WHEAT CRUMBS, CANOLA AND MODIFIED PALM OIL, WHEAT STARCH, CORN FLOUR, SOY PROTEIN ISOLATE, BAKING POWDER, MODIFIED MILK INGREDIENTS, SALT, SUGAR, SPICES, SPICE EXTRACTS. | GLUTEN, SOY, DAIRY |
| 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 | |
| CHILI CON CARNE | DICED TOMATOES, BEEF, LEAN GROUND 84%, BEAN KIDNEY DARK RED, TOMATO CRUSHED, BEAN BLACK, DICED GREEN PEPPER, ONION, TOMATO PASTE, CELERY, SUGAR BROWN, SPICE CHILI, SPICE GARLIC, SPICE CUMIN | SOY, TOMATO, WHEAT |
| VEGETARIAN CHILI | BEAN BKD IN TOMATO SAUCE, DICED TOMATOES, BEAN BLACK, ONION, LENTIL GREEN, YELLOW SPLIT PEAS, OIL CANOLA, SPICE CHILI, SPICE GARLIC, SPICE CUMIN | GLUTEN, SESAME SEEDS, SOY, SULPHUR DIOXIDE AND SULPHITES, TOMATO, WHEAT |
| STEAMED CALIFORNIA STYLE VEGETABLES | OLIVE OIL & HERBS. (BROCCOLI FLORETS, CAULIFLOWER FLORETS, CARROTS, VIRGIN OLIVE OIL, PARSLEY, COARSE, SALT, PEPPER) | |
| SOFT ROLLS | FLOUR, WATER, YEAST, MALTED BARLEY, SUGAR, DATUM, GUAR GUM, CELLULOSE, CALCIUM CARBONATE, SOYA OIL, ASCORBIC ACID, XYLANASE AMYLASE, BACTERIAL CULTURE | GLUTEN, SOY |
| 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 |



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|---|--|--|
| DEMPSTER'S WHOLE WHEAT BREAD | WHOLE GRAIN WHOLE WHEAT FLOUR INCLUDING THE GERM, WATER, SUGAR, YEAST*, VEGETABLE OIL (CANOLA OR SOYBEAN), WHEAT GLUTEN*, WINEGAR, SALT, CALCIUM PROPIONATE, SORBIC ACID*, SOYBEAN LECITHIN | 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 |
| TORTILLAS | ENRICHED WHEAT FLOUR, WATER, VEGETABLE OIL (CANOLA OR SOYBEAN), SUGAR, SALT, HYDROGENATED COTTONSEED OIL, CORN STARCH, POTASSIUM SORBATE, BAKING POWDER, SODIUM PROPIONATE, CELLULOSE GUM, MALTODEXTRIN, CARRAGEENAN, FUMARIC ACID. | SOYBEAN, SESAME SEEDS, SULPHITES, GLUTEN |
| TOSTITOS ROUNDS TORTILLA CHIPS | CORN, VEGETABLE OIL, SALT, CALCIUM HYDROXIDE | |
| 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 | |
| CHEERIOS | WHOLE GRAIN OATS, CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMITATE), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3 | |
| 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 |
| 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 |
| CHEESE STICKS | PIZZA MOZZARELLA CHEESE (MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME), FLOUR (WHEAT, CORN), WATER, TOASTED WHEAT CRUMBS, VEGETABLE OIL (CANOLA, SOYA), MODIFIED CORN STARCH, SALT, SEASONINGS (ONION, YEAST EXTRACT, SPICES), SUGARS (SUGAR, DEXTROSE), GUAR FLOUR. | DAIRY, SOY, GLUTEN |
| LEMON RASPBERRY MUFFIN | ALL PURPOSE FLOUR, WHITE SUGAR, 1% BUTTERMILK (PARTLY SKIMMED MILK, SALT, BACTERIAL CULTURE), RASPBERRIES, EGGS, CANOLA OIL, FRESH LEMON JUICE, BAKING POWDER, SALT | GLUTEN, EGG, MILK, SULPHUR DIOXIDE AND SULPHITES |
| BANANA BLUEBERRY MUFFIN | BANANA, ALL PURPOSE FLOUR, BLUEBERRIES, WHITE SUGAR, CANOLA OIL, EGGS, BAKING POWDER, SALT, BAKING SODA | GLUTEN, EGG, SULPHUR DIOXIDE & SULPHITES |
| TREASURE MILLS CHOCOLATE CHIP OAT BITES | GLUTEN FREE RALLED 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 |
| TREASURE MILLS BANANA CHOCOLATE CHIP MINI CAKES | ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, BANANA PUREE (BANANAS, CITRIC ACID, ASCORBIC ACID), CANOLA OIL, EGGS, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, DEXTROSE, COCOA BUTTER, SOY LECITHIN, NATURAL VANILLA EXTRACT), WATER, BANANA FLAKES, BAKING SODA, MONOGLYCERIDES, SALT, POTASSIUM SORBATE, SODIUM PROPIONATE, CITRIC ACID, NATURAL FLAVORS. | EGGS, SOY, GLUTEN |
| KIRKLAND SIGNATURE ORGANIC MAPLE SYRUP | 100 % PURE MAPLE SYRUP | |
| ORANGE SLICES | | |
| APPLE SLICES | | |
| BLUEBERRIES | | |
| CUCUMBER | | |
| BABY CARROTS | | |
| MANGO | | |
| BANANA | | |
| PEAS | | |