

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 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
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
CREAM CHEESE 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
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
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

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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
CHEESE STRINGS	MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, BACTERIAL CULTURE, CALCIUM CHLORIDE, MICROBIAL ENZYME.	DAIRY
BEEF HEARTY BEEF STEW	BEEF DICED, BABY CARROTS, PARSNIP, PEA, GREEN, ONION, BEER, BEEF SOUP BASE, STARCH MODIFIED, KITCHEN BOUQUET (CARAMEL, VEGETABLE BASE (WATER, CARROTS, ONIONS, CELERY, PARSNIPS, TURNIPS, SALT, PARSLEY, SPICES) SPICE GARLIC, SPICE MUSTARD THYME HERB, SPICE BLACK PEPPER	MUSTARD, SULPHUR DIOXIDE AND SULPHITES
SPAGHETTI BAKE	BEEF, LEAN GROUND 84%, TOMATO CRUSHED, PASTA WHOLE WHEAT SPAGHETTI, DICED CARROTS, TOMATO PASTE, MUSHROOM, ONION, MOZZARELLA CHEESE, BEEF SOUP BASE, SALT, HERB OREGANO, SPICE ONION, SPICE PEPPER BLACK	EGGS, GLUTEN, MILK, TOMATO
VEGETARIAN TOFU W CREAMY PARMESAN SAUCE	TOFU (SOYBEANS, MAGNESIUM SULPHATE, CALCIUM SULPHATE), ONION, SKIM MILK POWDER, MODIFIED CORN STARCH, PARMESAN CHEESE BLEND (MILK, SALT, LIPASE, MICROBIAL ENZYME, BACTERIAL CULTURE, CELLULOSE, NATAMYCIN), WHITE COOKING WINE, VEGETABLE SOUP BASE (SUGAR, PLANT PROTEIN, ONION, GARLIC, CARROTS, SALT, HERBS, SPICES, VEGETABLE OIL, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE), CANOLA MARGARINE (CANOLA OIL, PALM AND PALM KERNEL OIL, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN), CHIMICHURRI (CANOLA OIL, EXTRA VIRGIN OLIVE OIL, PARSLEY, ONION, OREGANO, LEMON JUICE, SALT, BLACK PEPPER, XANTHAN GUM), GARLIC POWDER, PARSLEY, OREGANO, WHITE PEPPER	MILK, SOY, SULPHUR DIOXIDE & SULPHITES
TRIO FUSILLI PASTA	DURUM WHEAT SEMOLINA, DEHYDRATED SPINACH, TOMATO POWDER, NIACIN, FERROUS SULPHATE, THIAMIN, RIBOFLAVIN, FOLIC ACID, GLUTEN, WHEAT, EGG	GLUTEN, WHEAT, EGG
CRUNCHMASTER MULTI-GRAIN CRACKERS	BROWN RICE FLOUR SESAME SEEDS, POTATO STARCH, CUNDA POWDER (TAMAR SOY SAUCE (SOYEAS, SALT, MALTOCEXTRN, SALT), SALT.	SOY, SESAME
BOLTHOUSE FARMS - MIXED BERRY SMOOTHIE	APPLE PUREE FROM CONCENTRATE (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 FLAVOR.	
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, PARSLEY 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 BAKED 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, COLOUR AND VEGETABLE OILS) AND WHOLE BUTTER/ ANCIENT GRAINS BAKED 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
SUMMER SALAD	ASSORTED FRESH CHOPPED LETTUCE, CUCUMBER SLICES, SHREDDED CARROTS, STRAWBERRIES, SUNFLOWER SEEDS AND CHIA SEEDS) OLIVE OIL AND APPLE CIDER VINEGAR DRESSING	

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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 (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	Halal 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, (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, 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
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	SESAME SEEDS, WHEAT
CRACKERS	WHEAT FLOUR, SHORTENING (VEGETABLE OIL, MODIFIED PALM OIL), SALT, MALTED BARLEY FLOUR, BAKING SODA, YEAST, PENTOSANASE, POTASSIUM CHLORIDE	GLUTEN

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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.	
PANCAKES	WATER, ENRICHED WHEAT FLOUR, SUGAR, WHEY POWDER, VEGETABLE OIL (CANOLA AND/OR SOYBEAN OIL), LIQUID WHOLE EGG, BUTTERMILK POWDER, SALT, BAKING POWDER.	EGG, GLUTEN, MILK, SOY
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, CHIA 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
KIRKLAND SIGNATURE ORGANIC MAPLE SYRUP	100 % PURE MAPLE SYRUP	
ORGANIC BANANA RICE RUSKS	ORGANIC JASMINE RICE FLOUR, ORGANIC TAPIOCA STARCH, SUGARS [ORGANIC CANE SUGAR, BANANA POWDER (BANANA, TAPIOCA MALTODEXTRIN)], SALT, NATURAL FLAVOUR, MIXED TOCOPHEROL, SOYBEAN OIL.	SOY
KIRKLAND SIGNATURE SOFT & CHEWY GRANOLA BARS	GRANOLA (WHOLE ROLLED OATS, SUGAR, CANOLA OIL [CANOLA OIL, ASCORBIC ACID, NATURAL FLAVOUR], FANCY MOLASSES, SODIUM BICARBONATE, SOY LECITHIN), SUGARS (GLUCOSE, SUGAR, FRUCTOSE), SEMI-SWEET CHOCOLATE CHIPS (CHOCOLATE LIQUOR, SUGAR, SOY LECITHIN, VANILLA EXTRACT), CRISP RICE (RICE FLOUR, SUGAR, CALCIUM CARBONATE, BARLEY MALT EXTRACT [CORN SYRUP SOLIDS, BARLEY MALT EXTRACT], SALT), CANOLA OIL [CANOLA OIL, ASCORBIC ACID, NATURAL FLAVOUR], GLYCERIN, DRIED UNSWEETENED COCONUT, SOY LECITHIN, NATURAL FLAVOUR, SALT, WHEAT FLAKES, MODIFIED MILK INGREDIENTS.	GLUTEN, SOY, DAIRY
MUM MUM BANANA RICE RUSKS	RICE FLOUR, POTATO STARCH, SUGAR, BANANA POWDER, NATURAL BANANA FLAVOUR.	
GERBER MILD CHEDDAR	WHOLE GRAIN YELLOW CORN FLOUR, CORN OIL, CHEDDAR CHEESE (MILK), CORN MALTODEXTRIN, SALT, NATURAL FLAVOUR, SODIUM PHOSPHATE, ANNATTO EXTRACT, ACACIA GUM.	DAIRY
NESTLÉ CERELAC BISCUITS	WHEAT FLOUR, SUGAR, SUNFLOWER OIL, BUTTER, SKIM MILK POWDER, AMMONIUM BICARBONATE, INULIN, NATURAL FLAVOUR, POTASSIUM BICARBONATE, SOY LECITHIN, ASPARAGINASE. CONTAINS: WHEAT, MILK, SOY. MAY CONTAIN: EGG, MUSTARD.	DAIRY, EGG, GLUTEN, SOY
PEACH SLICES IN FRUIT JUICE	PEACHES, WATER, PEAR JUICE CONCENTRATE, CITRIC ACID, ASCORBIC ACID	
ORGANIC ANIMAL COOKIES	ORGANIC ENRICHED WHEAT FLOUR, SUGARS (ORGANIC CANE SUGAR, ORGANIC INVERT SUGAR SYRUP), ORGANIC PALM OIL SHORTENING, ORGANIC CANOLA OIL, BAKING SODA, SEA SALT, ORGANIC SOY LECITHIN, ORGANIC VANILLA EXTRACT. MAY CONTAIN: MILK, EGG.	SOY, DAIRY, EGG
TWO-BITE CINNAMON ROLLS	ENRICHED WHEAT FLOUR, SUGARS (SUGAR, GLUCOSE, HONEY), MARGARINE (CONTAINS SOYBEAN, PALM AND MODIFIED PALM OIL, SOYBEAN LECITHIN), WATER, CINNAMON, MILK INGREDIENTS, POTATO STARCH, MONO- AND DIGLYCERIDES, BAKING POWDER, SALT, VINEGAR, CITRIC ACID, PECTIN, SODIUM ALGINATE, SODIUM BENZOATE, ARTIFICIAL FLAVOUR, AGAR. CONTAINS: WHEAT, MILK, SOYBEAN. MAY CONTAIN: EGG.	DAIRY, GLUTEN, EGG, SOY
ORGANIC BERRY PICK-ME STICKS	ORGANIC YELLOW CORN MEAL, ORGANIC HIGH OLEIC SUNFLOWER OIL, ORGANIC BANANA POWDER (6%), ORGANIC SORGHUM FLOUR, ORGANIC YOGURT POWDER (5%) (ORGANIC SKIM MILK, BACTERIAL CULTURE), ORGANIC OAT FLOUR, ORGANIC STRAWBERRY POWDER (2%), ORGANIC BLUEBERRY POWDER (1%), ORGANIC ROSEMARY EXTRACT. CONTAINS: MILK, OATS. MAY CONTAIN: WHEAT, SOY.	GLUTEN, SOY
WATER MELON		

MEUN INGREDIENT

MENU	INGREDIENTS	ALLERGENS (MAY CONTAIN/CONTAINS)
CANTALOUPE		
ORANGE SLICES		
APPLE SLICES		
BLUEBERRIES		
CUCUMBER		
BABY CARROTS		
MANGO		
BANANA		
PEAS		