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# 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 (DEXTROSE, 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 |
| CHICKEN CREAM CHEESE PASTA | CHICKEN, 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 HYDROCHIORIDE, 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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| MENU | INGREDIENTS | ALLERGENS (MAY CONTAIN/CONTAINS) |
|---|---|---|
| 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 |
| VEGETARIAN CHEESE TORTELLINI W TOMATO SAUCE | VEG CHEESE TORTELLINI (DURUM WHEAT SEMOLINA, RICOTTA CHEESE, FLOUR, WHEAT CRUMBS, EGG, CANOLA OIL, ROMANO CHEESE, PARMESAN CHEESE, CHEESE CONCENTRATE [ROMANO CHEESE, SUNFLOWER OIL, SALT, PARMESAN CHEESE, XANTHAN GUM], SPINACH POWDER, TOMATO POWDER, BEET POWDER, SALT, YEAST EXTRACT, ONION POWDER), CANNED CRUSHED TOMATO, TOMATO PASTE, ONION, RED COOKING WINE, SUGAR, CANOLA MARGARINE (CANOLA OIL, MODIFIED PALM AND PALM KERNEL OIL, SALT, VEGETABLE MONOGLYCERIDES, SOY LECITHIN), GARLIC POWDER, BASIL, THYME. | GLUTEN, WHEAT, EGG, MILK, SOY, SULPHUR DIOXIDE & 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 (SOYEAIS, 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, 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) | |

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# MEUN INGREDIENT

| MENU | INGREDIENTS | ALLERGENS (MAY CONTAIN/CONTAINS) |
|---|---|---|
| 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 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 |
| BAKED BEANS | WHITE BEANS, BROWN SUGAR, TOMATO PASTE, WATER, CORN STARCH, SALT & PEPPER | 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 | |
| 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 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 CRUMBLED TOFU | BBQ CRUMBLED 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 |

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# MEUN INGREDIENT

| MENU | INGREDIENTS | ALLERGENS (MAY CONTAIN/CONTAINS) |
|---|---|---|
| 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 |
| 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, CHOLECALCIFEORL (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, 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 | GLUETEN, EGG, MILK, SULPHUR DIOXIDE AND SULPHITES |
| PINEAPPLE CARROT MUFFIN | PINEAPPLE, WHOLE WHEAT FLOUR, CARROTS, EGG, WHITE SUGAR, CANOLA OIL, VANILLA EXTRACT, BAKING POWDER, BAKING SODA, CINNAMON, SALT | GLUTEN, WHEAT, EGG, SULPHUR DIOXIDE & SULPHITES |
| BANANA BLUEBERRY MUFFIN | BANANA, ALL PURPOSE FLOUR, BLUEBERRIES, WHITE SUGAR, CANOLA OIL, EGGS, BAKING POWDER, SALT, BAKING SODA | GLUETEN, 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. | SOY, DAIRY, EGG |

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# MEUN INGREDIENT

| MENU | INGREDIENTS | ALLERGENS (MAY CONTAIN/CONTAINS) |
|---|---|---|
| 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. | 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. | GLUTEN, SOY, MILK |
| WATERMELON | | |
| CANTALOUPE | | |
| ORANGE SLICES | | |
| APPLE SLICES | | |
| BLUEBERRIES | | |
| CUCUMBER | | |
| BABY CARROTS | | |
| MANGO | | |
| BANANA | | |
| PEARS | | |